



# 2016 Bishop England Trek Information Packet

Sunday, June 12, 2016 to Saturday, June 18, 2016



## Overview

Welcome youth, parents, clergy, religious, and adult participants to the inaugural Bishop England Trek (BET 2016). This information packet will help each of you prepare for BET 2016 and answer a number of questions that you may have already thought of or wish you had asked about already. Any questions that are not answered in this information packet should be sent to the Crew Leader, Mr. Tom Militello – [tom@stjosephcolumbia.org](mailto:tom@stjosephcolumbia.org) before June 4, 2016.

BET 2016 begins on Sunday, June 12, 2016 in Spartanburg, South Carolina at Jesus Our Risen Savior Catholic Church. BET 2016 participants and their parents / guardians are asked to arrive by no later than 1 pm. **Parents are asked to plan to remain until 3 pm or until all check in procedures have been verified as complete by an adult crew advisor.** Additional details, arrival times and activities for June 12 are provided in **Section 1 – Sunday Arrival, Spartanburg.**

## The Trek

On Monday, June 13 we will begin our trek along the Foot Hills Trail, covering either a 30 or 50 mile itinerary in 6 days, finishing at **Oconee State Park** on Saturday, June 18. Youth and adult participants are asked to select either the 30 or 50 mile trek before May 20, 2016. If there is



any question about a youth or adult's ability to complete the 50 mile trek, then they will be assigned to the 30 mile trek.

While hiking and camping, we will experience a program that is designed to encourage the integration of morality, values, spirituality, faith, scripture and vocation in our lives as young Catholic Men and Women. At the conclusion of the trek we will celebrate mass and have lunch with our families before departing for home.

All events on Saturday, June 18 will conclude by no later than 2:00 pm and will be held at Oconee State Park. Parents are encouraged to arrive by 11:30 AM. Mass will begin at Noon.

### **Informational Emails / Texts Messages – Emergency Contact Information**

The BET 2016 Medical & Support Team will be led by Mr. George Faller (803-414-7181). The team will maintain contact throughout the trek via two-radio, text messaging and informational emails.

All participants and parents will receive an informational email on June 4<sup>th</sup> with details on the BET 2016 Base Camp location within Oconee State Park. The location for mass and our picnic lunch on June 18 will be included in this informational email message.

Parents are asked to provide contact information for emergency purposes throughout the week and also in the event that our Saturday event location changes due to weather and/or changes in SC State Park accommodations within Oconee State Park.

### **Transportation Responsibilities**

At least one parent or legal guardian must be present to drop off and pick up their youth at BET 2016. If this is not possible, then arrangements should be made with the Crew Leader, Mr. Thomas Militello (803-261-7405) by June 4, designating an adult as the responsible party for transportation to and/or from BET 2016.

Transportation from Spartanburg to the Foot Hills Trail will be provided by certified BSA adult leaders who are at least 25 years of age and possess a valid drivers license and vehicle insurance.

Transportation on June 18, 2016 from Oconee State Park back to home is the responsibility of the parent/ guardian.



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## Health History / Medical Examination Forms

All participants must have a completed BSA Health History and Medical examination in the last 12 months by a physician or certified nurse practitioner. BSA approved forms are included in this informational packet.

Health History / Medical Examination forms must be completed and **returned electronically** in PDF format before June 4, 2016 to your Crew Leader - [tom@stjosephcolumbia.org](mailto:tom@stjosephcolumbia.org).

**Please bring original copies of the Activity Consent and completed Health / Medical Examination forms on Sunday, June 12 to Spartanburg.** Hard copies of all Activity Consent and Health / Medical Examination forms will be held by the BET 2016 Medical and Support Staff until June 18, 2016. **Please include written instructions for any prescription medications.**

## SECTION 1: SUNDAY ARRIVAL - SPARTANBURG

BET 2016 participants should plan to arrive at Jesus Our Risen Savior Catholic Church, 2575 Reidville Rd, Spartanburg, SC on Sunday, June 12 by 1 pm. **Parents are asked to plan to remain until 3 pm or until all check in procedures have been verified as complete by an adult crew advisor.**

### Crew Assignments / Shakedown / Crew Gear

Crews will be assigned with approximately 6 youth and 3 adults per crew. Crews will be assigned based on the choice of BET TREK – 30 or 50 mile. Backpack shakedowns will be conducted by adult advisors to assist youth in reducing the weight of their backpacks. Items not determined to be necessary for the trek will be sent home.

Tents will be allocated to each crew with 2 participants per tent. Participants wishing to sleep in hammocks may bring along their own gear. No personal tents are to be brought by the youth. Any gear allocated to the crew must be returned prior to departure on June 18.

Shakedowns and crew gear assignments must be complete before parents/guardians depart.

### Sunday Dinner / Overnight Accommodations

All BET 2016 participants will be fed dinner on Sunday night. Sleeping arrangements on Sunday night will be provided by the parish at Jesus Our Risen Savior.



## SECTION 2: 30/50 mile Treks and Preparation

The Foothills Trail is challenging. Instead of holding preparatory backpacking trips, as previously announced, the BET 2016 Advisory Team recommended a shorter 30 mile trek. There will be a 50 mile trek for those participants who are up to the challenge. If there is any doubt about one's ability to complete the 50 mile trek, then please register for the 30 mile trek.

Both itineraries are in the same general area of the Foothills trail and will start / conclude on the same days.

It is suggested that all participants begin carrying a backpack for at least 1 hour every other day with 25 to 35 lbs. of weight. One should also begin to acclimate to the hot weather and humidity as temperatures begin to rise in the weeks ahead. Get use to drinking water rather than sports drinks. If you have access to a water purification pump, then become familiar with how it works.

## SECTION 3: Personal Gear

The following may be used as a checklist for your personal gear:

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| Backpack – inner or outer frame: 60 l min to 80 l max            | 2 x 32 oz Nalgene wide mouth water bottles | 1 x 70 Oz camelback reservoir or third water bottle.         |
| Backpack Rain Cover / 4 shock cords                              | Anti-chafing balm                          | T-Shirt & Shorts for Sleep Only                              |
| Light Sleeping bag in stuff sack lined with plastic bag or sheet | 1 light-weight towel                       | 3 pairs of sock liners                                       |
| Ground Cloth   | 1 light-weight wash cloth                  | 2-3pairs heavy hiking socks                                  |
| Sleep Pad  | 3.0 oz concentrated soap                   | 2 pair non-cotton hiking shorts                              |
| Poncho   | 1.5 oz travel shampoo                      | 2 short sleeve non-cotton T-shirts                           |
| Baseball Cap or Brim Hat   | 1 small toothbrush                         | 2 bandana's  |
| Hiking Boots   | 0.85 oz toothpaste                         | 1 long sleeve shirt  |
| Light-weight Camp Shoes  | 1 comb / small hair brush                  | 1 pair long pants (can use zip off legs from shorts)         |
| 1 Micro-LED Head Lamp  | 1.5 oz > PSF 30 sunblock                   | 1 small stuff bag for smellables                             |
| 1 bowl, 1 cup, 1 spoon/spork                                     | 0.35 oz lip protection                     | 12 x 1 gallon zip-lock bags                                  |
| Small Bible, Pen & Journal in Plastic Bag                        | Hiking Poles - optional                    | <b>LEAVE ROOM for Crew Gear... tents, cooking gear, etc.</b> |



#### Section 4: Backpacking, Camping and Meals

Each day the crew will select a youth leader. The youth leader will be responsible for planning the duty roster (i.e. cooking meals, clean-up and water purification) and assigning roles. Campsites will be chosen by the crew following the Leave No Trace Principles and Outdoor Code. All food will be provisioned by the Trail Medical & Support Staff on as needed basis. On some days the crew will be carrying an entire day's supply of food and water. On other days, the support staff may deliver food and/or water, dependent upon the crew's locale on the trail. Distances hiked each day will depend on weather conditions, terrain, camp site locations / availability and the overall length of the trek.

#### Section 5: Clergy, Seminarians & Religious Leaders

Our clergy, seminarians and religious leaders will be responsible for the overall program on the trail. Our scouting adults assigned to "shadow" the crew will provide trek support and if necessary back-country camping advice and first aid. In the event of inclement weather, the scouting adults will advise on the best precautionary steps to take for the safety of the crew.

#### Section 6: Summary Participant TODOs / Timeline

#1 May 20, 2016: Email Crew Leader with your BET 2016 Trek Preference – 30 or 50 miles

#2 May 20, 2016: Email Crew Leader with any dietary restrictions.

#3 May 20, 2016: Please postal mail any past due account balances to the Crew Leader.

#4 June 4, 2016: Email Crew Leader completed Health History / Medical Exam form.

#5 June 4, 2016: If needed call Crew Leader to arrange for alternative transportation.

#6 June 12, 2016: Arrive Spartanburg by 1 pm with hard copy Health History / Medical forms, packed and ready to have fun!



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**\*\* START WALKING WITH A BACKPACK – 25 to 35 lbs / ~ 1 hour each time \*\***

**\*\* GET HEAT and HUMIDITY ACCLIMATED \*\***

**\*\* DRINK MORE WATER \*\***

**\*\* Avoid “Sugary” Drinks \*\***

**Any Questions?**

**Postal Mail:**

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| <p>Tom Militello<br/>Crew 100 Leader<br/><a href="mailto:tom@stjosephcolumbia.org">tom@stjosephcolumbia.org</a><br/>phone/text: 803.261.7405</p> | <p><b>BET 2016 – Crew 100</b><br/><b>Attn: Tom Militello</b><br/>St. Joseph Catholic Church<br/>3512 Devine Street<br/>Columbia, SC 29205</p> |
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