

Trip Overview

This is a multi-day backpacking and camping trip to **Cumberland Island National Seashore**. Scouts will be backpacking, exploring and learning about the Island, taking part in hiking, games, and outdoor activities, and working on merit badges. There are **no stores on the island**, so all gear and food must be packed in. Scouts should review this handout carefully and pack accordingly.

Merit Badges

Scouts have already selected one of the following merit badges to work on during the trip.

- **Nature** – Counselor: Mr. Duncan
- **Fish and Wildlife Management** – Counselor: Mr. Brooks
- **Environmental Science** – Counselor: Mr. Scott

Island Rules & Safety

- Maintain **50 feet** from wild horses; do not approach or feed them.
- No trash cans on the island — **pack everything out**.
- Fires only in designated fire rings.
- Stay off dunes except on designated paths.
- Remain on marked trails in sensitive areas.

Locations

- **Wednesday Night Camp**
Crooked Creek State Park – Pioneer Site
6222 Charlie Smith Sr Hwy
St. Marys, GA 31558
- **Ferry Check-In**
Cumberland Island National Seashore Visitor Center
113 St. Marys Street
St. Marys, GA 31558
- **Thursday–Sunday Camp**
Cumberland Island National Seashore
Stafford Beach Campsite
Camden County, GA

Packing Guidelines

- All gear must be **backpacked in** and fit inside or be securely attached to the backpack.
- Use **dry bags or trash bags** inside packs to keep clothing and sleeping bags dry.
- Avoid heavy or bulky items.
- Inexperienced backpackers are encouraged to **buddy up** to split shared gear (tents, stoves, fuel).

Packing Checklist

Backpacks & Shelter

- Framed backpack (internal or external) with hip belt
- Rain cover for backpack
- Day pack (small, lightweight)
- Tent (max 4-man for buddy pairs; 2-man if solo)
- Sleeping bag
- Sleeping pad
- Pillow

Cooking & Eating Gear

- Mess kit (pot, bowl/plate, spork; optional cup)
- Backpacking stove (isobutane or white gas) – if sharing with buddy plan before hand
- Stove fuel
 - Isobutane: 3 × 3.5 oz canisters **or** 2 × 7.8 oz canisters

Personal Hygiene

(Cold-water shower available at Cumberland campsite)

- Towel
- Travel-size soap
- Toothbrush & toothpaste
- Toilet paper (none supplied by park)
- Medications (inform adult leaders before departure)
- Cash or card for travel meals

Essential Gear

- Water bottles (at least 2 liters of total capacity)
- Personal first aid kit
- Map & compass (maps provided)
- Flashlight or headlamp + extra batteries
- Sunscreen
- Bug repellent (**do not skip**)

- Fire starter & ignition source
 - Knife
 - Gallon-size Ziploc bag for trash
 - Scout handbook
 - notebook & pen/pencil for merit badge
 - Dry bags or pack liner
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Clothing

(Average February temperatures range from highs into the 70s, lows in the 40s.)

- Field uniform (travel)
 - Rain gear
 - Hiking boots
 - Camp shoes (optional)
 - Warm layer (jacket or fleece)
 - Hat or beanie
 - Undergarments (3 pairs)
 - Long underwear (recommended)
 - Socks (4 pairs, wool or synthetic)
 - Shirts (3–4 scouting-appropriate)
 - Pants/shorts (3 pairs; no jeans or cotton sweatpants, at least one pair should be pants or zip-offs)
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Optional Items

- Tarp & cordage
- Water filter or purification method
- Sewing/repair kit or duct tape
- Gloves
- Sunglasses
- Frisbee or cards

Food & Meals

All food must be stored in a separate food bag. **All trash must be packed out.** Bear (raccoon) bags will be used.

When planning meals for a backpacking trip, consider **food storage, weight, and preparation method.** There will be **no refrigerator or cooler**, so all food must remain safe without artificial cooling. Canned foods are generally too heavy and impractical for multi-day backpacking trips. Freeze-dried meals (such as Mountain House) are lightweight, convenient, and suitable for all meals, but they can be expensive. Many **lighter, affordable options** are also available at most grocery stores.

Number of Meals to Pack

Each scout should pack the following:

- **Breakfast:** 4
- **Lunch:** 3
- **Dinner:** 4
- **Snacks:** As needed for hiking and activities

Meal Plan by Day

	Wednesday (2/18)	Thursday (2/19)	Friday (2/20)	Saturday (2/21)	Sunday (2/22)
Breakfast	Eat before arriving at Scout Hut	Cook in camp	Cook in camp	Cook in camp	No-cook breakfast (granola bar, etc.)
Lunch	Bring money – stopping for lunch	Food in day pack to eat on ferry	Food in day pack to eat on trail	Cook in camp	Bring money – stopping for lunch
Dinner	Cook in camp	Cook in camp	Cook in camp	Cook in camp	—

Meal Ideas

Breakfast: Instant oatmeal or grits, granola with dried fruit, powdered milk, bagels with peanut butter or jelly

Lunch: Tortillas or crackers with peanut butter, tuna packets, summer sausage, ramen

Dinner: Freeze-dried meals, MREs, instant mashed potatoes, instant rice, ramen

Snacks: Jerky, trail mix, granola bars

Food Storage

- All food must be stored in a **separate food bag**.
 - Bear (raccoon) bags will be used at camp.
 - **All trash must be packed off** the island.
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Water

- Each scout must carry **2–3 liters of water**.
- Potable water is available at the campsite and ranger station.
- All other water sources must be treated before drinking.
- Camp water has a slight sulfur taste; **flavor packets or filtering are recommended**.

CROOKED RIVER STATE PARK

Legend

-  Picnic Shelter
-  Parking
-  Dump Station
-  Restrooms/Showers & Laundry
-  Recycle
-  Cottage
-  Camping
-  Playground
-  Trail
-  Golf Carts Allowed
-  ADA Sites
-  Outdoor Fitness Center
-  Pull-Through
-  Back-In / Tent
-  Full Hookup



