

**St. Mark's Episcopal Church  
1014 E. Altadena Dr.  
Altadena, CA 91001**



June 2, 2007

Dear Scouts and Scouters,

The assemblage of documents contained in this package is from several sources: the Camp Promotion package is something our troop members prepared several years ago to encourage Rose Bowl District troops to camp more frequently. We offered this presentation in our role at that time as the Camp Promotion Team for our Order of the Arrow chapter. We also develop the Ten Essentials sheet, Equipment Recommendations, Recipes and Backpacker's Dutch oven sheets. The two sheets detailing various foods and their nutritional properties come from a 1987 publication Adventure Organizer/Planner, by Adventurease; it's full of very useful information. The Check List & packing diagram is from a REI handout, also several years old but quite useful.

This is Troop1's seventh effort at demonstrating a backpacking site at Expo after many years of conducting the First Aid Merit Badge Booth. Our previous booths were well received by visitors who contributed some thoughts and suggestions. We welcome your comments and hope to learn as much as we hope to teach. We may be old dogs, but we're always ready to learn new tricks. We hope you have enjoyed our presentation, taken something of value to your camping program away with you and perhaps have had the opportunity to share your wisdom with us.

Yours in Scout Spirit,  
TROOP 1

Scoutmaster: Allan Yovanovich  
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## CAMP PROMOTION PRESENTATION

### Why go camping?

**ADVANCEMENT SKILLS** – The BEST place to learn (and teach) the skills required for 1<sup>st</sup> Class are in the field. The camping, cooking, nature studies, navigation, hiking and related activities provide the opportunities for newer scouts to show their stuff and for experienced scouts to show the way.

**MERIT BADGE SKILLS** – Most troops that plan an annual calendar link each month to a theme, often relating to a merit badge. Outdoor related merit badges such as Camping, Hiking, Orienteering, Pioneering, Climbing and many others are most effectively exercised in the field.

**LEADERSHIP TRAINING** – Two mandates of the Scouting movement are to develop leadership and to promote the patrol method. The most advantageous venue for advancing these attributes is in the course of camping trips. It's here that the patrol must act as a unit to achieve its objectives; here is where the youth leaders can hone and expand their ability in the direction of others.

**SERVICE OPPORTUNITY** – Scouting is and always has been a service-focused organization. A large part of our service obligation can be met while camping. Trail maintenance, campsite improvement, forestry projects and such are ways to pile up service hours while enjoying the other benefits of your camping program.

**MOST IMPORTANT – FUN** – Without this, none of the above will count for anything. Camping will do more to maintain interest in Scouting than any other single activity. Preparing for an outing will make your troop meetings more energetic. The attendance will be higher. Everyone will have more FUN.

## Where to go camping?

### TRAIL CAMPS (Hike In) no site fees:

**GOULD MESA:** An easy hike up the Gabrielino Trail in the Arroyo Seco. Pit toilets (well maintained), tables, fire rings and elevated fireboxes. The campground hosts have historically been friendly to scouts. You must treat the stream water for use.

**COMMODORE SWITZER:** An easy hike down the Gabrielino Trail from Switzer Picnic Area. This is a very small site with three shepherd stoves, no tables or toilets. Treat the stream water.

**OAKWILDE CAMP:** Halfway between Gold Mesa and Switzer on the Gabrielino Trail. Pit toilets, tables, elevated fireboxes and unofficial fire rings. Stream water must be treated for use.

**BEAR CANYON CAMP:** Not for beginners. Branch off the Gabrielino Trail south of Commodore Switzer into the upper gorge of the Arroyo Seco and continue east up Bear Canyon. Trail camp is on a hard-to-see bench on the south side of the creek. Site is equipped with tables, fire rings, elevated fireboxes, no toilets. The creek can be unreliable in late summer, dangerous when swollen in the spring; it must be treated before use.

**HENNINGER FLATS:** A short but steep climb up the Mt. Wilson Toll Road out of Eaton Canyon. Several well-developed campgrounds of from four to twelve sites each. Flush toilets, tables, elevated shepherd stoves and piped drinking water. Cut & split firewood is available free for the stoves but no open fires are allowed. County Fire Department foresters on duty are generally friendly to scouts and will provide service opportunities, merit badge counseling, nature study help and evening movies.

**MILLARD CAMPGROUND:** Technically a walk-in campground, you can park your car 150 yards away. Take Chaney Trail north from Loma Alta Dr. in Altadena. Pit toilets, tables, elevated fireboxes and fire rings; Treat stream water for use. Close in, heavily used campground.

**MT. LOWE CAMPGROUND:** Hike to Mt. Lowe can be easy or strenuous depending on the route chosen. Via the Sunset Trail out of Millard Canyon, it's a snap. Up the Sam Merrill Trail from the top of Lake Ave. in Altadena, it's long and tiring. From Bear Canyon over Tom Slone Saddle, it's a tough go. Pit toilets, tables, fire rings and elevated fireboxes. Stream is unreliable in late summer; treat to use.

**IDLE HOUR CAMP:** Reachable from the Mt. Wilson Toll Road above Henninger Flats. Turn west at the trail marker and hike down into upper Eaton Canyon. This camp is also accessible from Mt. Lowe via the Idle Hour Trail. Three box stoves, no tables or toilets. Treat the stream water.

**HOGEE'S CAMP:** An easy hike up Winter Creek Trail out of Chantry Flats Picnic Area in Santa Anita Canyon. Pit toilets, tables, fire rings & shepherd stoves. Stream water must be treated for use.

**SPRUCE GROVE CAMP:** Continue north on the Santa Anita Canyon Trail past Hogee's. Also accessible from the north via Newcomb's Pass. Large campground with several developed sites. Pit toilets, tables, fire rings & elevated fireboxes. Treat water taken from Santa Anita River.

**VALLEY FORGE CAMP:** an easy hike from Red Box Station on Angeles Crest Highway. Pit toilets, tables, fire rings & elevated fireboxes. Treat water taken from the West Fork of the San Gabriel River.

**WEST FORK CAMPGROUND:** Continue on trail past Valley Forge. Pit toilets, tables, fire rings & shepherd stoves. Treat river water prior to use.

**De VORE CAMP:** Continue down the West Fork Trail past West Fork Campground. This is a small site equipped with tables and elevated fireboxes but no toilets. The last camp on the trail before climbing over Newcomb's Pass out of the San Gabriel River system into the Los Angeles River watershed. This trail continues east toward Glen Camp, and Rincon Station.

**COOPER CANYON:** Reachable via the Silver Moccasin/Pacific Crest Trail system out of Three Points or Horse Flats. This camp is also accessible by road from Cloudburst Summit (this is a group campground requiring reservations if you drive in). Pit toilets, tables, fire rings & elevated fireboxes. Treat stream water.

**LITTLE JIMMY CAMPGROUND:** On the Pacific Crest Trail system (Islip trailhead). Pit toilets, tables, and stoves. Water at Windy Spring is less reliable than the close Little Jimmy Spring; treat to use.

### **BASE CAMPS (Drive in) campsites fees vary by location**

**CHILAO CAMPGROUND:** On the Angeles Crest Highway. Actually three campgrounds; pit &/or composting toilets, tables, fire rings, elevated fire boxes and piped drinking water. Museum/Nature Center. Hike in via the Silver Moccasin Trail from West Fork Campground (up Shortcut Canyon).

**HORSE FLATS CAMPGROUND:** A short hike up the Silver Moccasin trail from Chilao Campground; also reachable by road from Three Points. Pit toilets, tables, elevated fireboxes, fire rings. Piped drinking water available on a seasonal basis; no reliable (or safe) ground water.

**SULPHER SPRINGS CAMPGROUND:** By road from Three Points; also reachable via the Pacific Crest Trail (depart at Three Points). Pit toilets, tables, fire rings & elevated fireboxes. Piped drinking water available on a seasonal basis; surface water is of marginally quality.

**BUCKHORN CAMPGROUND:** Off Angeles Crest Highway; also reachable via the Burkhart Trail south turnoff from the Pacific Crest Trail. Pit toilets, tables, fire rings & elevated fireboxes. Seasonal piped drinking water; treatable stream water year round.

**MT. PACIFICO CAMPGROUND:** By road either from Three Points off the Angeles Crest highway or from Mill Creek Summit off the Angeles Forest Highway. Also on the Pacific Crest Trail west of Sulpher Springs. Pit toilets, tables, fire rings & elevated fireboxes. No water – dry camp.

The above listed campgrounds are in the L.A. River Ranger District. Reservations can be made for parties of 30 or more by calling (818) 790-1151. These are just the most nearby camping locations available to troops in the Rose Bowl District. The Angeles National Forest and San Gabriel/San Bernardino Mountains offer many more sites in other Ranger Districts. This sampling is intended to get you started. You might also consider County, State and National Parks. Other National Forests; Los Padres, Cleveland, Sierra, Inyo, and others all offer excellent outdoor opportunities. Also, don't forget our own Council Scout Camps; Trask, Holcomb Valley, and Cherry Valley. The options are boundless – have fun.

## TROOP 1 EQUIPMENT RECOMMENDATIONS

### Standard Backpacking Gear:

- External (or internal) frame backpack w/ padded shoulder straps & hip belt (internal frame packs are better for off- trail work where steep climbs requiring handholds might be encountered)
  - 2 (or 3) 1-quart water containers\* (long treks where water sources are widely spaced or unreliable)
  - Ankle high hiking boots
  - Lightweight sleeping bag w/ stuff sack
  - Foam sleeping pad
  - Mess kit (bowl, spoon & cup will do)
  - Personal toiletries kit (keep it minimal)
  - Pocket knife\*
  - Emergency food\* (must require water for consumption)
  - Compass & map(s)\*
  - Personal first aid kit\*
  - Fire starting kit\*
  - Whistle & small mirror\*
  - Small flashlight w/ extra bulb & batteries\*
  - Good rain gear\*
  - Sun glasses & sun block\*
  - Space blanket
  - 50' parachute cord
- \* ten essentials

### Personal Clothing:

- Class "A" uniform (for travel, nature center visits, etc.)
- Class "B" T-shirts (for all general outdoor troop activities)
- Brimmed hat (Scout baseball cap is OK, but a full brim offers more protection)
- Long sleeved shirt & long trousers
- Hiking shorts
- Wool hiking socks & polypropylene sock liners (three pair each)
- Wool sweater & cap
- Wind breaker jacket

### Crew Gear:

- Tents & dining fly (including hiking poles)
- Cook gear & stoves
- Cook clean-up gear (including sump strainer)
- Food storage bag(s) & rope
- First aid kit capable of providing emergency care for major injuries
- Repair kit(s) for tents, packs, stoves & clothing
- Water sanitizing equipment or material
- Water carrying and storage bags
- Food & fuel

## INDIVIDUAL TEN ESSENTIALS

**Pocket Knife** Swiss Army or multi-function types work best. Always keep it sharp and clean. Lubricate with mineral oil.

**First Aid Kit** Band-Aids, small roll of adhesive tape, gauze pads, personal supply of analgesics and antiseptics, Mole-skin, pencil & note paper.

**Rain Gear & Extra Clothing** Poncho or even a trash bag will work, but a good rain suit is hard to beat. Always carry spare clothing to change into if you get wet. Wool or polypropylene fleece work best as year round clothing materials.

**Canteen** A quart will usually get you from one water source to the next; but for safety's sake you should carry two. On all long term (5 or more days/50 or more miles) treks or when in high altitude or high temperature, carry three.

**Flashlight** Finding your way in the dark is tough. Bring extra batteries & spare bulb. Reverse the batteries when storing so they won't be dead when needed.

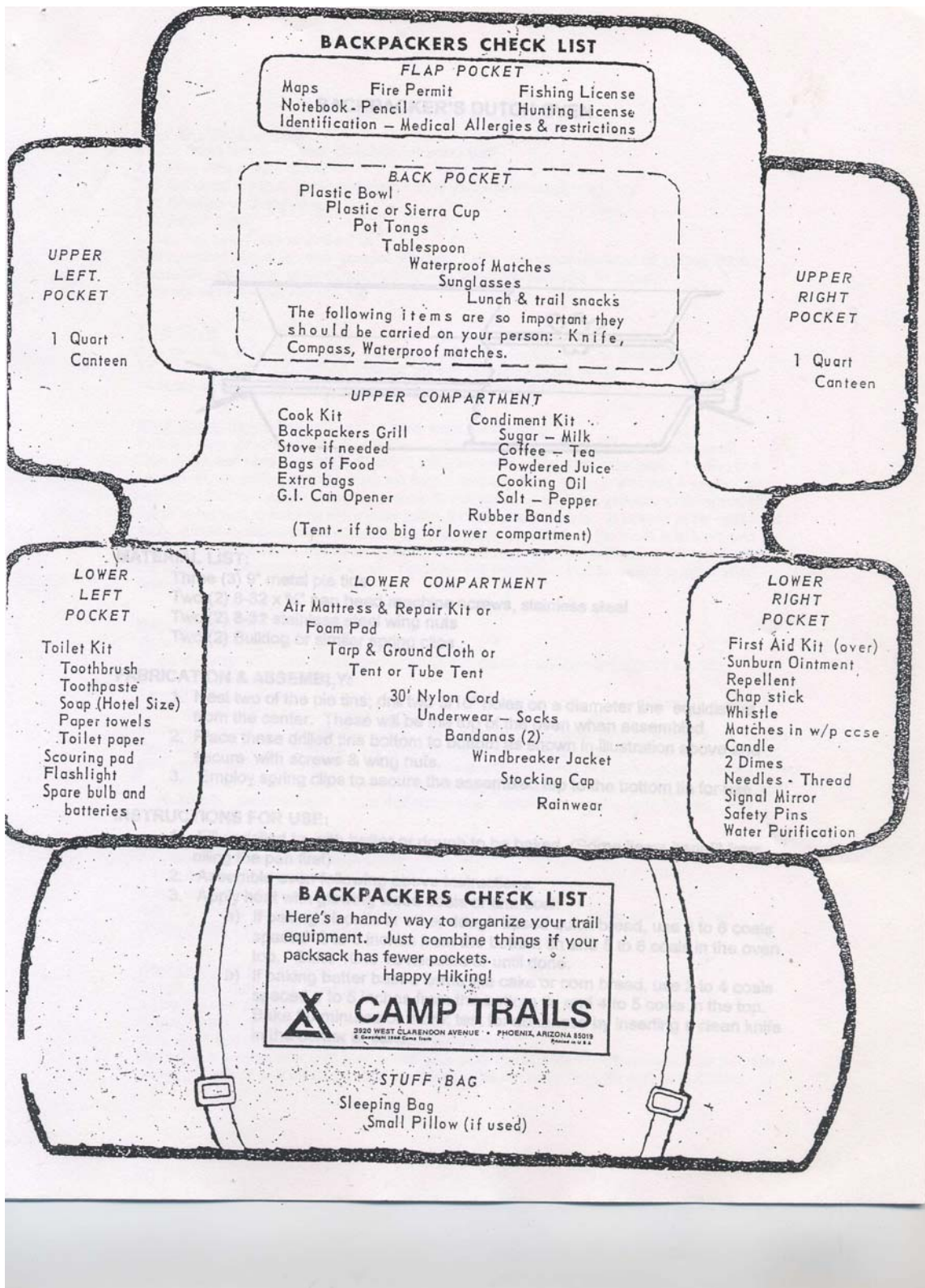
**Fire Starting Kit** Wooden strike-anywhere matches in a waterproof container; fire starters to help get a blaze going when you're stuck with damp wood.

**Sun Protection** Sunglasses, sunscreen, brimmed hat, lip balm, long sleeves & trouser leggings.

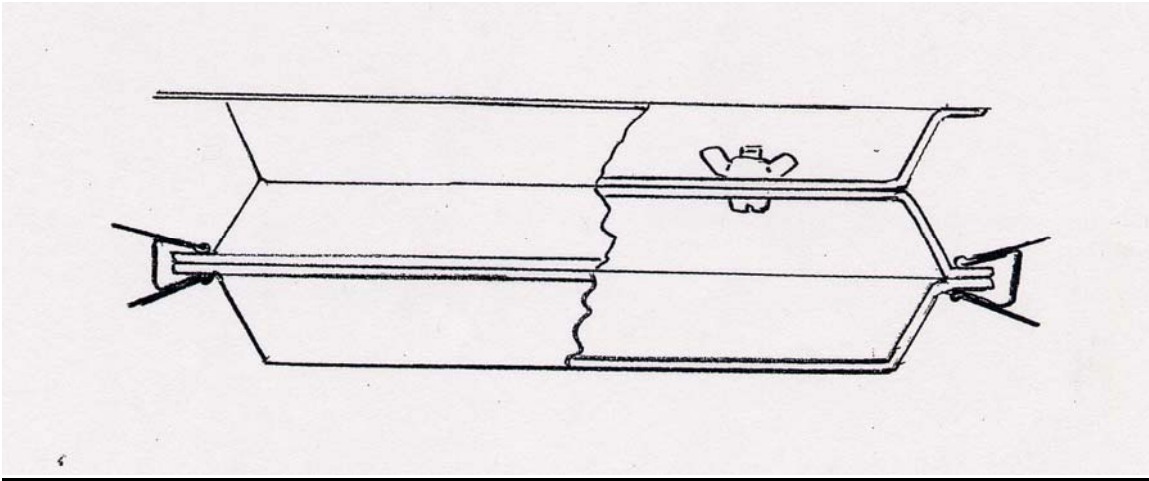
**Map and Compass** To set your route, find your position, anticipate terrain ahead.

**Whistle and Signal Mirror** To help rescuers find you when you're lost or injured; to make you a more effective member of a search & rescue team.

**Emergency Food** Oatmeal, soup envelopes, or any energy providing food that requires water for preparation & consumption. To eat when water is not available is to invite dehydration.



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**MATERIAL LIST:**

- Three (3) 9" metal pie tins
- Two (2) 8-32 x 3/4" pan head machine screws, stainless steel
- Two (2) 8-32 stainless steel wing nuts
- Two (2) Bulldogs or similar spring clips

**FABRICATION & ASSEMBLY:**

1. Nest two of the pie tins; drill two 3/16" holes on a diameter line equidistant from the center. These components will be the top of the oven when assembled.
2. Place these drilled tins bottom to bottom as shown in illustration above and secure with screws & wing nuts.
3. Employ spring clips to secure the assembled top to the bottom tin for use.

**INSTRUCTIONS FOR USE:**

1. Fill undrilled tin with batter or dough to be baked. (Some items benefit from oiling the pan first)
2. Assemble oven following above instructions.
3. Apply heat with glowing wood coals or charcoal:
  - a. If baking biscuits or other dough based quick bread, use 5 to 6 coals spaced 2 to 3 inches from the bottom tin and 5 to 6 coals in the oven top. Bake 10 to 12 minutes or until done.
  - b. If baking batter based items like cake or corn bread, use 3 to 4 coals spaced 4 to 5 inches from the bottom tin and 4 to 5 coals in the top. Bake 20 minutes or more; test for doneness by inserting a clean knife in the center of cake.

## SAMPLE TROOP 1 RECIPIES

### Backpacker's Cereal

- 4 C. Granola cereal (Quaker Oats Natural works well)
- 2 C. Post Grape Nuts cereal
- 2 C. Chopped dry fruit (packaged Fruit Bits or varieties of small fruit)
- 1 C. Slivered or chopped nuts
- 1 C. Brown sugar
- 1 pkg. Powdered milk to make 1 qt.

Add prepared cereal to equal amount of water. Cook over moderate heat till boiling, stirring frequently. Alternate method: add hot water to individual servings, let steep.  
(The above recipe serves 10 - 12)

### Trail Gorp

- 4 C. Granola, 2 C. Grape Nuts, 4 C. Dried fruit, 2 C. Almonds, 2 C. Peanuts,
  - 3 C. M&M's candy, 2 C. Yogurt covered raisins, 1C. Small hard candy
- Package in 10 - 12 Zip Lock storage bags for individual rations

### Beef Jerky (figure 1 to 1-1/2 oz. of dried meat per serving)

Select a lean cut of beef (tough cuts like London broil frequently go on sale & work well)  
Trim all fat and slice thin (1/8" - 3/16"); if using as snack, slice across the grain; if using in a cooked recipe, slicing with the grain will help it hold together. Season with salt & pepper, or seasoned salt, or barbecue spices, or teriyaki marinade, or anything your crew can agree upon. Place strips well spaced on dehydrator racks & dry to desired level. If jerky is to be used right away, a little moisture left in will make a more pleasant product. If the meat is to be stored for some time before use it should be quite dry. An alternate method is to use a very slow oven with the oven door propped slightly open. The meat will lose about half its weight in the drying process.

### Beef Stew with Dumplings

- 10 to 12 oz. Beef jerky
  - 10 oz. dehydrated potato (Scalloped or Au Gratin potato packages are a good source)
  - 2 large pkgs. Vegetable soup mix
  - 2 pkgs. Brown gravy mix
  - 1 pkg. dumpling mix (recipe given below)
- Place jerky in a 6 qt. pot with 3 quarts of water & bring to a simmer over moderate heat. When meat starts to swell, add potatoes & soup mix. Simmer at moderate temperature stirring often until vegetables are tender. Add enough cold water to gravy mix to make a pour able liquid. Stir pot while slowly adding gravy mixture. Add dumplings & cover pot tightly. Turn down the heat! Cook 10 min., remove cover & turn dumplings over; replace cover and cook 15 min. more.

### Dumpling Mix

- 2 C. Bisquick baking mix (or equivalent)
  - 3 Tbs. dried milk powder
  - ¼ tsp. baking powder
- Add 1/3 C. water or just enough to make a dough that will hold together and form a ball. Divide dough into equal portions.

### Backpackers Fruit Cake

- 2 pkgs. Jiffy muffin mix (blueberry, raspberry, etc.)
  - 3 Tbs. dry milk powder
  - ¼ tsp. baking powder
  - ½ C. dried fruit (strawberries & raspberries work great)
- Soak fruit in warm water until plump; add enough of the fruit water with the cake mix to make a batter; stir in fruit and pour into oiled Backpacker Dutch Oven; bake 20 min. or until done.

## FOOD: WEIGHTS, MEASURES, CALORIES I

SINGLE SERVING			CALORIES	% H2O	% CARBOS	% PROTEIN	% FATS
WEIGHT	MEASURE						
<b>Grains: Cereal</b>							
Bran Flakes	1oz.	1/2 cup	85	3	80	12	3
Bran w/ Raisins	1oz.	1/2 cup	81.2	7	80	8	3
Cornflakes	1oz.	1/2 cup	106.2	4	84	8	T
Granola w/ nuts/dry fruit		1/4 cup	120	4	71/75	14/7	11/3.5
Grapenuts	1oz.	1/2 cup	110	4	81	11	T
Puffed Rice	1oz.	1/2 cup	120	4	87	7	T
Grits (Instant)	.08 oz.	1 Pkt.	80	4	78	8.5	T
Oatmeal	1oz.	1/3 cup	100	4	63	17.8	7
<b>Grains: Breads, Cookies, Crackers</b>							
Bagel	2 oz.	1 bagel	165	32	51	11	4
Bread, White/Grain	1 oz.	1 slice	70	36	52	8	4
Pita Bread	3.7 oz.	1 pita	290		58	10	2
Tortilla, Corn/Flour	.9/1.8 oz.	1 tortilla	60/125		39/70	3.5/14	3.5/9
Rice Cake	17 gm.	1 cake	60		50	6.5	T
Biscuits/Pizza Dough	1 oz.	1 slice	90	27	54	7	11
Fig Bars	2 oz.	4 cookies	200	14	75	4	5
Ginger Snaps	1 oz.	4 cookies	90	3	79	7	7
Saltines	22 gm.	8 crackers	100	4	75	9	9
Pilot Biscuits	1 oz.	2-3 biscuits	200		75	9	9
RyeKrisp	1 oz.	3 crackers	90	4	40	3.5	3.5
Wheat Crackers	1 oz.	3 crackers	117		66	16	16
Roman Meal Wafers	1 oz.	8, 2" wafers	120		71	11	11
<b>Grains: Assorted</b>							
Barley, Pearled	2 oz.	2/3 cup	198				
Bulgur	1.6 oz.	1/4 cup	150		78.8	8.4	T
Rice, White	2.3 oz.	2/3 cup	274		73.3	8.8	T
Rice, Brown	2.3 oz.	2/3 cup	238		80.4	6.7	T
Macaroni	2 oz.	2/3 cup	210		77.4	7.5	T
Spaghetti Noodles	2 oz.	2/3 cup	210		75.2	12.5	T
<b>Other Carbos</b>							
Potatoes (dried flakes)	2 oz.	1/2 cup	100				
Pancake Mix, Wheat	2 oz.	1/2 cup	200		80.4	8.3	T
					75.7	8.6	T
<b>Legumes: Nuts, Seeds</b>							
Beans (dry)	6.7 oz.	1 cup dry	640-680				
Cashews	2 oz.		340		64	22	1.2
Peanuts	2 oz.	1/4 cup	332	2	28	21	46
Peanut Butter	16 gm.	1Tbsp.	95	2	19	26	50
Lentils (whole)	7 oz.	1 cup	658		19	25	50
Peas (split, dry)	7 oz.	1 cup	700		60	24	1
Sunflower Seeds	2 oz.	1/4 cup	300	5	66	25	1
Pumpkin, Melon Seeds	2 oz.	1/4 cup	300	4	20	24	48
					15	29	47
<b>Meats</b>							
Chicken Boullion Cube	4 gm.	1 cube	34				
Beef Boullion Cubes	4 gm.	1 cube	34		5	20	3
Chicken, canned	3 oz.	3 oz.	90	65	5	20	3
Beef, canned, corned	3 oz.	3 oz.	225		0	56	7
Spam	3 oz.	3 oz.	220		0	60	31
Bacon	15 gm.	2 slices	85	8	0	46	64
Salami (dry)	2 oz.	6 slices	270	30	T	27	53
					1	20	40

CALORIES I

## FOOD: WEIGHTS, MEASURES, CALORIES II

		SINGLE SERVING		CALORIES	% H2O	% CARBOS	% PROTEIN	% FATS
WEIGHT	MEASURE							
<b>Condiments, Candies, Beverage Mixes</b>								
Cocoa Mix	1.5 oz.	4 tsp.		150	12	72	18	4
Sugar	6 gm.	1 tsp.		23	1	99	0	0
Jams, Preserves	14 gm.	1 packet		40	29	71	T	T
Caramel	1 oz.	2 pieces		115	8	79	3	10
Chocolate	1 oz.	1 Tbsp.		145	1	7	32	57
Hard Candies	1 oz.	2 pieces		110	1	99	0	T
Fruit Crystals	20 gm.	2 Tbsp.		80	0	71	0	0
Gatorad	17 gm.	2 Tbsp.		60	0	54	0	0
<b>Fruits, Vegetables</b>								
Apple, dried	2 oz.	1/4 cup		140		66	0	0
Pineapple, dried	2 oz.			196		41	T	T
Banana Chips	6 gm.	1 Tbsp		20	3	83	T	T
Figs	1.7 oz.	1/4 cup		125		58	3	2
Peach, dried	2 oz.	1/4 cup		140		62	3	T
Apricot, dried	2 oz.	1/4 cup		140		62	3	T
Prunes	2 oz.	5 large		126	28	59	1	T
Raisin	1/2 oz.	1 packet		40	18	79	T	T
Orange, fresh	131 gm.	1 orange		65	86	13	1	T
Tomato Paste	1 oz.	1 1/2 Tbsp.		97		76	10.8	T
Dates, Pitted	3 oz.	1/2 cup		280		69	6	T
<b>Fish</b>								
Sardines	3 oz.	1 can		260		0	11	19
Oysters, smoked	2 oz.	1/2 can		110		0	18	18
Crab Meat, canned	3 oz.	1/2 can		170	77	1	18	2
Tuna in oil	2 oz.	1/2 can		170	61	0	28	8
<b>Dairy Products</b>								
Milk, non-fat, instant	3 oz.	1 envelope		325	4	51	35	1
Eggs, powdered	28 gm.	1 oz.		168		4.1	47	41.6
Butter	5 gm.	1 pat		35	16	T	T	80
Cheeses	2 oz.	1 slice		160-260		0	7-19	32
<b>Fats, Oils</b>								
Margarine	5 gm.	1 pat		100	16	T	80	T
Corn oil	14 gm.	1 Tbsp.		120	0	0	0	100
Safflower oil	14 gm.	1 Tbsp.		120	0	0	0	100
<b>Dried Soups</b>								
Lipton Cup-A-Soup -								
Chicken Noodle	11 gm.	1 envelope		50		25	7	3.5
Shrimp Bisque	1.1 oz.	1 envelope		180		60	14	40
Cream of Chicken	17 gm.	1 envelope		80		32	7	14
Ramen	1.5 oz.	1/2 package		190		.85	14	29

CALORIES II

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