

Arrival Instructions Friday:

Drivers: If leaving your vehicle overnight, bring a copy of the confirmation letter Sharon will send you. Your vehicle will be towed if this isn't left clearly visible on your dashboard. Please remember to carry vehicle packet with health histories and permission forms for your girls and health histories for yourselves.

At 3:30 pm, we will meet to drop off gear in Back Bay National Wildlife Refuge, 4005 Sandpiper Rd, Virginia Beach, VA 23456.

Do not pay Entrance Fee for Back Bay National Wildlife Refuge. Tell the toll booth operator you are with Troop 771. If there is no operator, press the button and you may enter when the gate opens.

We may only be on refuge property during daylight hours. Therefore, we may not be able to wait for late arrivers. You MUST call if you're running late, Darrell Fann, 615-521-9070.

Once gear is dropped off, we will move all vehicles to the overnight parking at Little Island City Park, 3820 Sandpiper Rd, Virginia Beach, VA 23456.

Preparation information:

Below are a few pointers for packing your individual gear.

Water - Potable water spigot at the campsite has good VB city water for drinking, cooking and washing. Please bring refillable bottle with enough water for the trip to camp, plus extra empty bottle for Saturday.

Meals - Pack 2 breakfasts, a trail lunch, Friday dinner, and snacks for the weekend. Group meal items as assigned in the group gear section. Pack all food, snacks, and smellables in a separate bag for the racoon pole. This is a wildlife refuge, so no fire, open flames, or charcoal. We will cook using backpacking stoves, as assigned on the group gear list.

The False Cape Visitor Center even has popsicles, cold drinks, snacks, frozen corndogs and pizza. They have a microwave for cooking the frozen stuff. It is a small store, so I wouldn't count on there being enough food for all of

us. I will call ahead to ask them to stock extra popsicles. They're only \$1.25, and I think girls (*and* adults) would really enjoy popsicles on the wrap-around porch in the rocking chairs, under the porch fans in the afternoon.

Tents – We will bring tents for all to share. If you'd like to bring your own, please coordinate with us, as the state limits us to 2 tents per site.

Bathroom - Bring a small travel roll of TP, or 2 packs of purse tissues. Girls, remember that they won't do you any good if you don't keep them with you. There are "nice" solar-powered outhouses right by camp and around the park. BONUS: half-mile walk from camp to an indoor bathroom with flushing toilet, sink and hand dryer. We'll visit them at least twice per day.

Money - for camp store items (especially popsicles!) and optionally, Pungo Pizza on the way home.

Day pack - for exploring on Saturday. We will travel at least 10-25 miles by biking and walking, so pack a trail friendly lunch, snacks, plenty of water,

sunscreen, spare shorts, mesh bag, digital camera, zip lock bags, quick-dry towel, etc.

Footwear - Boots, sneakers, or all-sport sandals such as teva or keen, plus spare lightweight camp shoes. Flip Flops ok for the beach and campsite *clearing*, but please never *in* the woods. Check weather for final choices.

Packing List:

- Confirmation Letter (if leaving a vehicle overnight, leave in dash)
- health histories and permission forms if not already submitted
- Bicycle helmets (required for age 14 and under)
- sleeping bag or bedroll
- sleeping
- small pillow or stuff sack
- clear lawn trash bag
- ziplocs for packing out all trash
- sunscreen, lip balm
- insect repellent
- 2 refillable water bottles
- mess kit or plate, cutlery
- small sponge and soap for cleaning mess kit
- mesh bag with clip (2) - one for shell collecting
- Headlamp with spare batteries
- carabiner/bag for the racoon pole (no bears here)
- song, skit or night game for campfire
- pocket knife, optional (no weapons)

Clothing options: Warm weather (adjust to forecast)

- rain jacket or poncho
- Wicking T-shirt (synthetic or wool)
- Quick-drying pants, preferably convertible pants
- Shorts
- Long-sleeve shirt (for sun, bugs)
- Socks (synthetic or wool) plus spares
- Sun-shielding hat

- Bandana

Personal items

- tooth brush and small toiletry kit (no showers)
- baby wipes, unscented (instead of shower)
- small quick-drying towel, such as microfiber
- Hand sanitizer
- Purse tissues or small roll of TP

Group Gear:

First Aid - First aider will bring the first aid kit, including snake bite kit.

Tents/Stakes –

Bay side camp: Darrell will bring bike trailer with 6 (4-person) tents, which is the maximum number we are allowed to bring. The 8 girls will share 4 of the tents, and 2 adults in each of the remaining 2 tents.

Beach side camp: 4 tents maximum, 2 adults and 6 girls.

Big Pots - Bonnie will bring one

Backpacking Stoves – Darrell and Bonnie

Tarps – If needed, Darrell/Bonnie each bring one 10X10 or larger

Rope - Bonnie, enough for tarps

Tools - allen wrenches, pliers, multitool, tire pump and levers - Darrell

Carrots, Cooking Oil, S&P, hot sauce – Bonnie

Saturday Group meal - BBQ Chicken Wraps and carrots – provided.

Shell Candle Craft: Metal Can to fit into larger shallow pan of water

Wooden paint stirring stick

Pot grabber or good tongs

Cheesecloth to strain out old wicks
Wax (old candles broken with chisel and hammer)
Wicks or cotton twine dipped in wax
paper lunch sacks or ziplocs to hold candles

Parking/Gas - Split privately with your riders. Parking is \$5 per vehicle.

Spending Money: Bring money for camp store and Pungo Pizza on the way home if desired.

Communication: Cell reception is spotty, but available for Verizon.

Emergency Contacts

Emergency 911

Park Ranger 567-4957

Park Office 426-7128 (cell) Chuck
ask for Cameryn Swain, deputy manager

Visitors Center, Kathy Madden 426-3657

Park Manager 406-1788

Asst. Park Manager 406-0287

Police Nonemergency 385-5000

Towed Vehicles 385-3111

Fire and Rescue Nonemergency 385-4228

Poison Control 1-800-222-12222

Sentara Virginia Beach Hospital 395-8000

1060 First Colonial Road, Virginia Beach, VA 23454

Report suspected wildlife crime, Law Enforcement Officer Gabriel Harper at
(757) 301-7329 ext.156 or by e-mail at Gabriel_Harper@fws.gov.

Injured wildlife can also be reported to local wildlife rehabilitators at
(757) 543-7000.

- ◆ Bonnie Taylor, 450-1775
- ◆ Darrell Fann, 615-521-9070

Permits BBNWR: Walt Tagee (757) 301-7329 x162

park transportation no bikes

west dike is open along the bay side, dawn to dusk 6:45 am

visitors center 8a-4p

Secretary Ms. Green, x115

ask when will contact station open? stock popsicles?

backbay.fws.gov

Training

We have been training with our girls, and I hope you are all staying fit and doing some trial runs with your gear. If you've gotten a little out of shape over the winter (guilty!), now is a good time to start back with training. Since we're traveling over level ground, you can easily practice around your neighborhood. I find that the weight of the pack increases the impact where my bottom meets the bike seat, and at the wrists/hands. So, you may want to beef up the padding on your shorts or seat if needed. Consider cycling gloves to protect hands from blisters due to vibration on the gravel. If at all possible, use your rear bike rack. If you or your girls will not be able to handle your gear load, now is the time to find out. You can still look into borrowing or renting a bike trailer, racks, panniers, etc. Allow for time to practice with the new setup. Please contact me to discuss this if there is any problem.

Fun Facts about Feral Hogs

The wild pig is the most prolific large mammal on the face of the Earth. Where the rare wild pig attack occurs, it is usually during a hunting scenario where dogs are used to bay or corner a pig in a spot and the pig "runs through" the associated hunters standing nearby. Occasionally, humans inadvertently walk between a sow and her litter and the sow reacts to protect her young. Totally unprovoked attacks outside of these two scenarios are exceedingly rare. Given a choice, wild pigs usually flee rather than fight. U.S. newspapers report about 5 to 7 human fatalities each year. Feral hogs have an amazing sense of smell, so they will likely detect you and leave the area long before you get near them. Carrying a sturdy walking stick can help protect yourself in the unlikely occurrence that you are attacked. Most likely, you will get a chance to observe their tracks. Fun fact, wild pigs do not actually carry swine flu. In fact, most disease transmission to humans usually occurs when hunters do not use proper protection when field dressing the pigs. Like other mammal wildlife, it is unusual for a pig to hang out near humans. If you see a pig in a parking lot,

for example, that is a sign that something is wrong with the pig, such as injury, rabies, or other illness. Avoid them and notify authorities.

Safely dealing with snakes:

http://ufwildlife.ifas.ufl.edu/safely_dealing_with_snakes.shtml