



SUMMIT BASE

Adirondack

High Adventure



- Mountain Biking • Caving • Kayaking
- Backpacking • Hiking • Zip Line •
- Climbing • Canoeing • COPE



Program Guide

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Welcome to Summit Base!

At Summit Base we offer a unique collection of challenging outdoor activities. Surrounded by the tremendous opportunities of the Adirondack Park, our program creates a full experience for any skill level.

Our programs provide excellent leadership. We staff only BSA National Camping School (NCS) certified Trek Guides and/or New York State Licensed Guides, and our C.O.P.E. and climbing programs are managed by NCS certified directors.

Why should you attend Summit Base?

No other scout camp in the Northeast comes close to offering the number of high adventure opportunities that we do.

Project C.O.P.E. (Challenging Outdoor Personal Experience) –Our C.O.P.E. course utilizes ten low elements as well as a high ropes course to emphasize teamwork and leadership in a group, while presenting individual challenges that test participants both mentally and physically.

Climbing - Summit Base offers two climbing experiences within our camp: traditional rock climbing at a natural cliff site, and our 60-foot climbing tower ~ the highest in the Northeast. We also offer Climbing Merit Badge classes each week in the summer.

Mountain Biking - A new program at Summit Base that started in the Summer of 2015. With instructional, beginner-intermediate, and advanced sessions, we offer opportunities for everyone to ride the trails throughout camp while developing new skills and knowledge of the sport.

Zip Line - A 100-foot run over water from a 15-foot tower ends when you drop into Lester Pond. A favorite activity up at Summit Base!

Guided Day Activities for Groups –Groups of up to 12 may travel in to the Adirondack Park to take part in High Adventure activities at some of the most well-known sites in the park; possibilities include rock climbing, backpacking, and caving.

Treks - Choose from backpacking, canoeing, kayaking, or a combination trek of backpacking/canoeing. Our guides lead your group on these adventures throughout the Adirondacks to some of the most scenic settings in the park.

Adirondack Challenge - This Program is designed to teach scouts 14 and older the basic knowledge of rock climbing, backpacking and boating in a safe and controlled environment. Adirondack Challenge runs as a half-day program still allowing your Scouts to hold their leadership roles within the troop while at summer camp.

Experience the Best in Adirondack Adventures at Summit Base

- **Communicate.** Summit Base offers a wide variety of programs. Clear communication with our staff during the planning stages of your adventure will make your experience fun and enjoyable.
- **Read this guide carefully.** Unfinished paperwork and program uncertainties are much easier to resolve prior to your arrival at camp.
- **Attitude is everything.** We will try to accommodate your group as much as possible. However, due to strict regulations of scouting and the New York State Department of Environmental Conservation (DEC), we have limited program flexibility in some aspects.
- **Ask questions.** We are always happy to hear from you. Please feel free to contact us at any time!

Contacting us

- **Internet** - www.wpcbsa.org/read/summitbase - Our website has extensive information about our programs and procedures. You'll find links to all our forms on our web site.
- **E-mail** – wpc.camping@scouting.org - Our Camping & Program department, who will coordinate your activities and treks, can be reached via e-mail at this address.
- **Phone** – (914)-449-2612
- **Mail** - Please send correspondence and payments (checks payable to WPC BSA) to:

Westchester-Putnam Council, BSA
41 Saw Mill River Rd.
Hawthorne, NY 10532



Program Participation Requirements

Our programs are regulated by Scouting policies and New York State laws. Unfortunately, we are *unable* to be flexible with the following requirements.

Participants in Summit Base activities must submit a copy of the *BSA Annual Health and Medical Record* to be approved by the Base Health Officer. Groups participating in overnight activities or treks must also submit a complete group roster and if swimming outside of Read Reservation Property must have a parental consent indicated on the *Wilderness Swimming Permission Form*.

Groups participating in any Summit Base program activities are required to confirm their activity reservation(s) with the Summit Base representative at Sunday Registration in each respective camp. Schedule changes may be made at Registration, during the Merit Badge meetings or after each camp's Scoutmaster's meetings on Sunday.

Activity	Age Minimum	Participation Requirements	Other Considerations
Low C.O.P.E.	None	None, except for a positive attitude!	Groups must be a minimum of 5 participants. Maximum group size is 12.
Climbing Tower & Rock Climbing at Natural Cliffs (In Camp)	None	No previous climbing experience necessary.	All necessary rock climbing equipment will be provided by Summit Base. For safety reasons, individuals are NOT permitted to use any personal climbing gear, except climbing shoes.
Zip line	None	All participants MUST be BLUE Swimmers	Please do not bring RED swimmers with your troop up to the zip line. The lifeguard will not let them participate and
High Ropes Course	13 years old (by 1/1/19)	Thursdays 1-5pm	Please note the new schedule
Adirondack Challenge	14 years old	Participants should have no other scheduled badges or activities in the afternoon or evening each	Some gear may be available to participants who do not have everything on the packing list (e.g. backpack, compressible sleeping bag, etc.).

Beginner- Intermediate Mountain Biking	12 years old	All participants must be able to ride a bike in a straight line for at least 25 feet. Participants should have more than one previous bike riding experience and should feel comfortable on a bike. <u>All participants must meet the height/weight restrictions for high adventure activities as explained in Part C of the BSA Medical Form for camp.</u>	Mountain Biking is an incredibly aerobic sport, and even biking on beginner trails and terrain involves a certain level of endurance and athleticism. Scouts who may not be ready or are on the cusp in terms of their biking ability should attend an Instructional Mountain Biking session first before signing up for the Beginner-Intermediate session.
Instructional Mountain Biking	12 years old	This course is for participants who do not meet the requirements for Beginner-Intermediate Mountain Biking. Participants with little to no previous biking experience may sign up for Instructional Mountain Biking.	We will be offering three 1-hour sessions of Instructional Mountain Biking on Tuesday-Thursday. This is an opportunity for Scouts to improve their skills and advance to the Beginner-Intermediate Mountain Biking course by the end of the week.
Advanced Mountain Biking	12 years old	Participants must have previous <u>mountain biking</u> experience and be skilled riders on a variety of terrain. Participants must meet the height/weight restrictions for high adventure activities as explained in Part C of the BSA Medical Form for camp.	We are only offering one Advanced Mountain Biking session per week, for just the most advanced riders in that given camp week. Please do not sign up anyone who does not meet the participant requirements.
Treks	13 years old	Good physical condition is required. Wilderness swimming requires rating as a BSA "swimmer" during swim check and a completed parent/guardian permission form on file. All participants in a canoe or kayaking trek must complete the swim check with a BSA "swimmer" rating"	Most treks are offered to 7 participants plus 1 Summit Base guide, except for kayaking treks on Lake Champlain, which are offered to 10 participants plus 2 guides.
Operation Nighthawk	15 years old	No previous rappelling experience necessary	We open 16 slots for this activity. Operation Nighthawk is exclusively for Scouts 15 and older, and will take place Wednesday evenings from 8:45pm- 10pm

*****PLEASE NOTE:** Weather conditions are a considerable factor in the success and safety of our programs, both in an out of camp. Our staff may at times deem it necessary to alter or cancel a Summit activity due to weather. Every attempt will be made to reschedule the event or provide an alternative activity.

Getting to Summit Base

Summit Base is located at Curtis S. Read Scout Reservation in Brant Lake, New York, about 1 1/2 hours north of Albany. Transportation from Hawthorne, New York is available to and from Camp during the summer season by 12-passenger van.

Driving Directions

From Southern NY State

New York Thruway to exit 24, then the Northway (Interstate 87) north to exit 25 (milepost 72). Take a right onto Route 8 east to Brant Lake.

OR

Taconic Parkway to Interstate 90 west to Interstate 787 North to Rt. 7 west to the Northway (Interstate 87) north to Exit 25 as above to Rt. 8 east to Brant Lake.

From Western NY State

NY Thruway to Albany then the Northway (I-87) North to exit 25 (milepost 72). Right onto Rt. 8 to Brant Lake.

From Montreal, Northern NY State

Canada Rt. 15 south to the Northway (US Interstate 87) south to exit 25 (milepost 72). Left onto Route 8 east to Brant Lake.

From Connecticut, Massachusetts, Rhode Island

Massachusetts Turnpike (I-90) East into NY State. I- 87 North to exit 25) south to exit 25 (milepost 72). East on Rt. 8 to Brant Lake.

And Then to Camp

On Rt. 8, approximately 7.3 miles from the Northway (I-87), take a left onto Palisades Rd at a sign directing you to camp. This is the ***second-time Palisades Rd will intersect Rt 8***. The reservation entrance will be 1 mile on the right on Palisades Rd.

Summit Base is about 1.5 miles straight up the camp road, past Camp Waubeeka and Camp Buckskin.

For use in mapping programs, the street address of Read Scout Reservation is:

1377 Palisades Rd, Brant Lake, NY Rd2815

Last fuel and convenience store is Stewart's, on Rt. 8 just west of I-87, off Exit 25. Last fast food is McDonald's, off exit 23 of I-87.



General Base Information

THE RULES OF THE BASE

From the moment your group arrives at Summit Base you will be exposed to outdoor ethics at their best. We strive to uphold the same basic rules and principles that are adhered to in wilderness areas across the world. We have a great respect for the physical well-being of our facilities, the woodlands that surround us and the individuals we encounter during our programs. We encourage all participants to become familiar with our ethics and to practice them wherever your travels may take you.

Every participant must know that deliberate damage to Summit Base property may result in the person or persons responsible being immediately sent home without return of fee in part or whole. The cost to replace damaged property may be included in the group's or individual's account. Advise participants (and parents) of this policy prior to attending.

GROUP ROSTERS

Troops are requested to create a roster of participants, both scouts and adults, using our online registration system, the link to which will be sent via e-mail to the trek group. Please include any dietary restrictions in the comments section for each participant.

Emergency or Camp business calls only may be made to the Reservation Office during the camp season. 518-494-2228 ext. 503. Off-season please call 914-449-2612.

There are several locations at Summit Base with Verizon cell phone service. Cell phone service in the Adirondack Park is limited at best.

PARKING/ AUTOMOBILE USE

There are designated parking areas at Summit Base for trek groups and for daytime participants.

The speed limit on camp roads is 10 MPH in populated areas and 15 MPH in between the 2 main camps. Seat belts must be worn by all vehicle occupants at all times, this includes while on camp roads. **No one** may ride in the back of a pick-up truck, or in/on a trailer under any circumstances. All NYS Laws must be followed.

FIRST AID

Our guides and base camp staff, at minimum, are all trained in CPR and Wilderness First Aid. There is a NYS Emergency Medical Technician on the property at all times.

ALCOHOL/ DRUGS

Alcoholic beverages, illegal drugs, and illegal use of prescription drugs are not permitted at Summit Base. Anyone found to be in possession of or under the influence of such will be asked to leave.

PROHIBITED ITEMS

The following items are prohibited at Summit Base: guns, sheath knives, aerosol bug spray, pets, fireworks, and chain saws.

MEDICAL EXAMS

Before coming to camp, every participant must have a physical examination in the past year. The required form can be downloaded at: <http://www.wpcbsa.org/read>. Please also bring a hard copy to accompany each participant while in the backcountry.

All Scouts and adults must have a physical examination by a physician within 12 months prior to attending camp. Forms required include the BSA Annual Health and Medical Record (AHMR), signed by both parent and physician, as well as the Over the Counter Medications Form.

Submitted forms must include immunization history, with inoculation dates. Those without a completed medical cannot be permitted to take part in activities until we have the proper forms. Medical forms are REQUIRED by New York State for anyone staying in camp at least one night.

INSURANCE

Our Council carries accident and health insurance, through Health Special Risk, Inc. (HSR), on each Scout and adult leader. The cost is included in the camping fees. **Out of Council units must provide their own accident and health insurance.**

In the event a Scout needs medical attention by an outside health care provider, all fees and bills should be handled in the following manner:

- Complete a claim form (available from Camp Health Officer or Council Camping Secretary) from HSR and submit it along with the health care provider's itemized billing statement directly to HSR IMMEDIATELY. Please follow the directions on the claim form completely. HSR will automatically pay the first \$300.00 on every claim. Do not send any completed claim forms and/or bills to the Council Service Center.
- (For claims exceeding \$300.00) Then submit the outstanding bills to the parent/guardian private health insurance.
- After the parent/guardian's insurance has paid their maximum limit, the remainder of the outstanding balance (if any) can be submitted to HSR as a continuation of the original claim. You must provide an explanation of paid benefits from the parent/guardian's insurance along with the claim. Although the claim is originally submitted to HSR, the parent/guardian's health insurance is considered primary. HSR will only make payment on claims over \$300.00 after proof of payment from the primary carrier is presented.

It is the responsibility of the parent/guardian to ensure that their child's claim (if any) is submitted and satisfied. Please **do not** ask the health care providers to forward claim information or additional bills to the Council or Camp. In the event, there are difficulties with a claim, you may contact the Council office for assistance at (914)-449-2614.

High Adventure Program

Risk Advisory

Summit Base has an excellent health and safety record with programs operating during all four seasons. Summit Base strives to minimize risks to participants by emphasizing proper safety precautions. Most participants in Summit Base programs do not experience injuries because they are prepared, conscious of risks, and take safety precautions.

If you decide to participate in our programs you should be physically fit, have proper clothing and equipment, be willing to follow instructions, work as part of a team, and take responsibility for your own health and safety. Like other wilderness areas, the Adirondacks are not risk free and you should be prepared to listen to safety instructions carefully, follow directions, and take appropriate steps to safeguard yourself and others. Parents, guardians, and potential participants in Summit Base programs are advised that participants will encounter physically demanding, high adventure programs in remote mountainous areas. Adirondack trails are steep and rocky. Wild animals such as bears are native and usually present little danger if proper precautions are taken. Summit Base guides are trained in Wilderness First Aid, CPR and accident prevention, and are prepared to assist in recognizing, reacting, and responding to accidents, injuries and illnesses. Every Trek group is equipped with a GPS locator device. Medical and search and rescue services will be provided by New York State Dept. of Environmental Conservation if necessary. However, response times can be affected by location, weather, or other emergencies.

Summit Base Weight Limits for Trek Program

Each participant in a Summit Base trek must not exceed the maximum acceptable limit in the weight for height chart shown below. The right-hand column shows the maximum acceptable weight for a person's height to participate in a trek. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. Every hiking trek involves carrying a 35-50 lb. backpack. Summit Base recommends that participants carry a pack weighing no more than 25-30% of their body weight. Participants 21 years and older who exceed the maximum acceptable weight limit for their height at the Summit Base medical recheck, **will not** be permitted to backpack or hike while on a Summit Base trek.

For participants under 21 years of age who exceed the maximum acceptable weight for height, the Summit Base Directors and Camp Medical Officer will use their best professional judgment in determining participation in a trek. Participants under 21 years of age are strongly encouraged to meet the weight limit for their height. Exceptions are not made automatically and the maximum allowable exception will be 20 lbs. Discussion in advance with Summit Base regarding any exception to the weight limit for persons under 21 years of age is required, whether it is over or under.

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptance
60	97-138	139-166	166
61	101-143	144-172	172
62	104-148	149-178	178
63	107-152	153-183	183
64	111-157	158-189	189
65	114-162	163-195	195
66	118-167	168-201	201
67	121-172	173-207	207
68	125-178	179-214	214
69	129-185	186-220	220
70	132-188	189-226	226
71	136-194	195-233	233
72	140-199	200-239	239
73	144-205	206-246	246
74	148-210	211-252	252
75	152-216	217-260	260
76	156-222	223-267	267
77	160-228	229-274	274
78	164-234	235-281	281
79 & over	170-240	241-295	295

This table is based on the revised Dietary Guidelines for Americans from the U.S. Dept. of Agriculture and the Dept. of Health & Human Services.

Suggested Physical Conditioning Preparation

High Adventure activities require strength and endurance. Being in sound physical condition is the single most important aspect for participants to maximize their high adventure experience. The better physical condition one is in, the more likely he or she is to learn and perform well and have an enjoyable experience. We have often heard that participants in our high adventure trips underestimated the fitness level necessary to fully enjoy the trip. Additionally, inadequate fitness condition will affect the safety, atmosphere, pace and overall enjoyment of the trip for all participants. Stretching before any exercise is recommended to prevent injury and improve flexibility and balance. Physical conditioning should be approached from two fronts:

Cardiovascular conditioning

Traditionally improved by activity sustained for at least 45-60 minutes. Suggested activities include running, bicycling, swimming, stepping, etc.

Strength training

Traditionally improved by training with free weights or Nautilus machines.

Specific program recommendations include:

Canoeing

Paddle a canoe containing a load of at least 100 pounds in addition to the other passenger. Work on paddling at a steady, not necessarily fast, pace for 15, then 30, then 45 minutes. Your goal is to be able to paddle for an hour at a consistent pace without stopping to rest. Steering a canoe is also part of conditioning oneself for the canoe trek program. The “J” stroke and “sweep” stroke should be mastered before going on canoe trek. Your goal is to be able to paddle for an hour at a canoe trek. Paddling is the best training for paddling.

Backpacking

Hike trails with varying terrain, carrying your pack. Use light loads (20 pounds) and work up to loads of 50 – 55 pounds. Your goal should be to be able to carry a load of 1/3 of your body weight for an hour at a time without stopping. If you train indoors, be sure to work up to training with your pack and hiking boots. You will be ascending and descending many small mountains on your trip. Make a point to walk at least a mile (with or w/o pack) every day.

High Adventure Safety

- The Buddy System is to be used by all participants under the age of 18 at all times.
- Swimming is not allowed without adult/lifeguard supervision.
- When allowed, campfires must be made in designated fire rings with water nearby. Properly extinguish all fires before leaving the area.
- Always keep an eye on the weather conditions.
- No climbing without the direct supervision of a climbing instructor.
- Always stay with your trek group. If you get separated/lost, stay where you are.
- Make sure that items such as rain gear, first aid pack, water, etc. are easily accessible. If weather turns bad or an emergency arises, these items will be needed quickly.
- Environment-appropriate clothing, **non-cotton**, must be worn by all participants.
- Shoes are to be worn at all times.
- Campsites will always be kept clean, especially from food, clothing and gear.

Summit Base In-Camp Program

Mountain Biking Program

We are excited to be offering our Mountain Biking Program again at Summit Base this season. Please read the following information to acquaint yourself with all our different classes and help your Scouts choose which best meets their own skill level.

BEGINNER-INTERMEDIATE MOUNTAIN BIKING

Our Beginner-Intermediate Mountain Biking program will include 2-hour sessions for up to 10 beginner or intermediate riders. Participants will start off with a brief classroom period learning the parts of the bike as well as the basics of mountain bike operation, from braking and shifting to riding techniques on the variable terrain of our trails. We will also cover the Rules of the Trail as well as biking safety and communication. Scouts will be outfitted with front suspension mountain bikes, helmets, gloves, and a full water bottle for the ride. All our Mountain Biking session rides will take place on trails throughout camp, on a variety of terrain including some single-track riding.

This is a provisional program for Scouts, with a **\$5 fee for all participants** to cover maintenance and tuning of bike equipment. The minimum age requirement for all Mountain Biking at Summit Base is 12 years of age. Scouts will be accompanied by two Summit Base Mountain Biking instructors on the ride. To be most inclusive to the Scouts at camp, we will reserve these Mountain Biking sessions for Scouts only. A separate Adult Leader Mountain Biking course will be held on Thursday evening from 7-8:30pm for interested adults who meet the same health and ability requirements listed below for Scouts.

PLEASE NOTE: Mountain Biking is an incredibly aerobic sport, and even biking on beginner trails and terrain involves a certain level of endurance and athleticism. To ensure the safety of all participants and to best match the ability and skill levels of the riders to the program, we have set the following requirements for participation. Any Scout who does not meet these requirements during the practice period before the trail ride begins will be asked not to participate on the trail ride by the Summit Base instructors.

1. All participants must be able to ride a bike in straight line for at least 25 feet. Participants should have more than one previous bike riding experience and should feel comfortable on a bike.
2. All participants must meet the height/weight restrictions for high-adventure activities as explained in Part C of the BSA Medical Form for camp.

Sign-ups for Mountain Biking will be under the Advancement Section of our online registration system. Any cancellations after Monday morning of each week as well as "no-show's" will result in the same \$5 charge per participant.

Other Summit Base Programs Offered in the Summer

OPERATION NIGHTHAWK

This is something no other Scout camp has to offer! Operation Nighthawk is a special program only for the oldest scouts in camp to experience Summit Base in a whole new way. This is a huge hit at Read and a very cool, exclusive activity for only Scouts **ages 15 and up**. For climbing portions, no previous climbing or rappelling experience required; Scouts will be under the direct supervision and belay of a climbing instructor. This provisional activity runs Wednesday evenings from 8:45-10pm. Participation is limited to 8 Scouts each from Waubeeka and Buckskin. Registration will be with the respective Program Directors of Waubeeka and Buckskin upon arrival at camp.

LEAVE NO TRACE, CLIMB ON SAFELY, AND TREK ON SAFELY CLASSES

At Summit Base we teach the above classes to adult leaders during Siesta from 1-2pm. Trainings will only be scheduled when interest has been indicated in our online registration, so please be sure to sign up PRIOR to arrival at camp. Confirmed class schedules will be available during check-in.

Summit Base Program Schedule

Please use the chart on the next page to help in planning your troop's activities with Summit Base for this upcoming summer. Below we have included the maximum number of participants, fees (if applicable) and the days and times during which each activity is offered. Please refer to pages 5-7 to find the participant requirements including age minimums for each of the following activities. If your troop cannot find a single time that works for an activity that you are interested in, please contact us at wpc.camping@scouting.org to schedule a session by appointment. We will do our best to accommodate and be flexible to meet your troop's scheduling needs, but we do ask that you ***only sign up for the activities that your troop or individual Scouts (in the case of provisional activities) can attend for the entire duration of the allotted activity time. A \$25 cancellation fee applies to any "no shows" or troops canceling within 24 hour hours of their scheduled activity.***

Activity	Max # of Participants	Sessions Offered	Fees
Climbing Merit Badge	10	M-F 9:00-10:30am M-F 10:30am-12:00pm	None
Instructional Mountain Biking	10	TU, TH 9:00am-10:00am	None
Beginner-Intermediate Mountain Biking	8 10	M, TU, TH 10:00am-12:00pm, 3:00-5:00pm W, F 10:00am-12:00pm	\$5
Advanced Mountain Biking	10	F 3:00-5:00pm	\$5
Adult Leader Mountain Biking	10	TH 7:00-8:30pm	None
Zip line	25	M-W 2:00-3:00pm, 3:00-4:00pm, 4:00-5:00pm, 7:00-8:00pm TH 2:00-3:00pm, 4:00-5:00pm, 7:00-8:00pm F 11:00am-12:00pm, 2:00-3:00pm, 3:00-4:00pm, 4:00-5:00pm, 7:00-8:00pm	None
Climbing Tower	15	M-W, F 2:00-3:30pm*, 3:30- 5:00pm*, 7:00-8:30pm *Please note: We offer <u>EITHER</u> Climbing Tower OR Rock Climbing from 2-3:30pm and 3:30-5pm	None
Rock Climbing at Natural Cliff	10	M-W, F 2:00-3:30pm*, 3:30-5:00pm*, 7:00-8:30pm** **We do NOT offer Rock Climbing from 7-8:30pm Weeks 5 and 6 due to earlier sunsets	None
Low C.O.P.E.	12 (min of 5)	M 2:00-3:30pm, 7:00-8:30pm TU & TH 9:00-10:30am, 10:30am-12:00pm W 9:00-10:30am, 10:30am-12:00pm, 2:00-3:30pm	None
High C.O.P.E.	10	TH 1:00-5:00pm	None
Adirondack Challenge	6 per group	M-TU 1:30-8:30pm W 1:30-5:00pm TH 1:00pm-overnight F arrive back to camp by 11:00am or earlier.	\$25
Operation Nighthawk	16 (8 from each camp)	W 8:45-10:00pm* *Sign-ups will take place with Waubeeka and Buckskin Program Directors	None

Summit Base Out of Camp and Trek Programs

High Adventure Trek

Summit Base offers backpacking, canoeing, sea kayaking and rock climbing treks. These can be combined for variety.

How to choose a trek

We have program itineraries for all ability levels. Our *Trek Coordinator* will help your group choose a program that best suits your needs. An Adirondack trek should be both challenging and fun. Keep in mind the age, maturity and physical abilities of all participants when planning your adventure. Please do not focus on awards (50 Miler, etc.). Although many of our trek itineraries fall short of 50 miles they are still both challenging and personally rewarding. A patch is temporary; pride in an accomplishment is forever.

Once you have made your decision we will begin filing for necessary permits and campsite reservations from the NYSDEC and Reserve America. This process can take several weeks, as the Forest Rangers are very busy in the spring and summer and campsites book quickly. The earlier applications are filed and reservations are made the better the chance of having them approved and booked early. Where applicable, treks **cannot** commence without any necessary NYSDEC permits or reservations issued by the NYS Forrester Service.

New York State Dept. of Environmental Conservation (NYSDEC) and Adirondack Park Agency (APA) Guidelines and Restrictions

We strictly adhere to the guidelines set forth by the New York State Department of Environmental Conservation (NYSDEC) and the Adirondack Protection Agency (APA).

Climbing, canoeing and hiking groups may consist of up to eight (8) persons in the Adirondack Park Wilderness Areas without a permit. One of these will be your guide, leaving seven (7) spaces for your group. Non-wilderness area treks, such as a Lake Champlain Kayak Trek, may consist of 10-12 persons. One or two of these will be your guides, leaving 8-10 spaces for your group.

On the trail, our guides will instruct your unit in the *Leave No Trace* practice that is adhered to throughout the nations' wilderness areas. More information on this subject is available on our website.

Summer Trek Program Fees

Please see our website for the most up-to-date information regarding Schedule, Fees, and Deposit requirements.

Trek Gear Provided by Summit Base

GENERAL:

- 2-3 man lightweight 3-season backpacking tents
- MSR Whisperlite single burner multi-fuel stoves
- 22 oz. Fuel bottles
- Fuel (White gas)
- 9' x 11' nylon tarp
- All necessary cooking equipment (Pots, pans, utensils, etc.)
- Water purification: (*Polar Pur, Steripen, Katadyn* filtration pump)
- Group First Aid kit
- Field repair kit
- Bear bag supplies
- Toilet paper and pack trowels
- Hand Sanitizer
- Maps
- GPS Locator Device
- Contractor strength trash bags

CANOE / KAYAK TREKS:

- Canoes / Kayaks
- Paddles
- Class III PFDs (Personal Floation Device)
- Sponges, Bilge Pumps and boating maintenance gear
- Marine Radios

ROCK CLIMBING:

- Trek groups involved in rock climbing will be provided with all necessary equipment. For safety reasons, individuals are NOT permitted to use any personal climbing gear, except climbing shoes. Please DO NOT bring any other climbing gear with you.

FOOD:

- Groups will be provided with the necessary ingredients to prepare three (3) meals per day. Meals are a wide variety ranging from granola with wild blueberries in the morning to beef stroganoff at night. Participants will be provided with supplemental lunch/snack food rations, such as trail mix, granola bars, summer sausage etc.,
- Please make our Trek Coordinator aware of any special dietary needs and allergies of any members of your group may have prior to your arrival at Summit Base.

Gear will be issued when groups arrive and its condition noted. Damaged beyond normal wear-and-tear or loss will result in a repair/replacement charge.

Groups are welcome to bring their own equipment for use during your trek. Please inform the Trek Coordinator if this is your plan. **DO NOT** bring personal climbing gear.

Trek Overview

Summer treks typically consist of a traditional six-day adventure. Groups arrive on Sunday afternoon and stay at Summit Base until departure Monday morning. Groups will be picked up on Friday afternoon and returned to Summit Base. Our staff prepares all meals while in camp.

Summer Reservation Procedures

Reservations may be made for the Summit Base High Adventure Program by sending an email to wpc.camping@scouting.org or calling 914-449-2612.

Please contact us for availability prior to making your deposit.



Trek Week Schedule

Sunday:

1:00pm: Participants arrive and check in with Summit Director at Summit Base office. **(11am for Kayak Trek)** Please plan to arrive on time and as a complete unit. Please pre-arrange early arrivals with our Trek Coordinator. Your group will be introduced to your guide who will show you to your site to drop off your gear. It is strongly suggested that the entire group arrives close to 1pm to allow sufficient time for preparation.

1:00pm to 5:00pm: Swim tests and medical reviews should take no longer than one-two hours. Your group and your guide will then begin equipment “shakedown” where your group will cover proper packing techniques and point out any items that may be best to be left behind. Organized and efficient groups will possibly have time to take part in our on-site high adventure activities with their guide. **(Kayak Trek on-water training 1-2 hrs. on Waubeeka Lake)**

5:00pm: Your group will return to their site to set up camp and prepare for dinner.

6:00pm: Dinner will be served in the Butler Pavilion at Summit Base.

After dinner, your group will finalize distribution of group gear and food (supplied by Summit Base). You will have time to relax, get to know your guide and discuss the upcoming adventure.

One group leader and the guide will meet with the Summit Director and turn in any remaining paperwork and review the group’s account. Any last-minute itinerary and/or transportation changes will be addressed.

Monday:

6:30am: The group must have all equipment packed and loaded into the vans and trailers prior to breakfast. Arrive early; packing and loading equipment takes time.

7:00am: Breakfast will be served in the Butler Pavilion.

7:30am: Your group will depart for your drop off location. Departure time may vary slightly depending on the trek chosen.

Friday:

10:30am-12:00pm: Your group will be picked up at your finish point and transported back to Summit Base.

12:00pm-6:00pm: The group will arrive at Summit Base and your guide will show you back to your site where a post trek de-issue of equipment will occur. One leader must bring account paperwork to the Reservation Office to settle the trek account with the business manager. Once equipment and account details have been completed your group is free to relax until dinner. Hot showers are available.

6:00pm: Dinner will be served in the Butler Pavilion at Summit Base.

Saturday:

8:00am: Continental breakfast is served at Butler Pavilion before your departure from Summit Base.

*****If your unit plans to leave Summit Base prior to Saturday breakfast, please notify the Summit Base Director before heading out on trek.*****

Kayak Specific Equipment

- Two- 10L-20L dry bags for sleeping bag and clothes. Larger sizes may not fit in hatches. *Sealine* makes quality products. The tapered models fit best in the kayak hatches.
- Two - 5L dry bags for accessories
- Large mesh or lightweight duffle bag (OPTIONAL)
- Quality sunglasses with *Croakies*** or other keeper strap
- Ample quantity of high SPF sunscreen, *Bullfrog* brand recommended
- Hat- ball cap OK, wide brim sunhat is best
- Sturdy water shoes- Wet
- Sneakers or hiking shoes- Dry (boots should be avoided)
- Wetsuit (OPTIONAL)
- Long sleeve sun protective shirt (OPTIONAL)

*****Participants with prescription glasses must also use *Croakies* or other keeper strap*****

In addition to the personal equipment listed in the program guide, kayak trek participants will also need to pack their sleeping bags and clothing in dry bags. Keep in mind that the openings to the kayak hatches are small and gear should be packed in multiple smaller bags as opposed to one large one. It is important to stress the need for sturdy water shoes or sandals and a pair of sneakers or hiking shoes to change into when in camp. Heavy-duty boots should be avoided, as they are bulky and tough to pack. It is also helpful if you have a large lightweight or mesh duffle bag which all your gear can be packed in and transported from the boats up to the campsites.

Camping Fees

Due to the use of public campgrounds there may be additional camping fees for the Lake Champlain Kayak Trek itineraries. These fees will be determined during trek planning and will be added to the trek fees for payment at Friday afternoon checkout along with the mileage fees and any gear that needs to be repaired or replaced.

Additional Resources

This is the foremost conservation group on the lake. Guidebook is included with membership and strongly recommended.

<http://www.lakechamplaincommittee.org/>

A waterproof chart of northern Lake Champlain area suggested for purchase.

<http://www.waterproofcharts.com/shop/item.aspx?itemid=20>

A waterproof chart of southern Lake Champlain area suggested for purchase.

<http://www.waterproofcharts.com/shop/item.aspx?itemid=19>

Program for Older Scouts – Adirondack Challenge

Adirondack Challenge is specifically designed to give the ultimate all-inclusive Adirondack experience. Geared towards the older scouts within your troop, Adirondack Challenge tests and hones your scout's outdoor skills to the fullest. Adirondack Challenge brings a broad spectrum of activities to your scouts with this 1/2-day weeklong program. Boating, backpacking/hiking, mountain biking and rock climbing are possibilities for the major program highlights for Adirondack Challenge along with *Leave No Trace* Principles and backcountry ethics. This program is designed to teach scouts the basic knowledge of these activities in a safe and controlled environment. Adirondack Challenge runs as a half-day program, still allowing your boys to hold their leadership roles within the troop while at summercamp.

*** Minimum age requirement: 14 years. Group size limit: 6 Participants***

****Please note activities are subject to change based on weather and staffing regulations. For appropriate gear guidelines please refer to gear items listed below that will be necessary for kayaking/canoeing, 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 boating.

- Arrive at Summit promptly at 1:30pm
 - Pack equipment
 - Paddle on nearby 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 have dinner
- Debrief
- Return to Summit by dark

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.

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

Thursday afternoon to Friday Morning:

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

- Arrive at Summit Base after lunch
- Hike out of Summit Base to nearby wilderness areas
 - o Set up group camp site
 - o Hiking and 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 and Schedule

Please make sure your scouts head up to the Summit Base office as soon as they are finished with lunch, between 1-1:30 pm. The Adirondack Challenge leaders will drop scouts off at their respective camps when they return from activities in the evening between 8-9pm. 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. Feel free to call 914-449-2612 with any further questions.

MONDAY: Boating on ADK lakes in the region

- 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 please.*)
- Change of dry clothes
- Any personal medication (i.e. inhalers or epi-pens)
- Backpack with a zip closure (school backpacks work well, *no drawstring backpacks please.*)

TUESDAY: Climbing at ADK climb sites

- 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: Mountain Biking and Overnight Shakedown

- Hiking boots or sneakers
- Any personal medication (i.e. inhalers or epi-pens)
- Sunscreen
- Bug spray
- Water bottle
- Pack with all items for the overnight (see packing list below, leaders will do a shakedown and go over what gear is needed for the overnight)

THURSDAY: Overnight Hike into nearby wilderness areas

- 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
- Sleeping pad (foam or inflatable)
- Headlamp
- Bug head net and good 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)

Adirondack Challenge Program Fees

\$25.00 per participant. Includes program 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.

Personal Gear

The following is a list of gear and equipment we both require and recommend all participants bring with them for Summit Base programs. Included are suggested brands to use and respective cost estimates. Appropriate clothing and equipment can often be borrowed or obtained at significantly lower costs when purchased second hand. Additionally, many retail stores give discounts to Scouts so please do not hesitate to ask.

The amounts of heavyweight and lightweight clothing you bring should be appropriate for the season. Additionally, there is **NO COTTON PERMITTED** on trek or any high adventure activity. A note of interest is that during the summer months the temperature in the Adirondacks can easily be in the low 40's.

Please reproduce pages and distribute to all group members

CLOTHING				
We recommend that you pack your clothing, sleeping bag, and other equipment in separate stuff sacks or heavy duty zip lock bags to keep it dry and organized. It is particularly important to keep your sleeping bag and clothing dry. The use of waterproof stuff sacks, zip lock freezer bags or heavy-duty trash can liners is strongly required.				
ITEM	QUANTITY	APPROX. PRICE	COMMENTS	CHECK LIST
Lightweight Rain gear REQUIRED	1 jacket 1 pair of pants	\$80.00-\$130.00	-Lightweight, pack able, breathable Suggested Brands: The North Face- Venture, Red Ledge, Mountain Hardwear- Epic, Marmot, EMS	
Mid weight Fleece REQUIRED	1 jacket or pullover	\$50.00-\$100.00	-200 weight fleece -NO COTTON SWEATSHIRTS	
Mid weight fleece Pants OPTIONAL	1 pair	\$50.00-\$75.00	-200 weight fleece -NO JEANS OR SWEAT PANTS!	
Base layer REQUIRED	1 long sleeve shirt 1 pair long pants	\$40.00-\$60.00 per set	-Mid weight -Synthetic, quick dry Suggested Brands: Bergelene, Mountain Hardwear, Patagonia, EMS, LL Bean, Smartwool	
T- Shirts REQUIRED	2	\$10.00-\$25.00	-Synthetic, quick dry, NON-COTTON	
Hiking Shorts REQUIRED	1-2 pair	\$20.00-\$50.00	-Synthetic, Lightweight, Quick dry -Running/ Soccer/ Basketball shorts work well	

Long sleeve travel Shirt OPTIONAL	1	\$50.00-\$75.00	-Light weight, synthetic, quick dry -Bug repellent available -Sun protection available Suggested Brands: Exofficio, Columbia, Mountain Hardwear
Hiking long Pants REQUIRED	1 pair	\$30.00-\$60.00	-Synthetic, Light weight, Quick Dry, Packable -Zip off pants that convert to shorts are ideal Suggested Brands: Exofficio, Columbia, Mountain Hardwear -NO JEANS OR SWEAT PANTS!
Warm hat OPTIONAL	1	\$10.00-\$20.00	-light fleece or wool
Gloves OPTIONAL	1 pair	\$15.00-\$25.00	-light fleece or wool

FOOTWEAR				
Hiking Socks REQUIRED	2-3 pair	\$15.00-\$20.00	-Synthetic, synthetic/wool blend, 100% wool -Polypropylene liners recommended for 100% wool socks Suggested Brands: Smartwool, Darn Tough, Dahlgren, Wigwam	
Backpacking/ heavy weight hiking boots REQUIRED: backpacking and combo trips only	1 pair	\$125.00-\$200.00	-Well broken in with use -Waterproof/ Gore Tex, Breathable Suggested Brands: Asolo, Lowa, Vasque, Garmont, Merrel	
Extra Shoelaces OPTIONAL	1 set	\$5.00	-Heavy duty -50-60 cm length	
Water Shoes/ Supportive sandals REQUIRED: canoe & combo trips	1 pair	\$45.00-\$75.00	-Backpacking participants can use sandals instead of camp shoes. Suggested Brands: Teva, Chaco, Keen, Salomon	
Camp shoes REQUIRED	1 pair	use old sneakers	-All participants must have 2 pairs of footwear. (boots and sandals, boots and camp shoes, sandals and camp shoes) -Can substitute sandals for camp shoes	

EQUIPMENT				
ITEM	QUANTITY	APPROX. PRICE	COMMENTS	CHECK LIST
Backpack REQUIRED	1	\$150.00- \$300.00	-Internal or External frame pack acceptable -4500-5500 cubic inch capacity Suggested Brands: Osprey, Gregory, Kelty, EMS, Deuter	
Backpack rain cover REQUIRED	1	\$20.00-\$50.00	-Lightweight, waterproof (Many packs come with integrated rain cover)	
Replacement Hip belt buckle OPTIONAL	1	\$2.00		
Sleeping bag REQUIRED	1	\$90.00- \$150.00	-Packable, Lightweight, mummy bag -Synthetic preferred -Down acceptable - Should be stored in waterproof bag -20-40 degree temperature rating. Suggested brands: The North Face, Mammut, Mountain Hardware, EMS	
Sleeping pad REQUIRED	1	\$20.00-\$60.00	-Cannot be bulky Suggested Brands: Ridge Rest, Thermarest, Z-rest	
Ground cloth OPTIONAL	1	\$10.00-20.00	-For use under sleeping pad, to protect against moisture.	
Packable pillow OPTIONAL	1	\$10.00-\$20.00	-Small, pack able, synthetic	
Stuff sacks OPTIONAL	2-3	\$10.00-15.00	-We recommend packing your gear as organized as possible -Waterproof zip lock bags available	
Dry Bags OPTIONAL	-	\$30.00-100.00	-For participants on full week canoe trips dry bags are a good idea, however they are difficult to pack and carry on portages.	

Water bottles REQUIRED	2-3 liter capacity	\$8.00-\$20.00	-Two-3, 1 liter Nalgene style bottles -Hydration bladders are acceptable but must have at least 1 bottle for filtering Sugg. Brands: Nalgene, Camelbak
Headlamp/ flashlight REQUIRED	1	\$15.00-\$30.00	-Headlamps are preferred -Light flashlights acceptable -Extra batteries needed Suggested Brands: Petzl, Black Diamond, Princeton Tec
Sunglasses REQUIRED	1 pair	\$30.00-100.00	-sunglass holder straps/ Croakies recommended
Compass REQUIRED	1	\$25.00	-Suitable for navigation by map and compass
Pocket knife/ Multi-tool REQUIRED	1	\$15.00-80.00	-Lightweight and compact -Basic models are suitable
Whistle REQUIRED	1	\$5.00-10.00	-For bear protection and as a lost hiker precaution
Bandannas REQUIRED	1-3	\$2.00	-Multi-purpose item
Mosquito head net STRONGLY RECOMMENDED	1	\$10.00-15.00	-Most important in the spring and early summer
Trash Can Liners REQUIRED	1-2	-	-Heavy duty black plastic construction or lawn and leaf bags are best. -These can be used to pack sleeping bag/ clothing or double as a pack cover
Trekking Poles OPTIONAL	1 pair	\$80.00-150.00	-Recommended for those with knee problems
Matches or lighter REQUIRED	1	-	-waterproof or stored in a waterproof container
Watch OPTIONAL	1	\$25.00-\$40.00	-Waterproof Impact resistant -Inexpensive Alarm feature is helpful

Zip Lock Freezer Bags OPTIONAL	1 box Gallon size	-	-Use these to protect clothing and equipment from moisture.	
Bowl REQUIRED	1	\$5.00-25.00	-Unbreakable -Lightweight -Mess kits are too bulky, only the bowl is needed -Lexan, aluminum, or titanium	
Spoon or spork (Yes, a spork) REQUIRED	1	\$5.00-25.00	-No need for any other utensils -Unbreakable -Lexan, aluminum, titanium	
Mug/ Cup REQUIRED	1	\$5.00-20.00	-Graduations helpful -Insulated acceptable -Lexan, plastic, aluminum or titanium	
Camera OPTIONAL	1	-	-Store in waterproof container -Do not bring expensive, heavy, or bulky cameras -Bring extra film and batteries -Disposable cameras recommended	
Notebook and pen OPTIONAL	1	-	- For use as a journal, menu planner, or duty roster -Can be shared with others	
Seat or seat pad OPTIONAL	1	\$20.00-50.00	-Recommended for participants in canoe trips -Either full seat or a simple pad is sufficient -Must be light and pack able Suggested Brands: Crazy Creek	

PERSONAL GEAR

All items with scent such as toothpaste, deodorant, perfume, cologne, shampoo, soap, lip balm, insect repellent, and antifungal cream will attract bears and other wildlife. If possible purchase unscented or lightly scented items. Please leave unnecessary items like perfume, soap, shampoo, and deodorant at home.

ITEM	QUANTITY	APPROX. PRICE	COMMENTS	CHECK LIST
First Aid Kit REQUIRED	1	\$25.00	-Small, light -Must contain blister care products	
Antibacterial hand sanitizer REQUIRED	2 oz	\$3.00	-Small bottle -Can share with others	
Sunscreen REQUIRED	1	5.00-15.00	-SPF 30 or above -small container Suggested Brands: Bullfrog, Dermatone	
Pocket towel OPTIONAL	1	\$10.00- \$20.00	-Pack able, quick dry, synthetic -NO COTTON TOWELS	
Antifungal Cream/Powder STRONGLY RECOMMENDED	1	-	-Small bottle Suggested Brands: Tinactin Cream, Gold Bond Powder	
Insect Repellent STRONGLY RECOMMENDED	1-2	\$5.00-10.00	-No aerosol -Small bottles	
Toothbrush REQUIRED	1	-		