

# The Fresh Air Fund Girl Scout Weekends



Dear Girl Scout Troop Leaders:

I am pleased to announce that in addition to our regular Spring Girl Scout Weekends, we are offering a **Weekend Backpacking Trip** on April 10-11, 2010! Sharpe instructors who are skilled in backpacking will be leading this adventure. We will cover some of the requirements described in the **Backpacking Interest Project for Cadettes and Seniors**.

**This is a great opportunity for first-time backpackers because we will provide backpacks, tents, cooking equipment, food, and everything else you need!** Just bring a pair of comfy hiking boots and a sleeping bag and Sharpe will take care of the rest.

Activities will include:

- ❖ How to prepare for a successful trip
- ❖ Overnight Tent Camping
- ❖ Backpacking stove use
- ❖ Water purification
- ❖ Map and Compass Skills
- ❖ Leave-no-trace camping principles

We will begin at Camp Hidden Valley and hike along some of the Wilderness Trail, a scenic 8-mile trail located within the Sharpe Reservation. Although we will go at a leisurely pace and make a lot of stops along the way, some physical conditioning prior to the trip is necessary. **Safety is a top priority** on this trip: All instructors will be certified in First Aid and CPR.

This weekend will be open to **Cadette** and **Senior** Girl Scouts only. The trip is limited to the first 30 girls who sign up. Prior to the trip itself, I will mail out a list of suggested activities to prepare for the trip, a detailed packing list, a map with the route we intend to follow, and more.

The all-inclusive cost is \$78 for each adult and Scout, with one troop leader free. **Registration is on a first come-first-serve basis and early registration is strongly encouraged.** Registration will open on January 1, 2010. Please feel free to call the Nature Center at Sharpe Reservation at (845) 896-5910 or e-mail me at [jmurawski@freshair.org](mailto:jmurawski@freshair.org) if you have any questions. More information and registration forms can be found on our website, [www.freshair.org](http://www.freshair.org), on or after January 1<sup>st</sup>, 2010. **Thanks and we hope to see you here!**

Jane Murawski- Girl Scout Weekends Coordinator