

San Bernardino Peak - Day Hike

When: **Saturday-Sunday, July 4-5, 2009**

Event: Saturday - sleep overnight at base campsite near trailhead to San Bernardino Peak, to adjust to elevation change (above 5,000 feet).

Sunday - climb to summit (10,649 feet) and back down in same day. From Angelus Oaks trailhead (5,960 feet) to summit is 7.9 miles, one-way (4,700 feet of elevation gain). **Total distance: 16 miles.** **Total climb/hike time: 9-10 hours** (estimated). This is a strenuous high-altitude hiking activity.

Why: To gain high-altitude climbing/hiking/backpacking experience, including an overnight experience at altitude.

Achieve 1 of 4 climbs required for "Four Peaks Award"

See: http://hat.bsa-la.org/index.php?option=com_content&task=view&id=64&Itemid=2

This will be excellent preparation for Troop's Sierra Trek in August

Prerequisites: 2nd class rank and have satisfactorily completed a training hike.

What to Bring:

Overnight experience: car camping gear is appropriate (climb to occur in 1 day).

For the Climb/Hike:

- day pack and **hiking poles** (poles very important for steep descent)
- layered clothing (polyester shirt, polartec vest)
- water, snacks, lunch, **more water (minimum of 3 liters per person)**
- sunscreen, sun glasses, hat
- hiking boots or trail shoes, and hiking socks (blisters are no fun).

Scout Leaders

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