

Patrol Trip Planning Guide

Patrol name: _____

Each member of the patrol should fill out this guide during the patrol meeting and then review it with a parent prior to the trip so that everyone knows the plan. Be prepared!

List the patrol members attending the trip. Indicate tenting assignments, what tents will be used and who is responsible for bringing them on the trip.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2) Meal plans – decide how the patrol will work together to plan meals, buy food and transport it on the trip – **there are no ‘loners’** on a Scout trip. List everything needed for the meal preparation and who is to bring it!

Things to consider:

- ◇ The type of trip (backpacking, **car camping**, canoe camping)
- ◇ The expected conditions (more calories are needed for cold weather & **strenuous activity**)
- ◇ Be sure to **include vegetables and fruits** (fresh or dried)
- ◇ Whether or not you will have the ability to **keep any food items cold**
- ◇ **How things will be cooked**/heated (trail stove, camp stove, water needs, pots & pans, etc.)
- ◇ **Water!** Have a minimum of 1L with you and fill up often.

Saturday breakfast menu # eating _____	Ingredients / Who brings what / Patrol assignments Cooking (heat) source: _____ Cookware/utensils needed: _____ _____
Saturday lunch menu # eating _____	Ingredients / Who brings what / Patrol assignments Cooking (heat) source: _____ Cookware/utensils needed: _____ _____

Saturday dinner menu # eating _____	Ingredients / Who brings what / Patrol assignments Cooking (heat) source: _____ Cookware/utensils needed: _____ _____
Sunday breakfast menu # eating _____	Ingredients / Who brings what / Patrol assignments Cooking (heat) source: _____ Cookware/utensils needed: _____ _____

Some guidelines and Troop 79 traditions

- We generally have breakfast at home before trips that leave Saturday mornings. That breakfast – like the ones you have on the trail – should be hearty and well-balanced. And well-balanced does not mean a Poptart for each hand! **And don't even think** about skipping breakfast.
- The first day's lunch is usually a "pack your own" meal. Pack items that are a good mix of protein and complex carbohydrates. Be sure to include some fruit (fresh or dried; cores, peels and packaging are packed out) or veggies.
- Think of the weight of your personal and patrol food, as well as its packaging. Try to repackage items into smaller, lighter portions with less paper & plastic to cart out.