

Troop 702 Flat Mountain Pond 2-Night Backpack Trip

Oct 10-12

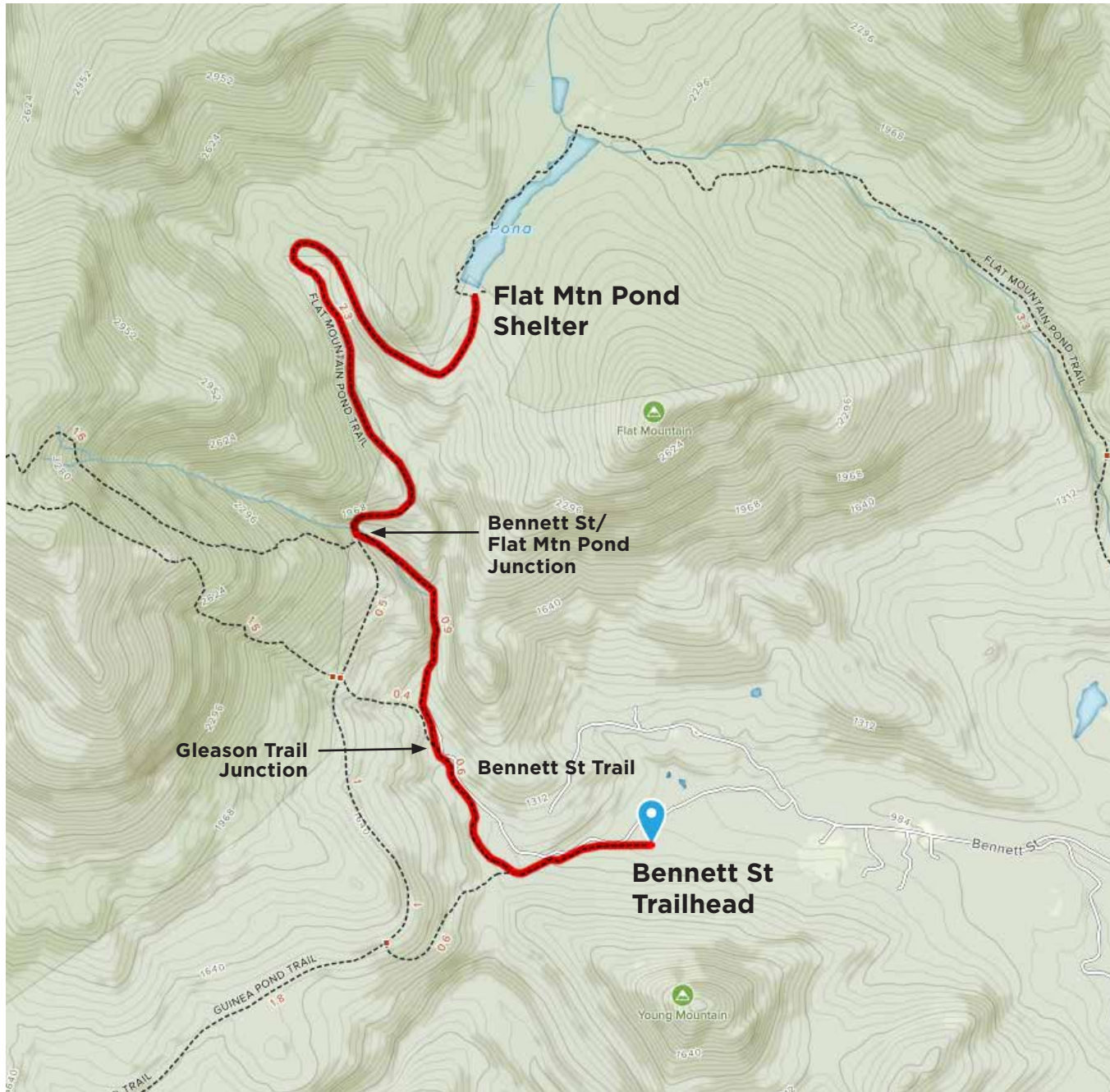


Flat Mountain Pond is located in the Sandwich Range on the south side of the White Mountains between Sandwich Dome and the Sleepers (mountains named after Kate Sleeper).

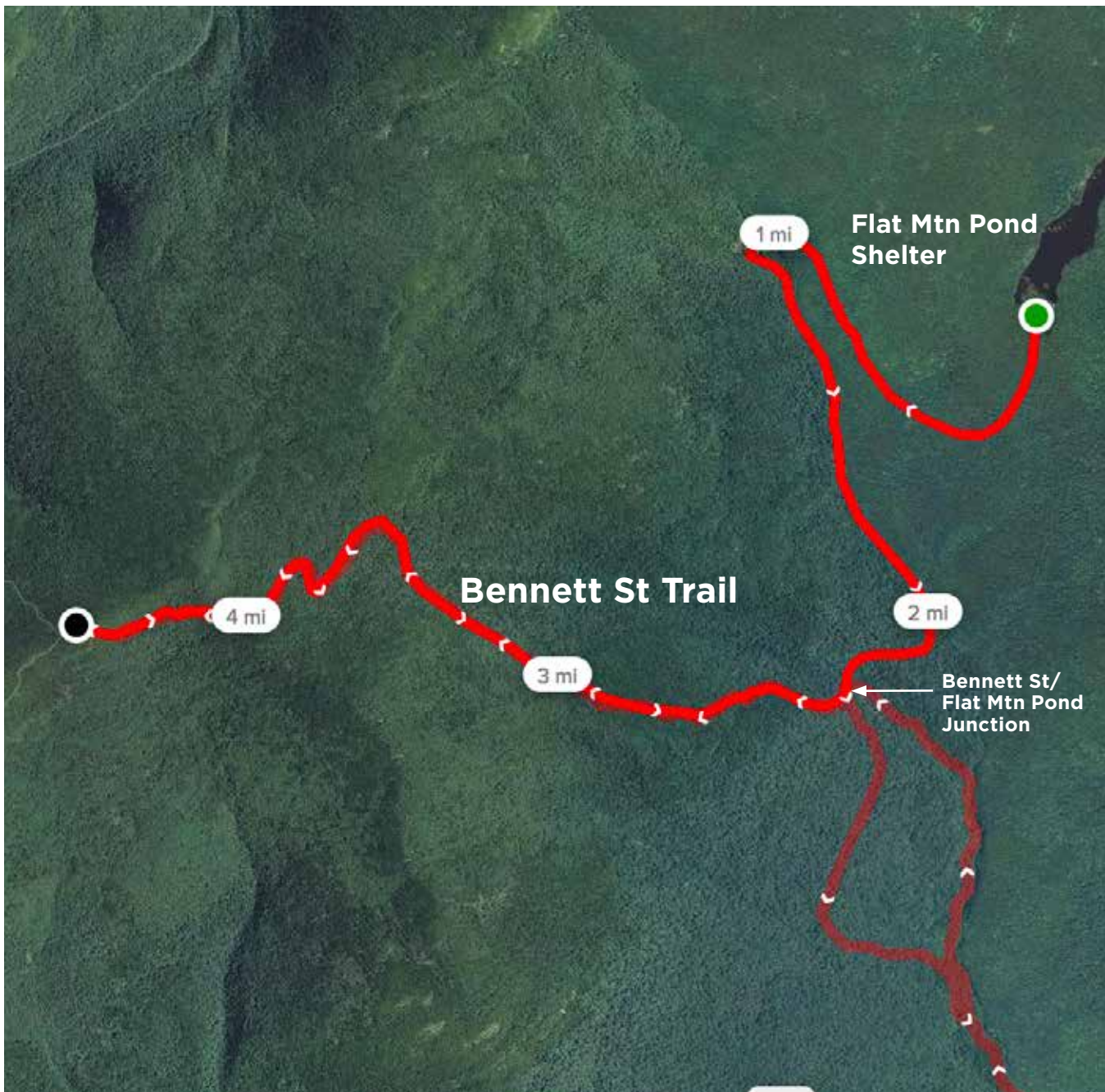
The first half-mile of the hike follows the continuation of the gravel road (Bennett Street), through the privately-owned land of the Swift River Tree Farm, whose owners graciously provide access for hikers.

We'll be taking the Bennett Street Trail along Pond Brook. 0.3 miles past the junction for the Gleason Trail, we'll come to Great Falls. At 2.1 miles from the trailhead we join the Flat Mountain Pond Trail, which follows the old grade of the World War I-vintage Beebe River Logging Railroad. From here it's about 2.5 miles or so to our destination, the Flat Mountain Pond Shelter. (4.8 miles trailhead to shelter.)

Troop 702 Flat Mountain Pond 2-Night Backpack Trip
Hike In: Saturday or Sunday



Troop 702 Flat Mountain Pond 2-Night Backpack Trip
Sandwich Mountain: Sunday hike if you come in on Saturday



Itinerary

Depart Reading Saturday morning at 6:30am to reach trail head by 8am.

Start hike by 8:30 (9 at the latest).

Arrive at the pond between 1 and 2pm.

Set up camp.

Explore the area at your leisure.

Sunday morning: Hike Sandwich Mountain 4.4 miles to the summit from the shelter site.

Monday morning: Hike out.

Option 1: Hike in on Saturday, hike out on Monday

Option 2: Hike in on Saturday, hike out on Sunday

Option 3: Hike in on Sunday, hike out on Monday

Special Note:

It will be hunting season for bear, deer, and turkey while we are on this hike (archery only for deer and turkey).

The following acts are prohibited on the National Forest:

Discharging a firearm or any other implement capable of taking human life, causing injury, or damaging property as follows:

- In or within 150 yards of a residence, building, campsite, developed recreation site, or occupied area, or
- Across or on a Forest System Road or body of water adjacent thereto, or in any manner or place whereby any person or property is exposed to injury or damage as result of such discharge. 36-CFR 261.10 (d)

Given the above regulations we should be in no danger, but we should be aware of the potential interaction with hunters.

Leave No Trace

The goal of backcountry travel is to move through the backcountry while avoiding damage to the land. Understanding how travel causes impacts is necessary to accomplish this goal.

Travel damage occurs when surface vegetation or communities of organisms are trampled beyond recovery. The resulting barren area leads to soil erosion and the development of undesirable trails. Backcountry travel may involve travel over both trails and off-trail areas.

Selecting an appropriate campsite is perhaps the most important aspect of low-impact backcountry use.

In pristine sites it is best to spread out tents, avoid repetitive traffic routes, and move camp every night. The objective is to minimize the number of times any part of the site is trampled. In setting up camp, disperse tents and the kitchen on durable sites. Wear soft shoes around camp. Minimize activity around the kitchen and places where packs are stashed. The durable surfaces of large rock slabs make good kitchen sites. Watch where you walk to avoid crushing vegetation and take alternate paths to water. Minimize the number of trips to water by carrying water containers.

When breaking camp, take time to naturalize the site. Covering scuffed areas with native materials (such as pine needles), brushing out footprints, and raking matted grassy areas with a stick will help the site recover and make it less obvious as a campsite. This extra effort will help hide any indication where you camped and make it less likely that other backcountry travelers will camp in the same spot. The less often a pristine campsite is used the better chance it has of remaining pristine.

Should you build a fire?

The most important consideration to be made when deciding to use a fire is the potential damage to the backcountry.

- What is the fire danger for the time of year and the location you have selected?
- Are there administrative restrictions from the agency that administers the area?
- Is there sufficient wood so its removal will not be noticeable?
- Does the harshness of alpine and desert growing conditions for trees and shrubs mean that the regeneration of wood sources cannot keep pace with the demand for firewood?

Considerate campers observe wildlife from afar, give animals a wide berth, store food securely, and keep garbage and food scraps away from animals. Remember that you are a visitor to their home.

Clothing:

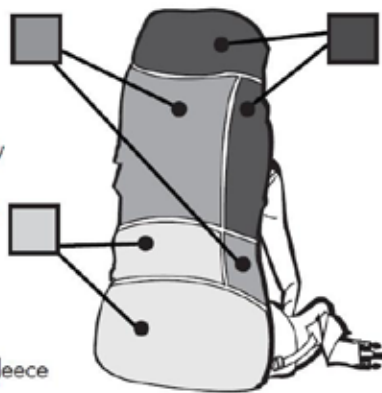
- Wicking Layer: Mid-weight top for hiking (polyester, polypropylene, silk)
- Wicking Layer: Underwear for hiking (polyester, polypropylene, silk)
- Insulating Layer: Zip neck, long sleeve shirt for hiking (polar fleece, poly, silk or wool)
- Insulating Layer: Long sleeve shirt for layering or for change at camp (polar fleece, poly, silk or wool)
- Insulating Layer: Long pants (fleece or wool) for camp/extra warmth.
- Outer Layer: Long pants or shorts (uncoated nylon, polyester) for hiking.
- Outer Layer: Waterproof rain jacket, must fit over other layers, may be combined with insulating layer (10+E)
- Outer Layer: Waterproof rain pants (must fit over other layers)
- Hats (two, one for hiking/sun protection & one [insulated] for camp/sleeping)
- Socks (wool, poly)**
 - o one pair heavy for hiking
 - o two pair heavy spare
 - o optional one pair mid/heavy for hiking or camp
 - o optional one or two pair light silk or poly liner
 - o optional pair, fleece for camp or sleep
- Gloves/mittens (they get wet - have spares)
- One thin liner gloves (can be worn under all others and permit delicate finger work without exposure)
- Waterproof hiking boots**
- Camp shoes/boots/booties (sneakers, trail shoes, down booties, etc. Light and easy to pack to wear at camp site when you remove your boots to warm and dry)

MEDIUM ITEMS

- Cooking utensils
- Some clothing
- Some foods
- Tent body and fly

LIGHTEST ITEMS

- Sleeping bag
- Pad
- Rain, wind gear
- Bivy sack
- Bulky clothing/ fleece



HEAVY ITEMS

- Water
- Stove
- Fuel
- Food
- Tent poles

Basics:

- Backpack
- Sleeping bag w/ Stuff Sack (40 degree F or lower)
- Sleeping Pad (Optional)
- Sleeping bag liner (Optional)
- Camp pillow (Optional)
- Tent, hammock, or bivi sack
- Water bottles, usually 2 one-liter bottles (10+E)
- Water filtration** (especially if staying 2 nights)
- First Aid Kit (10+E)
- Food (MRE, etc.) (10+E)
 - o Trail lunch (x2)
 - o Trail dinner (x2)
 - o Trail breakfast (x2)
 - o Trail snacks
- Backpacking stove and fuel**
- Mess kit and pot for heating water/cooking
- Waterproof lighter/matches, Lint/fire starter kit (10+E)
- Pocket knife (10+E)
- Trekking poles** (optional, but recommended for stream crossings)

Misc. Items (required):

- Headlamp/flashlight, spare batteries (10+E)
- Pack rain cover or garbage bag
- Lashing straps or rope
- Spare Zip-lock bags & trash bags
- Toilet paper
- Washcloth/small pack towel (lightweight)
- Toothbrush/toothpaste
- Sunglasses (10+E)
- Sunscreen (10+E)
- Map & Compass (10+E)
- Whistle (10+E)
- Pad/pencil

Misc. Items (optional):

- Hatchet and/or saw

Special Note:

Bright color or Blaze Orange is recommended during hunting season.



Trailhead



Bennett Street Trail



Great Falls



Flat Mountain Pond



Flat Mountain Pond



Tent Sites



Tent Sites



The Shelter



The Shelter



Flat Mountain Pond (Brisk Morning)



Spice Pack!



On the way out



Troop 702!