

BEGINNER BACKPACKING

grades 7-12 and adult

Sespe River Trail June 1-2 (1 night) \$40
4.3 miles each way

Sat June 1 8:30 am: meet at Piedra Blanca trailhead
Sun June 2 11 am: back at trailhead

About this hike:

- Fairly level, but exposed (hot) hike.
- Anticipating that June 1 could be hot, we are hiking early to avoid the heat of the day. There is shade and creek/ water hole for soaking at camp, we'll have a lot of free time in the afternoon

** New: Borrow a pack, sleeping bag & sleeping pad for free! **

photo credit: NorCal hiker
Sespe Creek

Required prep, kids & adults:

Pack check:

Sat May 18, 8:30-10:00, Camp Arnaz
(tentative)

Conditioning hike:

On your own: Hike 3+ miles with full pack

- Registration fees include breakfast & dinner, group gear, sleeping bag, pad, & pack
- Refunds available only when event is cancelled

- Minimum participants: 5 girls
- Maximum: 10 girls
- Girls do not need to register with an adult
- Reg. deadline: May 13



girl scouts
of california's
central coast

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Contact Name _____

Email _____ Phone _____

Girl Participants - (girls can sign up without bringing an adult)

- 7th grade & up
- Registered Girl Scout

Name _____ Age _____ Cost \$40

Name _____ Age _____ Cost \$40

Name _____ Age _____ Cost \$40

Adult Participants (optional)

- Registered Girl Scout

Name _____ Cost \$40

Total enclosed: _____

Any special needs or particular concerns? _____

Please enclose:

- This form
- Check payable to Marin Sigurdson

Mail to:
Marin Sigurdson
7462 San Bergamo
Goleta CA 93117

Girls

- High Risk Permission Form
- Medication Permission Form
- Health History Form
- Permission to Release (if parent is not picking her up)

Adults

- Health History Form

forms: <https://www.girlscoutscoc.org/en/volunteer/online-support-for-volunteers/forms-and-documents.html>
http://www.micasagirlscouts.com/High_Risk_Activity_Permission_Form.pdf

questions: marinsigurdson@yahoo.com 805-453-5551