



## ADIRONDACK CHALLENGE – PROGRAM FOR OLDER BOYS

- ◆ The ultimate all-inclusive Adirondack experience for Scouts
- ◆ Geared toward older scouts
- ◆ Tests and hones Scout's outdoor skills to the fullest
- ◆ Brings a broad spectrum of activities to Scouts with this half-day, weeklong program
- ◆ Kayaking, Backpacking, Mountain Biking and Rock Climbing are the major program
- ◆ highlights along with Leave No Trace Principles and backcountry ethics
- ◆ Teaches Scouts the basic skills and knowledge of rock climbing, backpacking, mountain biking, and kayaking in a safe and controlled environment
- ◆ Operates as a half-day program, which allows Scouts to hold their leadership roles within the troop while at summer camp

### **Age requirement: 14-17 years. Group size limit: 6 Participants**

*\* Please refer to gear items listed below that will be necessary for kayaking, rock climbing, mountain biking and backpacking.\**

#### **SUNDAY:**

**1:00pm:** Participants arrive and check in at Buckskin or Waubeeka with their troop. Scoutmasters check in with Summit Base representative and sign up for Adirondack Challenge if they are not signed up already.

**Participants must bring a second copy of the camp medical form to check-in and collect the ADK Challenge gear list and schedule.**

#### **MONDAY:**

**1:30pm-8:30pm** Arrive at Summit Base with gear items requested by your guide for a 1/2 day and evening of kayaking.

- Arrive at Summit promptly at 1:30pm
  - Pack kayaks and equipment
  - Paddle on Lake George or Brant Lake
  - Trail dinner at pull off on the lake
  - Return to Summit
  - Clean & dry paddling equipment
  - Debrief
  - Return to respected camps no later than 9pm

#### **TUESDAY:**

**1:30pm-8:30pm** Arrive at Summit Base with gear items indicated by your guide for a 1/2 day and evening of rock climbing.

- Meet at Summit Base promptly at 1:30pm
- Drive to climb site
- Rock climb and trail dinner
- Debrief
- Return to respected camps no later than 9pm

## **WEDNESDAY:**

**1:30pm-5:00pm** Arrive at Summit Base with gear items indicated by your guide to prepare for overnight in nearby wilderness area on Thursday and go on a 1/2 day of Mountain Biking in camp.

- Arrive at Summit at 1:30pm
- Pack and prepare for overnight trip on Thursday
- 1/2 day mountain bike
- Dinner in respective camps

## **THURSDAY (PM) – FRIDAY (AM) – WILDERNESS OVERNIGHT**

**Thursday 1:00pm - Friday 11:00am**-Arrive at Summit Base with packs prepared from the day before.

- Arrive at Summit Base directly after lunch
- Hike out of Summit Base to nearby wilderness area
  - o Set up group camp site
  - o Hiking, swimming, camp fire in nearby wilderness area

## **FRIDAY:**

**6:00am - 11:00am**

- Wake up and break camp
- Return to Summit Base by 11:00am
- Return group gear, debrief of the week, and t-shirt distribution (lunch in respective camps)
- Dinner BBQ – all participants welcome (6pm, in Butler Pavilion at Summit Base)

## **ADIRONDACK CHALLENGE PACKING LIST & WEEKLY SCHEDULE**

Please make sure your scouts head up to the **Summit Base office after lunch, by 1:30 pm**. The Adirondack Challenge leaders will drop scouts off at their respective camps when they return from activities in the evening between 8-9 pm. Participants will cook dinner while out on their day trips Monday, Tuesday, and Thursday, as well as breakfast Friday morning. Please make sure your scouts bring the following items for each day. If you have any questions, feel free to call the Summit Base office at (518) 494-2228 ext. 550.

### **MONDAY: Kayaking on Lake George**

- Mess kit (spoon/Spork, bowl)
- 2 Full water bottles
- Rain coat
- Warm layer
- Sunscreen
- Hat
- Towel
- Bathing suit
- Water shoes (Keens, Crocs, or an old pair of sneakers - **no flip flops!**)
- Change of dry clothes
- Any personal medication (i.e. inhalers or epi-pens), BSA Medical Form
- Backpack with a zip closure (school backpacks work well, no drawstring backpacks)
- Dry bag or zip lock plastic bags

### **TUESDAY: Climbing in Keene Valley**

- Mess kit (spoon/Spork, bowl)
- 2 Full water bottles

- Rain coat
- Warm layer
- Sunscreen
- Bug spray
- Hiking boots or sneakers
- Long pants or good shorts to climb in
- Any personal medication (i.e. inhalers or epi-pens)
- Wallet (optional)

### **WEDNESDAY: Shakedown & Mountain Biking**

- Hiking boots or sneakers
- Long pants or appropriate shorts for mountain biking
- Sun screen
- Bug spray
- Water bottle provided for biking
- Any personal medication (i.e. inhalers or epi-pens)
- Backpack with all gear for the overnight (see packing list below, leaders will do a "shakedown" and go over what gear is needed.)

### **THURSDAY: Overnight Hike into Wilderness Area**

- Large backpack (should be larger than a school backpack, with enough extra space for group gear and food after packing all personal items)
- Packable sleeping bag and sleeping pad (foam or inflatable)
- Headlamp
- Bug head net and bug spray
- Long lightweight pants (for hiking)
- Hiking boots
- 2 Pairs of wool socks
- Mess kit (spoon/Spork, bowl)
- 2 Full water bottles
- Rain gear (rain coat, rain pants if you have them)
- Warm layers (fleece jacket, hat, etc.; it does get cold at night in the Adirondacks!)
- Toothbrush & toothpaste
- Any personal medication (i.e. inhalers, epi-pens, any evening or morning medications)

**SCOUTS WILL RETURN BETWEEN 9-11AM FRIDAY MORNING TO THEIR RESPECTIVE CAMPSITES AFTER THE OVERNIGHT**

### **ADIRONDACK CHALLENGE PROGRAM FEES**

\$25.00 per participant. Includes rental of some additional gear necessary for activities, transportation and food cost. Please let us know at Sunday Registration of any specific gear needs for your Scouts (e.g. Backpack, compressible sleeping bag, sleeping pad) so we may plan accordingly.