

Cross Country Skiing Activity Guide

Goals

- Learn cross-country skiing or snowshoeing on beautiful trails
- Have a fun cabin-camping experience

Achievements Satisfied

This activity satisfies the following achievements.

- An outing with Troop for rank advancement
- Chance to work on cooking requirements

Materials

- Group cooking gear
- Layered clothing to accommodate winter activity
- Water (2 x 5 gal.)

Tips

- New Germany State Park offers cross-country skiing and snowshoeing. They can accommodate at least 30 participants depending on the amount of overlap in shoe sizes. They will reserve gear if you call a day or two ahead, and appreciate knowing in advance about large groups. The entrance to the park is well marked. Gear rental is at the Lake House next to parking lot #4.
- The green Turnpike trail is wide enough for two skiers side-by-side and is relatively flat, and thus good for scouts. The parking lot at the end is a good place for a snack stop. It is a beautiful trail along a stream.
- There are cabins at BSA Camp Potomac a short distance away. The larger cabin holds about 24 and the smaller cabin holds about 12. There are flat areas for tents outside the large cabin. The cabins are bunks with springs and mattresses. The large cabin has a kitchen with sink, electric stove, and oven. The water supply and drain pipes may be frozen. Both cabins have lights, as well as wood stoves and a small supply of wood. Tinder and kindling can be brought or gathered in the woods.
- Patrol camping is not really feasible in the one kitchen. This is a good opportunity to create a cooking patrol with younger scouts who need to complete cooking requirements. Bins are needed for washing, and sterilization is essential due to group cooking and less-experienced cooks.
- If scouts are having difficulty clipping into their skis, check for ice embedded in the boot tip.
- Beginning with a short demonstration of how to push and glide can be helpful for new skiers.