New FCT Scout Family Shopping Tips - January 2024 By Louise Joe

Dear New FCT Scouts and Parents,

Troop 55's first campout of the 2024 year will be at the Webb Family Ranch in Chappell Hill, TX from Saturday Jan 20 to Sunday Jan 21. And there is no better time to start getting ready for it than now!

New SCOUTS: Be ready to bring your backpack or duffle packed with all your camping gear and clothes to Tuesday's meeting Jan 16th or the "Shakedown".

FCT Session for new scouts: 6:15pm – 7pm (Shakedown) General Troop Meeting: 7pm – 8pm

Use the <u>Troop 55 Camping Checklist</u> so you can start planning/shopping. It contains very basic items so you will want to add a few items depending on the activities planned, weather and your personal comfort level. Also keep in mind that scouts will be growing A LOT in the next few years. So instead of spending a lot of money on clothes/shoes/backpack/sleeping bag, etc. that a scout might outgrow in 2 years, you may want to borrow some items until you get a feel for what suits you.

Below are my shopping tips based on my personal experience. These are only suggestions. There is no shortage of great camping gear out there at decent prices if you look around. Please use the information the way that it works best for YOU.

Important tip: After you get home from a campout (no matter how tired you are), immediately open up ALL your camping gear to dry it out. This means E-V-E-R-Y-T-H-I-N-G, including the batteries in your headlamps. The fastest way to dry out a tent at home is to set it up. If not, any small amount of moisture will grow mold on your (expensive) gear and you will never get the moldy smell out.

Places to shop

Academy has budget prices and budget quality.

REI has high quality items with high price tags. Great product advice in the store and online. Read in-depth product reviews and tech specifications through their website. Always look out for their sales! Discontinued items, often merely due to a change in color, are the best deals. Become an REI member for additional discounts. REI Membership program tracks your receipts. You can return practically anything (even if it used) with a receipt. 1 year time limit for returns. If you can't wait for a sale, consider buying the REI generic brand which is usually very good quality at a more reasonable price than famous name brands. The best value for money is REI brand items on sale.

Whole Earth Provision is like a mini REI. If you see a sale item but it doesn't come in your size, ask them to search their other stores or their in-house online inventory. They offer solid product advice. But return policy is limited.

Amazon.com may be an option if you have done your research and know what you are looking for. Amazon Prime has 30-day free returns for unused items. **Costco** has been offering increasingly more camping gear in store and online. They have decent quality, good prices, and a great no-questions asked return policy.

Camp Gear

<u>Tent</u>

Look for a 3-season tent since we do not (intentionally) camp in the snow. We encourage 2 scouts to buddy up in a tent especially in the FCT patrols. This helps to keep warm and decrease homesickness.

For a single sleeper, you will need a **two-person tent** so you will have room to lay out your sleeping bag and gear. A one-person tent is too small.

A 3-person tent is adequate for 2 sleepers and their gear.

A 4-person tent or larger is too big. It becomes too heavy to carry and cumbersome to pack up quickly on our often-chaotic Sunday mornings. And scouts try to squeeze in 2-3 sleepers which guarantees that no one gets any sleep (i.e. very grumpy and miserable the next day.)

Tents can come with their own ground cloth (placed between the ground and the tent) sometimes called a 'footprint'. If not, you should purchase the one that is specifically made for your tent. Alternatively, you can use a tarp. When setting up, make sure the ground cloth/footprint/tarp is completely under the tent and not exposed. After the tent is set up, you should not be able to see the ground cloth. Otherwise, the ground cloth will collect rainwater and turn into a bathtub under your tent.

There are 3 classes of tents: Car camping, backpacking and lightweight backpacking.

For our monthly campouts, choose a **backpacking style tent**. Car camping style doesn't pack down small enough and lightweight backpacking is too expensive and delicate.

PRACTICE SETTING UP AND TAKING DOWN/PACKING UP YOUR TENT SEVERAL TIMES BEFORE YOUR FIRST CAMPOUT. When you take out the tent for the first time, pay attention to how the manufacturer packed the tent so you can repack it the same way. On campouts, you will need to be able to set up your tent efficiently in the dark and even in the rain. When we pack up on Sunday mornings at campouts, you will need to efficiently pack up EVERYTHING, cook/eat/cleanup breakfast and be dressed in your Class A uniform typically before 8am! Yikes!

Make sure you have enough stakes for the tent and rainfly. The rainfly covers the tent but it is not suppose to rest on/touch the tent. Otherwise, water will seep into your tent because of the cohesive property of water. The rainfly should be securely staked down so it is taut and there is a small gap between the tent and rainfly. Higher quality tents have a rainfly that completely covers the tent. This provides extra shelter for the rain and wind.

Here is an example of a good sturdy tent for scouts: <u>https://www.rei.com/product/164366/rei-co-op-trail-hut-2-tent-with-footprint</u>

I have the REI Quarterdome 2-person tent. I bought it on sale as a discontinued item 4 years ago for \$209.

https://www.rei.com/product/110819/rei-co-op-quarter-dome-2-tent

<u>Sleeping bag</u> Synthetic filled vs. Down filled Backpacking vs. Car Camping style

Get the **backpacking style** sleeping bag because it compacts down more than the car camping style. **Mummy shaped** (as opposed to purely rectangular shaped) is more efficient for heat retention and compression packing. **Modified/Semi-rectangular shaped** provides a little more room than mummy shaped to roll around.

Synthetic is more affordable but does not compress as much as Down. If you get a down filled sleeping bag, it must be water-resistant treated so that if it gets wet, it will still keep you dry.

Night time temps for the Sept, Oct, Mar, Apr, May campouts are 40's – 70's. For the Dec, Jan, Feb campouts, it could get down to 30's! Sleeping bag temperature ratings are based on a person wearing layers of clothes, stocking cap and fresh dry socks to sleep. Heat will be trapped between the multiple layers of clothes. More layers, more heat trapped.

Tip: lay out your sleeping bag a few hours before you go to sleep so the fibers in your sleeping bag have time to fluff back up from being compressed during travel. This allows the fibers to more efficiently/quickly trap your body heat when you get into your sleeping bag to sleep.

You will need at least a 30-degree rated sleeping bag, maybe even a 15 or 20-degree one if you get cold easily. I use a 15-degree down sleeping bag. The Women's version of sleeping bags have more insulation around the core of the body, are a bit wider to move around in, are generally shorter and thus less expensive than the Men's version. You might consider getting/using a women's version for now until you hit your growth spurt.

Generally, get a sleeping bag rated for 15-30 degrees depending on how cold you get and/or how much clothes you like to sleep in. This means a 3-season bag since we do not camp in the snow.

There are many sleeping bag options depending on personal preference. Here are some broad examples:

20-degree sleeping bag https://www.rei.com/product/187507/kelty-cosmic-20-sleeping-bag-mens

15-degree sleeping bag

https://www.rei.com/rei-garage/product/205570/mountain-equipment-starlight-ii-sleeping-bagwomens

10-degree sleeping bag

https://www.rei.com/rei-garage/product/186632/mountain-equipment-nova-iv-sleeping-bagmens

Use a **compression sack** (which may come with your sleeping bag) to compress the sleeping bag down to the size of 1-2 footballs. There are also compression sacks you can buy that are waterproof so your sleeping bag can stay dry in extreme weather.

Sea to Summit has an awesome one but it is fairly expensive. Us the Medium or Large size for sleeping bags. https://www.rei.com/product/218735/sea-to-summit-evac-compression-dry-bag

Sleeping pads (3 types)

Need a sleeping pad for insulation (R-value) and comfort. R-value will indicate the level of insulation.

Self-inflating Sleeping Pad

Do not use self-inflating sleeping pads unless you have very strong fingers/grip to compress it back down. Very difficult for adults much less kids to do this. Not recommended.

Inflatable Sleeping Pad

Comfortable, lightweight, insulated, packs down small BUT very expensive and delicate. Not for scouts.

I have lower back problems so I use an inflatable sleeping pad PLUS a closed-cell foam pad for extra cushion.

<u>https://www.rei.com/product/172613/sea-to-summit-ultralight-insulated-air-sleeping-pad</u> The 'studded' design is more comfortable than long rows of baffles.

Closed-cell foam Sleeping Pad

Bulky, affordable, lightweight, durable, insulates, wise choice for young scouts. Probably not enough cushion for adults. Face the metallic looking part up to radiate your body heat. Packs down in an accordion style that you can strap to the outside of your backpack. Use a Velcro strap to keep it together.

My son has this type of sleeping pad: <u>https://www.rei.com/product/141846/nemo-switchback-sleeping-pad</u>

https://www.amazon.com/REDCAMP-Sleeping-Camping-Lightweight-Backpacking/dp/B07MNR63QC/ref=sr 1 5?crid=27KXIWH8EFM81&keywords=z+rest+sleeping+pad&qid=1 642197534&sprefix=z+rest+%2Caps%2C57&sr=8-5

<u>Lights</u>

A **headlamp** is better than flashlight because it allows you to be handsfree. Often you will arrive to a campout in the dark (it gets dark by 5pm in the Fall) and need to set up your tent – with both hands. Pack headlamp in your day pack for quick and easy access or wear it around your neck until you need to use it.

If possible, buy a headlamp that has a **'red light' feature**. Red light does not attract flying insects. You can walk around the campsite using the white light and then switch to the red light when you are just about to enter your tent – so no bugs follow you in! It is no fun to share your tent with mosquitos!

Always bring a set of **extra batteries**. You can bring a small inexpensive \$1 flashlight from the Dollar Store as a backup.

Headlamp with red light feature: https://www.rei.com/product/203908/petzl-tikka-headlamp

https://www.amazon.com/led-headlamp-camping-

running/dp/B07QGRWZNB/ref=sr_1_7?crid=2ZET467GD6ZPJ&keywords=headlamp+with+red+lig ht+option&gid=1662242516&sprefix=headlamp+with+red+light%2Caps%2C110&sr=8-7

It is also convenient to have a small lightweight **lantern** for inside you tent. Here is a solar version which would be great to have for a mid-adventure backpacking trip on one of the Troop's summer trips.

https://www.amazon.com/MPOWERD-1023-002-001-002-Luci-Outdoor-2-0/dp/B074NQLRTF/ref=sr_1_5?crid=23WGGARPHWPS2&keywords=luci%2Blight%2Bsolar&qid=16421977 19&sprefix=luci%2B%2Caps%2C62&sr=8-5&th=1

I use one like this:

https://www.amazon.com/Brightest-Lantern-Portable-Camping-

Restractable/dp/B07DXJG4SX/ref=sr 1 20?crid=2Y4Z28D4L070P&keywords=tent%2Blights%2B for%2Bcamping%2Bhanging%2Beno&gid=1670706589&sprefix=tent%2Blights%2Bfor%2Bcampi ng%2Bhanging%2Beno%2Caps%2C97&sr=8-20&th=1

Mess Kit

Small plastic bowl (for spaghetti, chili, etc.) should be wide enough to function as a plate too for a sandwich, breakfast taco, hamburger, etc.

https://www.rei.com/product/782971/sea-to-summit-delta-bowl

Collapsible bowl is a good space saver for backpacks but it is heavier than the previous bowl listed. https://www.amazon.com/Sea-Summit-X-Bowl-

Blue/dp/B001Q3KLSG/ref=asc df B001Q3KLSG/?tag=hyprod-

20&linkCode=df0&hvadid=218102392301&hvpos=&hvnetw=g&hvrand=511939010884813075&hvpone=& hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=21143&hvtargid=pla-391123312209&psc=1

Eating utensil

Easy to lose. So choose economical ones. https://www.rei.com/product/160372/light-my-fire-spork-original-bio-package-of-2

Mug or cup

Mainly for hot chocolate. Insulated with handle are nice features. We use Nalgene bottles for water.

https://www.rei.com/product/794090/sea-to-summit-delta-insulmug

https://www.rei.com/product/203368/rei-co-op-graphic-camp-mug-12-fl-oz

Knife

There is **no need** for a scout to carry/bring a knife to a monthly campout. If you do carry / use a knife, you will need to show your **Totin' Chip** which is similar to a license that you carry with you. Adult Leaders have the right to take away any knife not used safely, properly or without good reason.

1-liter (32 oz) Nalgene bottle.

Beverage of choice on campouts is water. Arrive to the campout with 2 full Nalgene bottles. Wide mouth makes it easy to fill and wash. You will be able to refill your bottle with water at the campout. Nalgene bottles do not provide insulation but they are affordable, lightweight, and virtually indestructible. They will not leak if the cap is tightly twisted. Water is so critical that we suggest that you to bring 2 Nalgene bottles, in case you misplace one of them. Camping out in the

elements means we need to drink at least 4-5 liters per day to avoid dehydration in all kinds of weather. Surprisingly, the body needs a lot of water to keep warm in cold weather.

REI usually has the **wide-mouth 32 oz. Nalgenes** on sale for 50% off whenever they have their major sales (Memorial Day, July 4th, Labor Day, Thanksgiving) throughout the year.

https://www.rei.com/product/188426/rei-co-op-nalgene-sustain-graphic-wide-mouth-waterbottle-32-fl-oz

https://www.amazon.com/Nalgene-Tritan-Mouth-BPA-Free-Bottle/dp/B001NCDE80/ref=sr 1 3?crid=N9060P1KAMZZ&keywords=nalgene+water+bottles&qid=164220 0172&sprefix=nalgene%2Caps%2C58&sr=8-3

Backpack vs. Duffel

Because backpacks have a hip belt to transfer the weight from the shoulders to the hip/back, they are good for hiking distances before setting up camp. Adjusting the straps is important for a good fit. There are different sizes for the high-end backpacks (S, M, L) depending on the person's frame so <u>you should wait to purchase a backpack for when you get older, have a taller frame and need it for mid-adventure/high-adventure summer camps.</u> If using a backpack, consider using a rain cover "duck cover" to protect contents from getting wet. You can also pack everything inside your backpack in its own separate zip lock bag to keep things dry. 65 – 90 liters capacity recommended depending on your weight.

The troop's annual February campout at Enchanted Rock is the only campout that Middle School and Older Scout Patrol scouts will need a backpack. This is our campout that gives scouts a preview of Summer Mid and High-Adventure treks. On the Erock Campout, scouts hike 2 miles into the backcountry before setting up camp. Consider borrowing a backpack if you plan to attend this portion of the campout. FCT and FCT Advanced scouts do not hike into the backcountry. They stay at basecamp so they do not need a backpack.

All the other monthly campouts only require walking about the distance of one city block or less to get to the camp site. Therefore, **duffels w/backpack straps are preferred**. Duffels provide easy access to items and are quicker for packing up because you can access the entire compartment with the large flap. **Water-resistant for rain (not waterproof for submersion)** duffel bag with backpack straps is ideal. Some outside pockets are handy to access items without opening up the whole pack. 90 -100 liters capacity recommended.

Completely 'waterproof' bags are very expensive (+\$300) and are only needed if you are canoeing/rowing and need to transport your bag on the boat. For example, you might need such a bag if you were a high school age scout going on a high-adventure week long canoe summer trip to the Northern Tier in Canada.

I have this **95 liter water resistant duffel with backpack straps.** I bought it on sale when REI was discontinuing a print/color a few years ago for \$39. <u>https://www.rei.com/product/188719/the-north-face-base-camp-duffel-large</u>

Some scouts have this 95L more reasonably priced backpack duffel from Amazon which works well. <u>https://www.amazon.com/MIER-Duffel-Backpack-Compartment-</u> <u>Resistant/dp/B07RYTDGGQ/ref=sr 1 1 sspa?crid=39Z4JNTUG5DT&dchild=1&keywords=mier%2</u> Blarge%2Bduffel%2Bbackpack%2B90&qid=1630007901&sprefix=Mier%2Blarge%2Csporting%2 C167&sr=8-1-

spons&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExSUUxRklIRktXS1BPJmVuY3J5cHRlZElkPUEwMT I3NDQ5MVhWR0s1TU1STFUwSyZlbmNyeXB0ZWRBZElkPUEwMTQ0OTE0MjEwREhUQlZBWlAwV SZ3aWRnZXROYW1IPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRy dWU&th=1&psc=1

<u>Daypack</u>

This is like a **small backpack** that you use for school. For scouting, use it on hikes. You keep it with you when/if you sit on the bus to travel to campouts.

It needs to be **big enough to hold**:

Scout Handbook (always use the tan canvas cover and put in a zip lock bag to protect it because this handbook is suppose to survive a few years), pen, rain jacket, rain pants, headlamp w/extra batteries, compass, water bottle, personal first aid kit, sunscreen, hat, snacks, insect repellent, etc.

Camp chair or stool

The Camping List states 'optional' but I would highly recommend a camping chair or stool because it is more comfortable to sit on instead of a picnic table which we will only have if we camp at a state park. Often scouts like to use camping chairs to sit in groups to relax, talk and play cards. You can also use your camping chair at the Saturday night campfire (usually you have to sit on the ground/grass/sand which can be wet.)

https://www.rei.com/product/164382/rei-co-op-flexlite-camp-chair https://www.rei.com/product/765283/rei-co-op-trail-stool

https://www.academy.com/p/academy-sports-outdoors-logo-armchair?sku=medium-blue

Costco sells some nice higher-end camp chairs but you have to buy 2 pack. These are especially good for adults who don't want to sit too low to the ground.

https://www.costco.com/cascade-mountain-tech-ultralight-highback-chair%2c-2-pack.product.100743175.html

Pillow – add to the list

Camping pillows can help you get a good night's sleep. Instead of bringing your favorite pillow from home, consider inflatable, foam and foam/inflatable hybrid varieties that can pack down to fit in your duffel/backpack.

I have this foam one because I need a lot of support under my neck when I sleep on my side. <u>https://www.rei.com/product/203104/therm-a-rest-compressible-pillow</u>

My son has this hybrid one (inflatable w/foam cushion): https://www.rei.com/product/170456/nemo-fillo-pillow

Super lightweight version for backpacking (inflatable only). Personally, I find this kind of pillow to be too bouncy but it is super compact for packing: https://www.amazon.com/gp/product/B00HTQMWW2/ref=ppx yo dt b search asin title?tag=geniusus-20&ie=UTF8&geniuslink=true&th=1

You can also get one that you can stuff clothes in to make a pillow: https://www.rei.com/product/160289/rumpl-stuffable-pillowcase

Paracord – add to list

Purchase at Michael's Craft Store, Walmart, Target, Dollar Tree, etc. Used for practicing to tie knots, tying down the rainfly/tent, and making a clothesline for drying clothes by stringing it up between trees.

https://www.michaels.com/parachute-cord-550/M10228480.html

<u>Clothing</u>

<u>Clothes</u>

No Cotton and No Cotton blend: "Cotton Kills"

It's a good rule to never bring cotton on a campout. In wet/humid weather conditions or high energy activities, water/sweat on cotton does not dry out so it will keep you damp and thus, COLD. On the Enchanted Rock and New Scout Campouts, we always have to watch out for hypothermia caused by rain, sweat, dew on clothes/gloves/hats/socks. Cold is bad. Wet is bad. Cold + Wet is dangerous!

<u>Socks</u>

Bring enough wool/polyester socks so you can change into fresh, clean, DRY socks right before you go to sleep. 70% of the body heat escapes from the feet/head. Do not sleep in sweaty socks in cold weather.

Thermal Underwear

Doesn't take up much room in your duffel and can add an extra layer of insulation. <u>https://www.costco.com/32-degrees-kid's-heat-set.product.100751701.html</u>

Hoodies/Pullover fleece + Waterproof Jacket

If you wear a lightweight waterproof jacket over your fleece, the fleece will keep your body heat in and the jacket will protect you from the wind and rain. **Do NOT bring a poncho** because it is a fire hazard near open fire (cooking/campfire.)

You can get by with a thin rain jacket shell. But make sure you have a fleece to wear under it. You can increase the water repellency of rain gear (rainfly, rain jackets, rain pants) by treating it with Nixwax or GearAid waterproofing products.

For Winter campouts with extreme cold and wet conditions bring a ski jacket and waterproof gloves.

Rain pants

Decent raingear is expensive. Look out for sales. The best waterproofing material is Gore-Tex because it is breathable but these non-GoreTex ones will do just fine for weekend campouts: <u>https://www.rei.com/product/227731/rei-co-op-rainier-rain-pants-mens</u> <u>https://www.rei.com/product/144479/rei-co-op-rainwall-rain-pants-kids</u>

<u>Footwear</u>

Boots/Sneakers **must be waterproof**. We walk around a lot in tall grasses so it is easy for shoes to get wet even though there is no rain. Wet shoes = wet socks = cold feet = cold body = miserable campout.

Boots do not need to be ankle high unless you are carrying a backpack over a few miles or wanting to be extra careful not to sprain an ankle (for sports activities).

I buy waterproof shoes (boots and sneakers) at the Columbia store at Premium Outlets in Spring, TX. DSW Shoes and Sam's Club may also have reasonable prices. Remember: do not spend too much money on shoes that your scout will outgrow in 3 months!

Accessories

<u>Face masks (optional) – add to list</u> Bring enough for the campout, plus a few extras!

Sunscreen – add to list

Stick is easier to apply than lotion and not as messy. It is sometimes difficult to get running water to wash hands during campouts.

Pump vs. Spray

Do not bring any aerosol products (insect repellent, sunscreen, anti-fungal sprays) to campouts because they can be a fire hazard - especially for curious scouts near a campfire! Aerosols will be collected by Adult Leaders.

<u>Bug Repellent – add to list</u> DEET based vs. Picaridin vs. Permethrin

DEET based

Do not use DEET based products.

DEET will break down plastics and polyester so it is very bad if it gets onto the scouts' rain gear, tent, sleeping bag, sleeping pad, etc.

Picaridin based

Sawyer brand makes a DEET-free insect repellent with 20% Picaridin as the active ingredient. I believe OFF brand has a Picaridin based product but the Picaridin % is lower. Picaridin is safe for gear and clothes and most likely safer on humans than DEET.

https://www.amazon.com/Sawyer-Products-SP544-Repellent-

<u>Picaridin/dp/B0015KG5NK/ref=sxin 15?asc contentid=amzn1.osa.f7db6133-2a39-4b29-8d8d-d3f7a5cf59a3.ATVPDKIKX0DER.en US&asc contenttype=article&ascsubtag=amzn1.osa.f7db6133-2a39-4b29-8d8d-</u>

<u>d3f7a5cf59a3.ATVPDKIKX0DER.en</u> <u>US&creativeASIN=B0015KG5NK&cv</u> <u>ct</u> <u>cx=sawyer+picaridin&c</u> <u>v_ct</u> <u>id=amzn1.osa.f7db6133-2a39-4b29-8d8d-</u>

<u>d3f7a5cf59a3.ATVPDKIKX0DER.en US&cv ct pg=search&cv ct we=asin&cv ct wn=osp-single-source-earns-</u>

<u>comm&dchild=1&keywords=sawyer+picaridin&linkCode=oas&pd_rd_i=B0015KG5NK&pd_rd_r=94</u> <u>dc0bad-2bbf-4d78-ae49-d00332d69f40&pd_rd_w=EqFLn&pd_rd_wg=L3jll&pf_rd_p=cd2de707-</u> <u>6752-4ee4-b206-3cc32a46fc14&pf_rd_r=94VNQB3M72JKYYXGN49X&qid=1630007287&sr=1-1-</u> <u>64f3a41a-73ca-403a-923c-8152c45485fe&tag=cinemablend06-20</u>

Permethrin based

Sawyer also makes a Permethrin based insect repellent that is used primarily for gear and clothes. Before the campout, spray on socks and shoes to avoid ticks, chiggers, etc. Good for 4-5

washings. US Military uses Permethrin. Note: it is not effective on people because it dissipates after 20 minutes due to the oils on the skin.

https://www.amazon.com/Sawyer-Products-SP657-Permethrin-

Repellent/dp/B001ANQVYU/ref=sr 1 4?crid=KVMQYK97P3QG&dchild=1&keywords=sawyer+per methrin&qid=1630007336&s=sporting-goods&sprefix=sawyer+perm%2Csporting%2C183&sr=1-4

<u>Compass – Orienteering style</u>

Purchase via Amazon. Needed for a few of the FCT requirements such as the 5-mile hike at Enchanted Rock and the 1-Mile Orienteering Course offered in the Spring.

Something like this with lanyard and protective cover is good.

<u>https://www.amazon.com/BIJIA-Orienteering-Adjustable-Declination-</u> <u>Mountaineering/dp/B08JPCPDTD/ref=sr 1 33 sspa?dchild=1&keywords=orienteering+compass&</u> <u>gid=1630007366&s=sporting-goods&sr=1-33-</u>

<u>spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExSjQ0WldQQjdMWkNNJmVuY3J5cHRlZElkPUEwMzk40TYwMU9PQjdURE5LMkVH0SZlbmNyeXB0ZWRBZElkPUEwNDYxMzIySFlQM1lXMU4wTjhTJndpZGdldE5hbWU9c3BfYnRmJmFjdGlvbj1jbGlja1JlZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ==</u>