Activity: Five-Mile Hike Location: Ice Age Trail

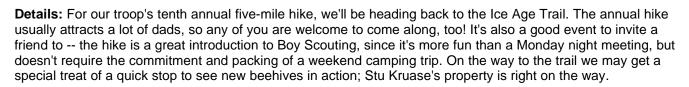
Dates: Saturday, April 10, 2010

Meet at: 8:30 a.m. Saturday, CVBC Estimated return: 2-5 pm (?) Saturday, CVBC

COST: \$0.00 (bring your own food)

Policy Number:

Emergency contact: Tom Arneberg's cell phone (404-0582)



Every hiker should try to wear hiking boots with good ankle support, and two pairs of socks to diminish the chance of blisters (preferably an inner layer of polypropolene, and wool socks on the outside). Everyone should also bring a raincoat or poncho in case it rains, and a hat and sunscreen in case it gets sunny. And, of course, **plenty of water!** (You should always carry at least two quarts/liters while in the woods.) You can probably fit all this in a small school backpack, but if you have a large backpack, this would be a good chance to check it out on the trail if you want.

The boys will be building a campfire for lunch, and we may also bring a couple backpacking stoves to get practice using those. (You can bring whatever you want to eat, but consider challenging yourself to cook something.)

Retain the above information and return the form below when you show up for the hike. ------(cut here; return bottom portion) ------Activity: Five-Mile Hike on the Ice Age Trail Dates: April 10, 2010 In consideration of the benefits to be derived, and in view of the fact that the Boy Scouts of America is an educational institution, membership in which is voluntary, and having full confidence that every precaution will be taken to ensure the safety and well-being of my Scout son/ward, namely: First Middle_ on the activity above, I agree to his participation and waive all claims against the leaders of this trip, officers, agents and representatives of the Boy Scouts of America, and the sponsoring organization, Chippewa Valley Bible Church. In the event of an emergency, the troop leader of the activity named above has my permission to obtain medical treatment for this Scout at the nearest hospital or doctor, at my expense, if our own doctor is not readily available, and as restricted on the Emergency Data Sheet on file with the Troop. () Yes, I will attend this activity with my son(s) () Yes, I can drive (to / from) this activity; I can fit _____ scouts in my car Signature of parent or quardian: EMERGENCY INFORMATION: (In addition to Personal Health and Medical Records.) During the activity listed above, I (parent/guardian) can be contacted at the following phone number(s): This scout is highly sensitive to: What, if any, medication is this Scout taking? Any special instructions for this medication? Do you want the activity leader to carry the medication? (use back of this page for additional information or explanation) Date of last tetanus shot/booster: Date of birth: MEDICAL INSURANCE INFORMATION Company:_

Parent's SS#:

Questions? Call Tom Arneberg (726-4074), or see the www.troop72.com web page.