

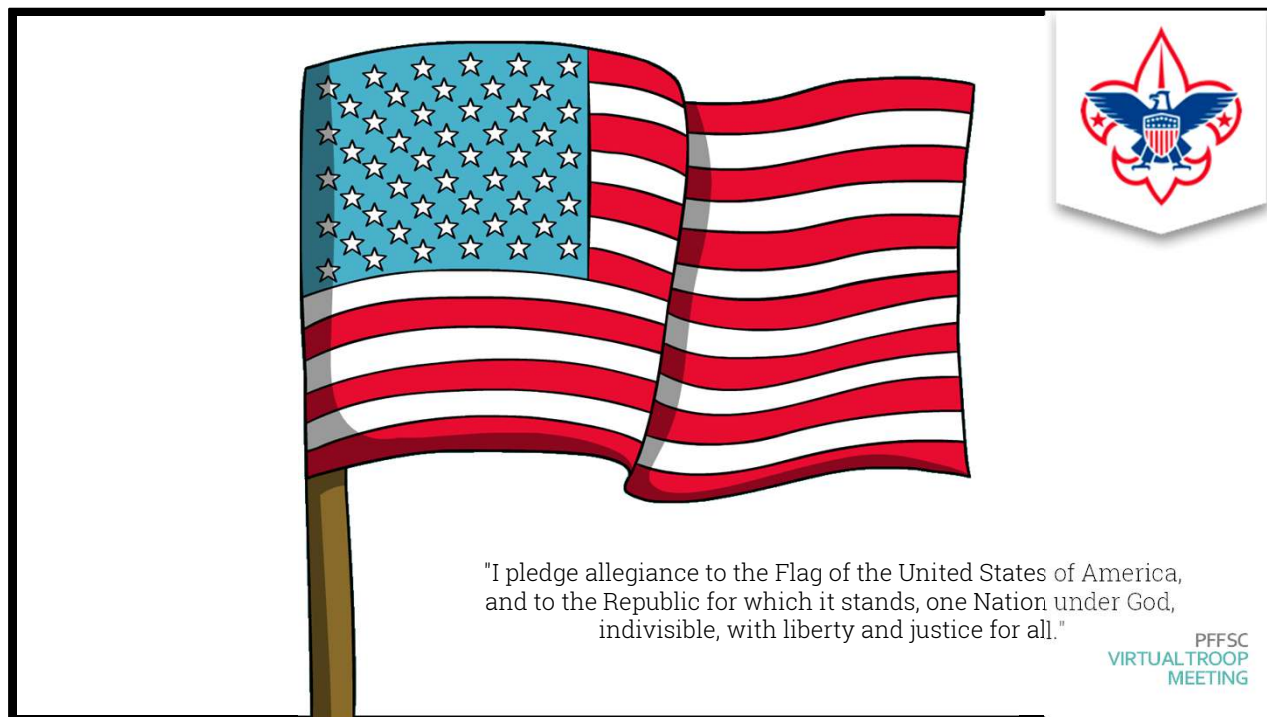
Thanks for Joining us today.

Our virtual Troop meeting is brought to you by the Michigan Crossroads Council, Boy Scouts of America.

Lets get started.

Could I get a Scout to lead us in the Pledge of Allegiance?

(Scouts Name) Thanks



Scout Salute


"I pledge allegiance to the Flag
of the United States of America,
and to the Republic
for which it stands,
one Nation under God,
indivisible,
with liberty and justice for all."

Two

Thanks (Scouts Name)


Could I get a Scout to lead us in the Scout Oath?

(Scouts Name) Thanks



Scout Oath

On my honor I will do my best,
To do my duty to God and my country,
and To obey the Scout Law,
To help other people at all times,
To keep myself physically strong,
mentally awake, and morally straight.



PFSC
VIRTUAL TROOP
MEETING

On my honor
I will do my best,
To do my duty to god
And my country
And to obey the Scout Law,
To help other people at all times,
To keep myself physically strong,
Mentally awake,
And morally straight.

(Scout Name) Thank you

Could I get a Scout to lead us in the Scout Oath?

(Scouts Name) Thanks



Scout Law

A Scout is:

THANK YOU

Trustworthy.....Loyal.....Helpful

Friendly.....Courteous.....Kind

Obedient.....Cheerful.....Thrifty

Brave.....Clean.....Reverent



PFSC
VIRTUAL TROOP
MEETING

A Scout is:

Trustworthy
Loyal
Helpful
Friendly
Courteous
Kind
Obedient
Cheerful
Thrifty
Brave
Clean
And Reverent

(Scout Name) Thank you



Today we are going to talk a little about the Ten Essentials for when we adventure in the backcountry.

Lets watch a short video from the national parks service about what they suggest....



1:31 minutes

TEN ESSENTIALS

The only way to completely prevent accidents in the backcountry is to never go outside. But that's no way to live. The next best option is to pack emergency gear that will help you tackle nearly every situation you can think of.

Backpacking Checklist

- Navigation: Map and Compass
- Sun protection: Sunglasses and sunscreen
- Illumination: Headlamp or flashlight
- First-aid: Kit or supplies
- Fire: Waterproof matches or lighter
- Nutrition: Extra food
- Hydrations: Extra water or filter
- Insulation: Extra clothing
- Tools: Multi-tool or knife
- Emergency shelter: Blanket or bivy
- Optional: Communication device



PFFSC
VIRTUALTROOP
MEETING

The only way to completely prevent accidents in the backcountry is to never go outside.

But that's no way to live.

As you have heard from our friendly park ranger,
there are ten items to consider.

Let's dive into each of these and hope we can share some helpful tips
for preparing your checklist for any adventure.

NAVIGATION

Map and Compass

Contemporary navigation tools include five essentials for traveling in the backcountry: a map, compass, altimeter watch, GPS device and personal locator beacon (PLB).

- **Map:** A topographic map should accompany you on any trip that involves anything more than a short, impossible-to-miss footpath or frequently visited nature trail. Learn [how to read a topo map](#).
- **Compass:** A compass, combined with map-reading knowledge, is a vital tool if you become disoriented in the backcountry. Many smartphones, GPS devices and watches include electronic compasses, but it's wise to also carry a standard baseplate compass because it weighs next to nothing and does not rely on batteries, making it an indispensable backup. Learn [how to use a compass](#).

Note: A compass equipped with a sighting mirror can also be used to flash sunlight to a helicopter or rescuer during an emergency.



PFFSC
VIRTUALTROOP
MEETING

8

First is navigation

There are five types of navigational tools when traveling in the backcountry.

Map

Compass

Altimeter Watch

GPS Device

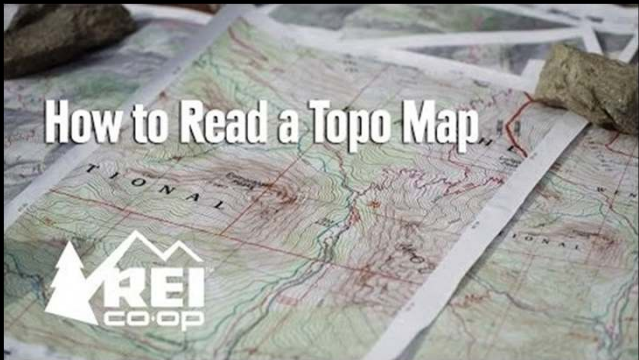
Or Personal Locator Beacon "PLB"

Any trip you take should revolve around the understanding and use of a topographical map.

The second most important tool in navigation is the knowledge and ability to properly use a compass.


These two items together provide you with endless opportunities to travel the world.


There are many types of compasses. Some come equipped with sighting mirror or magnifying glasses built in. Which can be use for additional resources during an emergency.



How to Read a Topo Map

HOW TO: READ TOPO MAP

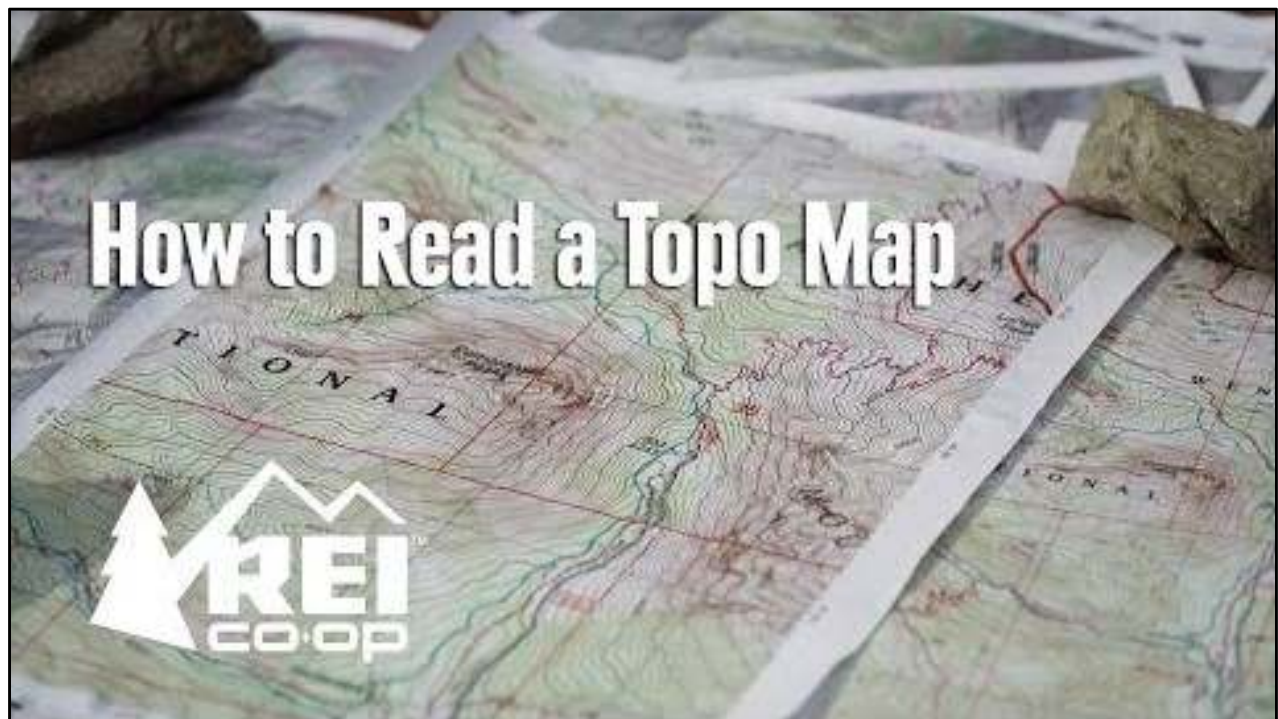




PFFSC
VIRTUALTROOP
MEETING

9

Lets watch a short clip from REI on How to read Topo Maps



3:47 minutes long



7:15 minutes long



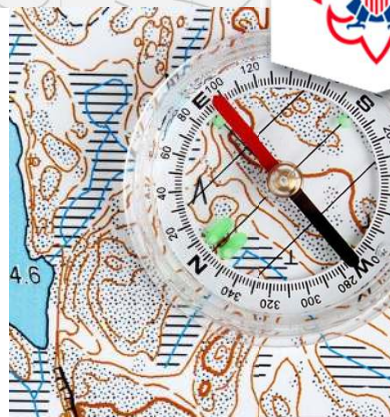
Base Plate
Straight Edge
Rulers for Scale
Arrows for Direction
Rotating Bessel
Index Line
Magnetic Needle
Orienting Arrow
Orienting Lines
Declination Scale

Always remember "Red in the Shed"

NAVIGATION

Map and Compass

- GPS device: A GPS device allows you to accurately find your location on a digital map. Those designed specifically for outdoor travel are often built rugged and weatherproof. Another popular option is to use a smartphone with a GPS app, but consider that most phones are more fragile so you'll likely need to protect it with a case. Whichever you choose, keep in mind that these gadgets run on batteries, so you'll need to monitor your battery power and possibly carry extra batteries.
- Altimeter watch: This is a worthwhile navigational extra to consider bringing along. It uses a barometric sensor to measure air pressure and/or GPS data to provide a close estimate of your elevation. This info helps you track your progress and determine your location on a map.
- Personal locator beacon (PLB) or satellite messenger: These gadgets can be used to alert emergency personnel if you need help in the backcountry. When activated in an emergency, they will determine your position using GPS and send a message via government or commercial satellites. A PLB or satellite messenger can be a nice backup to have in case something goes awry, and they will work in remote locations where a cell phone cannot be counted on to have a signal.



PFFSC
VIRTUAL TROOP
MEETING

14

Now that we know more about how to do it old school. Lets dive into the new age resources.

GPS devices allow you to accurately find your location in the world, but keep in mind these gadgets are heavy and require batteries.

Altimeter watches are cool.

They are great for those adventures in higher altitude and measuring air pressure or elevation.

For what we tend to do while backpacking in the wilderness these are mostly out of reach and not necessary.

They are however very cool to play with.

Personal Locator beacons "PLB"

directly communicate with satellites and are capable of pin pointing your location very similar to a GPS.

PLB's however also send messages.

These are great for Scouts who are traveling on extended high adventure trips and want the ability to send notice of safety or help needed back home.

SUN PROTECTION



Sunglasses and Sunscreen

- Sun can literally be a killer if you're stuck outside. A good hat, sunscreen, and sunglasses keep the rays at bay and the adventure rolling.
- Never forget your sunglasses. A pair that blocks UVA and UVB is best. If you're on the snow or water, polarized lens will cut out the glare.



PFFSC
VIRTUALTROOP
MEETING

15

Sun Protection is crucial.

I know it sound silly, but depending on the weather and the situation. The sun can cause serious damage and ruin a trip.

It always good to bring a hat, sun glasses, and most important sun screen!

SUN PROTECTION



Sunglasses and Sunscreen

- Sunscreen: Spending long hours outdoors can expose you to ultraviolet rays, the cause of sunburn, premature skin aging and skin cancer. Wearing sunscreen is recommended to help limit your exposure to UV. When selecting a sunscreen, health experts advise choosing:
 - A formula that offers a sun protection factor (SPF) of at least 15, though SPF 30 is recommended for extended outdoor activity.
 - A formula that blocks both UVA and UVB rays.

Apply the sunscreen generously and thoroughly to all exposed skin. UV rays can reflect off of snow and water so don't forget to get spots like the underside of your chin and nose. Depending on many factors (time of day, sweat and more), you should reapply as often as every two hours. And don't overlook SPF-rated lip balm.



PFFSC
VIRTUALTROOP
MEETING

16

Sunscreen is a very effective way to reduce the exposure to the sun and the risk of getting burned.

You want to make sure that on your list is sunscreen with minimum of 15 SPF.

Can anyone tell me what SPF stands for?
(Sun Protection Factor)

Does anyone know how often we should reapply sunscreen?
(Every two hours)

Lip balm is another item many people forget back home.

Chapped lips can really put a damper on your adventure if you forget it back home.

SUN PROTECTION



Sunglasses and Sunscreen

- Sun-protection clothing: Clothing can be an effective way of blocking UV rays from reaching your skin without having to slather on sunscreen (you'll still need sunscreen for any exposed skin, like your face, neck and hands). Many lightweight, synthetic pieces of clothing come with an ultraviolet protection factor (UPF) rating to indicate how effective the pieces are against UVA and UVB light. A hat, preferably one with a full brim, is a key accessory for sun protection.



PFFSC
VIRTUALTROOP
MEETING

17

The most effective solution to protecting yourself from the sun is “Sun-protective clothing”

This is my favorite because it reduces the need to have to reapply sunscreen all day during my adventure.

These lightweight clothes do not replace the need to apply sunscreen,
but help increase our ability to protect ourselves and our skin.

Raise you hand if you have seen clothing in stores or own a items that has ultraviolet protection.

ILLUMINATION



Headlamp or Flashlight

- If you can't see where you're going, it's going to be tough getting home. You definitely need a source of light, whether it be a flashlight, headlamp, or portable lantern.
- A headlamp is the preferred choice of most backcountry travelers because it keeps your hands free for all types of tasks, whether that's cooking dinner or holding trekking poles. Always carry extra batteries.
- The [Petzl Actik Headlamp](#) has easy, glove-friendly buttons and is super-bright. The rechargeable battery means you never have to worry about finding AAA batteries again.



PFFSC
VIRTUALTROOP
MEETING

18

Illumination!

Have any of you struggled late at night in your tent,

where you have lost your flashlight

and really need to find it so you can go outside to relieve yourself?

If you can't see where you're going,

it's going to be tough doing anything!

Any type of light source is invaluable to any adventure.

Headlamps are the most convenient source out there.

Some people like the hat clips, or the night stick maglite makes.

My favorite is the Petzl Actik.

Our Scout shops carry a Boy Scout branded one that has worked for me every time I went to use it.



Since headlamps are most popular these days.

We wanted to share a short clip on how to choose
the right one.

There are many things to consider
when deciding on which one you want
and not every headlamp is same.

Lets take a look...



5:12 minutes

FIRST-AID



Kit or Supplies

- It's vital to carry and know how to use the items in a first-aid kit. Pre-assembled first-aid kits take the guesswork out of building your own, though many people personalize these kits to suit individual needs. Any kit should include treatments for blisters, adhesive bandages of various sizes, several gauze pads, adhesive tape, disinfecting ointment, over-the-counter pain medication, pen and paper. Nitrile gloves should also be included.
- The length of your trip and the number of people involved will impact the contents of your kit. It's also a good idea to carry some sort of compact guide to dealing with medical emergencies.



PFFSC
VIRTUALTROOP
MEETING

21

First Aid

This is another one of those very important items to have on your list.

Not only to have but also to know how to use it!

Scouting teaches us to be what?
(Prepared)

When figuring out what you need in a first aid kit
or additional supplies,
consider visiting your summer camp trading post or Scout Shop.

Both have some great pre-assembled kits
that help take the guess work right out of the equation.

The length of your adventure
is going to determine the size of your kit.
And the size of the group is also going to determine
what is in that kit.

If we are planning a larger adventure
we will want to probably have a group kit
and each carry a smaller person kit.

This is all items that we should discuss
whenever planning any adventure.

Safety is our number one focus when it comes to any adventure.

FIRE



Waterproof Matches or Lighter

- Heat and light from a fire can make a world of difference — always have something to light a fire with.
- In case of an emergency, you need to have reliable supplies with you for starting and maintaining a fire. For many people, this is a disposable butane lighter, but matches are also suitable so long as they are waterproof or stored in a waterproof container. Convenience-store matchbooks are often too flimsy and poorly constructed to be trusted for wilderness use.
- Firestarter, as the name implies, is an element that helps you jump-start a fire and is indispensable in wet conditions. The ideal firestarter ignites quickly and sustains heat for more than a few seconds. Options include dry tinder tucked away in a plastic bag, candles, priming paste, heat “nuggets” (chipped-wood clusters soaked in resin) and even lint trappings from a household clothes dryer.
- For outings where firewood is not available, such as trips above tree line and/or on snow, a stove is recommended as an emergency heat and water source.



PFFSC
VIRTUALTROOP
MEETING

22

Fire

Now who doesn't like fire?

Heat and light from a fire can really make a difference in certain situations while in the woods.

We should always carry some form of source to create fire.

In any emergency we have to be able to rely on our ability to start a fire.

There are many different types or ways to check this off our list.

Matches, waterproof matches, flint and steel, nine volt and steel wool;

What others am I missing? (Lighter, etc..)

If we have a source to ignite a fire,
what are some items we could use to help get a fire started
or in a situation where everything is wet.

What other items might we want to add to our checklist?

(dry tinder tucked away in a plastic bag,
candles, priming paste, heat “nuggets”
(chipped-wood clusters soaked in resin)
and even lint trappings from a household clothes dryer)

NUTRITION



Extra Food

- You should pack more than you think you will eat. You'll be happy to find those extra bars at the bottom of your pack. High-calorie, nutrient-dense food that lasts a long time will keep you going the longest.
- Always pack at least an extra day's worth of food in case something causes your trip to go long (such as an injury or bad weather). It's a good idea to pack items that don't require cooking and that have a long shelf life. Things like extra energy bars, nuts, dried fruits or jerky are good.
- If you're going on a long multiday trek or a winter adventure, consider bringing along more than a one-day supply.



PFFSC
VIRTUALTROOP
MEETING

23

Nutrition!

Who likes food here?

Why would we want to carry extra food?
(in case something causes your trip to go long)

What types of extra food should we carry?
(High-calorie, nutrient-dense, things like energy bars, nuts, dried fruits or jerky)

Why would we want to pack a higher amount of extra food in the winter verses the summer?

(burn higher calories in the winter than the summer,
plus in the winter there are other methods
of carrying stuff so we can pack heavier too)

The next item is Hydration,

Lets watch a clip from our friends over at Boys' Life
and see what they have to say about the importance of clean water.



1:20 minutes

HYDRATIONS

Extra Water or Filter

- Bad situations get much worse if you don't have any water. Humans can only go so long without it.
- It's crucial to carry enough water for your outing and have some method of treating water while you're out there, whether that's with a filter/purifier, chemical treatment or a stove for melting snow. When determining how much water to carry exactly, consider that most people need about a half liter per hour during moderate activity in moderate temperatures. You may need to carry more than that depending on factors like the outside temperature, altitude, level of exertion or an emergency.
- As a starting point, always carry at least one water bottle or a collapsible water reservoir. When beginning a hike, fill up your bottle or reservoir from a potable water source.



PFFSC
VIRTUALTROOP
MEETING

25

What is your favorite flavor? (response)

Bad situations get much worse
when we do not drink treated water.

An easy way to calculate how much water
we should drink while out on an adventure
is by figuring
half your body weight in ounces per day.

It is always important to
at every outing or adventure
to bring a water bottle
or some source to carry water.

I always error on the side of caution
while in the backcountry
and bring an extra water bottle
just incase I loose or drop my water bottle.

INSULATION



Extra Clothing

- Conditions can abruptly turn wet, windy or chilly in the backcountry or an injury can result in an unplanned night out, so it's necessary to carry extra clothes beyond those required for your trip.
- When deciding what to bring, think about what you would need to survive a long, inactive period out in the elements. Common options include a layer of underwear (tops and bottoms), an insulating hat or balaclava, extra socks, extra gloves and a synthetic jacket or vest. For winter outings, bring insulation for your upper body and legs.
- Hypothermia is a serious concern if you're stuck out overnight in the cold. Bring along extra layers to keep you warm. Cotton will make you colder if it gets wet; Merino wool or synthetic materials are your best bet.



PFFSC
VIRTUALTROOP
MEETING

26

Insultation

Extra clothes are very important,
but sometimes can get a little out of hand
if you don't be careful.

Work on understanding
how your body works
and what clothes system works for you in many different climates.

I always clip safety pins on to my clothes when I pack them.

Because when I use them during my trips
I can track what I use and don't use
by removing the safety pins as the trip travels on.

Usually I just pin the safety pins back onto the outside of my pack
before I use the clothes
and when I get home, and un pack,
I can easily tell

what I didn't need to bring vs
what I feel I fell short on.

Climates play the most important role
when deciding what to bring.

Layering your clothing is the most important lesson to learn while active in the backcountry
or on an outing.



WHAT TO: WEAR CAMPING





PFFSC
VIRTUALTROOP
MEETING

27

Lets learn about layering and what to wear while camping.

Take a look...



1:36 minutes

TOOLS



Multi-tool or Knife

- Knives are handy for gear repair, food preparation, first aid, making kindling or other emergency needs, making them an essential for every outing. Every adult in your group should carry a knife.
- A basic knife may have only a single foldout blade; more elaborate knives and multitools include things like one or two flathead screwdrivers, a can opener and/or a pair of foldout scissors. The more complex your needs, the more options you may want in your knife or tool.
- In addition to a knife, a small gear repair kit can get you out of a bind in the backcountry (and the more remote you are, the more important your kit becomes). Common items include duct tape, cordage, fabric repair tape, zip ties, safety pins and repair parts for a water filter, tent poles, stove, sleeping pad, crampons, snowshoes and skis.



PFFSC
VIRTUALTROOP
MEETING

29

Multi-tools and Knives

It is always handy to have a multi-tool,
but they tend to weigh more than a single blade knife.

Lets poll the group.

Using the chat option
send a message identifying which you prefer.

(discuss the results of the survey and ask around why they prefer multi-tool vs single blade
and so on)

Additional repair kits,
like tools for your stove or tent,
are always additional items that are good to consider adding to the list.

EMERGENCY SHELTER



Blanket or Bivvy

- If you're really stuck, you might be waiting for a rescue. The Space All-Weather Blanket can keep you warm and dry in terrible weather. The SOL Emergency Bivvy is like a sleeping bag made out of space blanket material. It reflects your body heat back to you keeping you warmer than without.
- Always carry some type of emergency shelter to protect you from wind and rain in case you get stranded or injured on the trail. Options include an ultralight tarp, a bivvy sack, an emergency space blanket (which packs small and weighs just ounces) or even a large plastic trash bag. It's important to understand that your tent is only your emergency shelter if you have it with you at all times (a tent left behind at your camp is not sufficient).



PFFSC
VIRTUALTROOP
MEETING

30

Emergency Shelter is always better to have in your pack than otherwise.

When you end up in a situation where you need to use one of these. You will be glad you packed it. They are light-weight and compact enough to stuff somewhere in your pack.

A large plastic bag is always a substitute rather than purchasing the SOL brand.

Many items like this can be found at a local Scout Shop or even online.

Why would it be important to stay dry and warm in inclement weather?

(discuss their responses)

OPTIONAL



Communication Device

- A bonus item to this list is a good communication device. Cell phones work but only go so far. A good satellite communication device can help anywhere in the world.



PFFSC
VIRTUALTROOP
MEETING

31

That concludes the TEN ESSENTIALS.

There is always
one more essential item that could be considered
as an eleventh item.

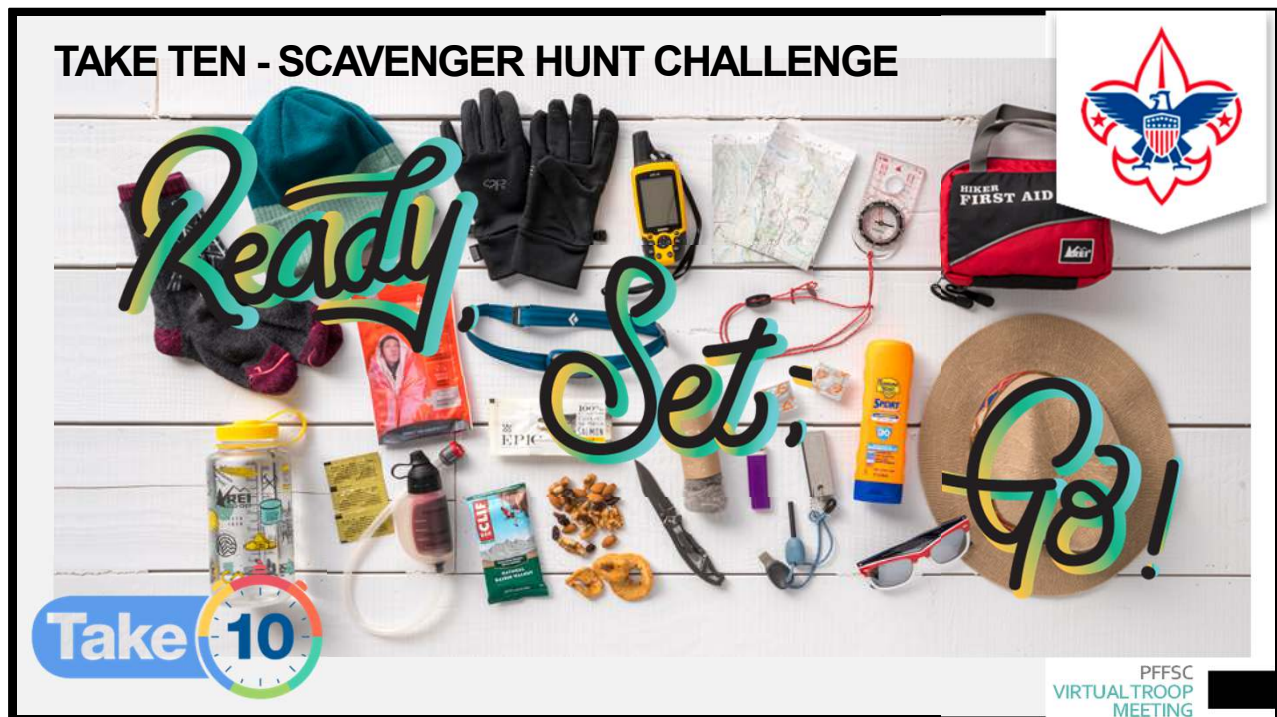
This would be some form of communication device.
Either cell phone or sat-phone.

Most cell phones
are now waterproof
and have cases that are nearly indestructible.

The other advantage is
that most all cell phone have cameras imbedded into it.

With Sat-phones,
many groups, families, or Scouting units
are not able to afford the advantages of this device,
but can come in very handy during situations

in remote wilderness areas.



Now for a little fun!

We will take ten minutes soon
and Scouts,
when we say go, (Click)

You will have ten minutes
to scavenge your house for as many of the ten essentials
as you can find.

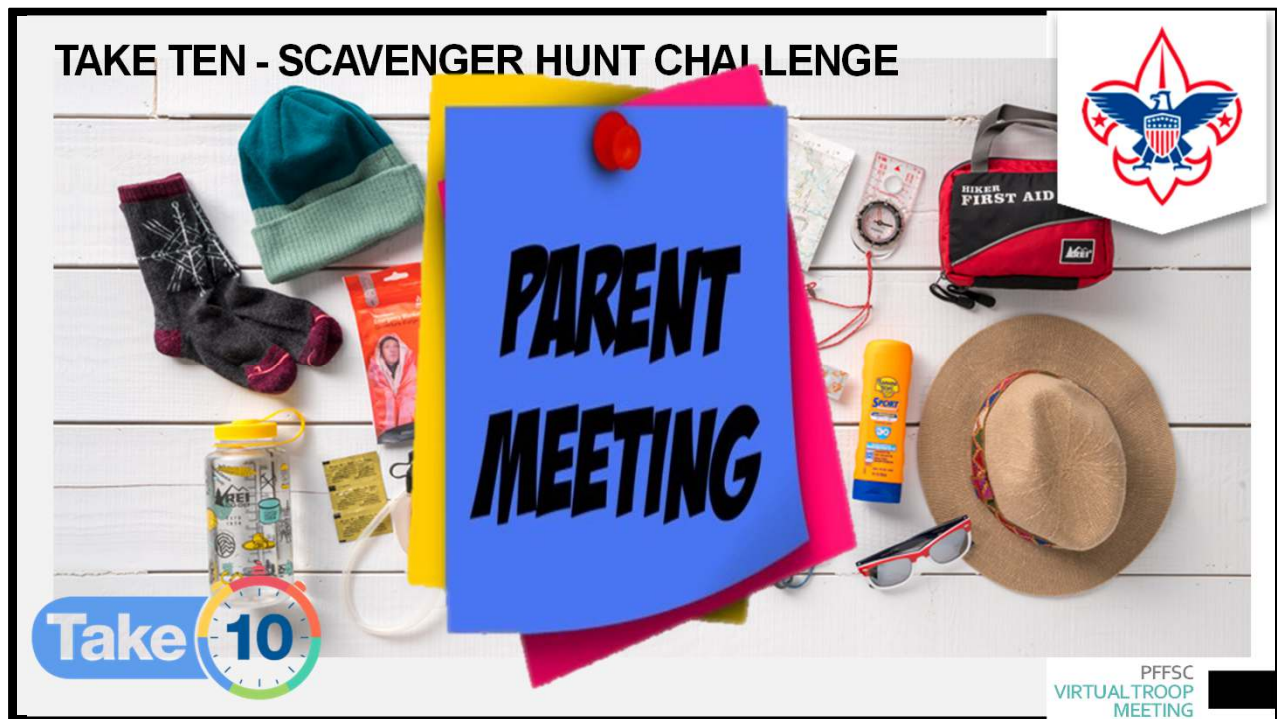
Scouts if you can
ask your parents to join us on screen
We have a quick message for your parents
while you do this short activity.

So Scouts
take a second
and ask you parents to come to the screen.

(Wait for parents to arrive)

Parents thanks for joining us!

Scouts...(Click)...Ready...(Click)...Set...(Click)...Go!....(Click)



Parents thanks for joining us!

We wanted to take a quick minute
and talk through these times.

We have a quick message
about the council and their efforts to support us.



TYPE IN YOUR WEB BROWSER ON YOUR PHONE:
MICHIGANSCOUTING.ORG/DONATE-FRIENDS-OF-SCOUTING/

TEXT TO PHONE NUMBER: 91999

ENTER: GIVINGTHEDREAM

- Every youth the opportunity to be a Scout, no matter their economic circumstances
- First-class camping programs
- Support and training for volunteer leaders
- Recruitment materials for every unit
- Online resources
- Professional staff that serves every community

Your pledge to Scouting helps provide these resources available to our programs.



34

(Ask the Scoutmaster to help present the Friends of Scouting to the parents and ask for their support and pledge to Friends of Scouting)

Please take a moment,
 Grab your phone
 and either text or visit the link shown on the screen

Council is here to help us in many ways

- They help every youth who cannot otherwise afford camp or scouting activities find a way to go
- They provide many recruitment resources for bring new Scouts into Scouting
- They provide first-class summer camp programs and continue to improve each of these opporations
- They provide online resources and continue to support us even in these time to continue to provide scouting programs with our Scouts
- They lastly have a professional staff to continue to motivate and engage the community, volunteers, and organizations with growing Scouting here locally and strategically identifying solutions to increase participation of Scouting activities

We would like each family to consider pledging to Friends of Scouting

Help continue Scouting here locally.
100% of these gifts are used here in (town)
and (region) to provide resources
and make Scouting available to our community.

Text to 91999 and enter in the message line "GIVINGTHEDREAM"
OR

Visit on a web browser
michiganscouting.org/donate-friends-of-scouting

Please take a moment and go online
or text through your phone
to make your pledge and pave the road
for stronger Scouting.

When finished
please let us know through the chat
that your joining me in supporting a Scout.



Time is up.

Parent's please ask your Scouts to come back to the conversation.

So, Scouts (Click)

using the chat room

Please tell us
how many items you were able to find.

(Discuss the items they found a little)

Lets watch a short clip
on how to take these items
and fitting them all in our packs
for when we go on
our next adventure.

Check it out...



1:52 minutes



Filling My Jar Minute

This Minute is meant for Boy Scouts.

Required:

a glass jar
some rocks
pebbles
sand
water

or for more fun, use doughnut holes, M&Ms, sugar, and milk

Preparation:

Before doing this, make sure you have enough rocks, pebbles, sand, and water that will fit in the jar.

Put pebbles, sand, and water into separate cans so the contents can not be seen.

Notes:

This was WAY fun to do with doughnut holes. I don't know if the scouts got the point, but they loved watching.

Script:

There is only so much a person can do. I have a real job (put rock in jar). I teach a Sunday School class (add a rock). I volunteer at school (add a rock) I run to stay in shape (add a rock) ... continue listing other main things you do.

So, there, I'm full. I can't do anything else, even if someone asked. I expect most of you are the same way. You are so busy, you can't possibly take on anything else. Your jar is full like mine.

But, maybe if its not too big, I can do it. Like drive for a weekend campout, or arrange a fundraiser, or help at church one week, or plan a service project, or organize a parent's picnic. (add pebbles to the jar as you list the activities. Shake the jar to settle them until it is full.)

Wow, I guess I could do a little more than I thought. But, now, that's it, really. I couldn't possibly do more. Just like you, I'm doing too much now. Well, maybe if its just a small thing, I could. Like shoveling my neighbor's walk, or leading a game at a meeting, or helping someone with schoolwork, or cleaning the church for an hour. (pour the sand in as you list the items. Shake to settle).

Huh! Well, what do you know. Looks like I could do a bit more than I thought. I guess I just needed to make the time. As you can see, my jar is definitely full. I did more than I thought I could and I'm really able to accomplish a lot. No way could I fit anything else in.

But, now I don't have time for just relaxing. How can I just have fun? There's no room left. (Pour water in as you list things). I want to watch TV, play video games, see a movie, play football, ...

So, what does this mean? It seems I can do much more than I thought and I still have a little time to play. The point is that you need to get the big rocks - the important things - scheduled into your life first. Decide what is most important to you and make time for it. Then, fill in your time with other worthwhile, meaningful activities. That time left over is your relaxing time.

Be careful not to fill your life with the little things first or there won't be room for the big, important things.

How to Read a Topo Map

Website: <https://www.rei.com/learn/expert-advice/topo-maps-how-to-use.html>

Video: How to Read a Topo Map: <https://youtu.be/CoVcRxza8nI>

How to Use a Compass

Website: <https://www.rei.com/learn/expert-advice/navigation-basics.html>

Video: How to Use a Compass: <https://youtu.be/0cF0ovA3FtY>

How to Choose a Headlamp

Website: <https://www.rei.com/blog/hike/how-to-choose-headlamps>

Video: How to Choose Headlamps: <https://youtu.be/Ooii3BzjuzE>

How to Choose and Use Sunscreen

Website: <https://www.rei.com/learn/expert-advice/sunscreen.html>

How to Choose a First Aid Kit

Website: <https://www.rei.com/learn/expert-advice/firstaid-kits.html>

How to Choose a Knife

Website: <https://www.rei.com/learn/expert-advice/knives-and-tools--how-to-choose.html>

Hydration Basics

Website: <https://www.rei.com/learn/expert-advice/hydrate.html>

What to Wear Hiking

Website: <https://www.rei.com/learn/expert-advice/how-to-choose-hiking-clothes.html>

Layering Basics

Website: <https://www.rei.com/learn/expert-advice/layering-basics.html>

Video: What to wear camping - layering basics: https://youtu.be/W8AjrLz_14o

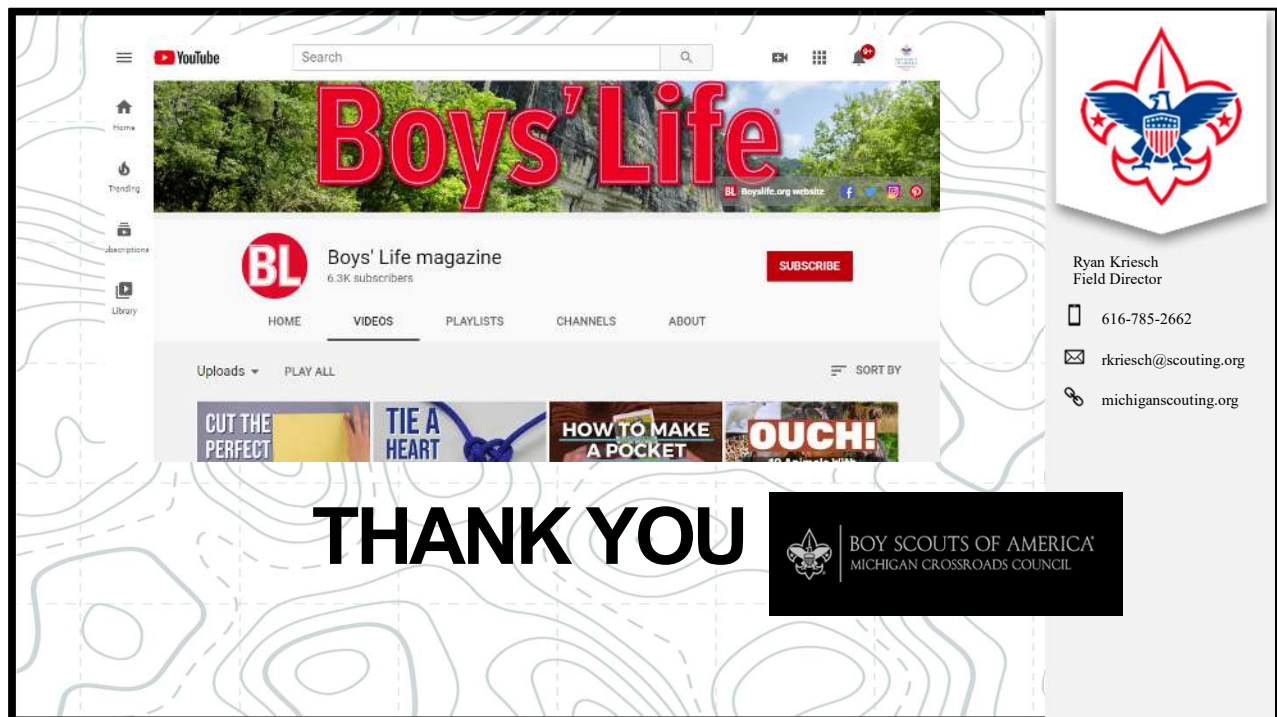


PFFSC
VIRTUALTROOP
MEETING 38

Scouts,

here is a list
of where some of the information
we use today had come from.

These resource pages are out there.



Please checkout Boys' Life magazine YouTube channel.

There are many great videos
and other topics of great things to watch
while you find yourself with nothing else to do.

(Click)

Thank you for joining us

and thanks for being a Scout!



This concludes season one,
episode one
of our virtual troop meeting
covering Adventure Trek Preparation
and cool things
to learn before we plan our next adventure.

Scoutmaster,
anything you would like to share before we leave?