

FOR IMMEDIATE RELEASE:

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LEARN BACKPACKING TIPS, TRICKS NOV. 2 AT ST. CHARLES COUNTY'S MATSON HILL PARK



ST. CHARLES COUNTY, MO – If you're interested in backpacking and don't know where to start, enroll in St. Charles County Parks' "Backpacking, Shakedown and Hike" class! This new ranger-led program is from 10 a.m. to 3 p.m., Saturday, Nov. 2, at Matson Hill Park, 670 Matson Hill Road in Defiance.

Participants ages 12 and older will learn how to prepare for an enjoyable backpacking adventure. Rangers will cover:

- needed gear;
- packing for a long-distance hike;
- outdoor ethics;
- and hiking safety.

After the lessons, attendees will take a moderate 5-mile hike through the 475-acre rugged, heavily forested parkland to experience a backpacking journey.

Participants should wear hiking-appropriate clothing and bring a brown bag lunch and their own backpacking equipment, including the following gear necessary for a longer backpacking trip: backpack, sleeping bag, bug spray, first aid kit, rain gear and water.

The program is \$2 per person and ideal for students, scouts, and other organizations. Pre- registration is required by calling the St. Charles County Parks and Recreation Department at 636-949-7535 or visiting <http://bit.ly/2019BackpackShakedownAndHike>.

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About St. Charles County Parks & Recreation

The St. Charles County Parks & Recreation Department was created in 1997 after voters approved a local use tax with the sole purpose of park land acquisition, development, operations and maintenance. The department's mission is to preserve natural and historic features in areas throughout the county for the use of future generations. Today, the department operates 15 parks and consists of 3,643 acres of acquired park land. From historic homesteads to a youth skate park; from camping, hiking, biking, and fishing to weddings and educational classrooms, there's something for everyone in St. Charles County Parks.

For more information and specifics about each park, amenities, trails, and more, visit stccparks.org.