

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 in trek.*****

Kayak Treks

Arrival Time and Sunday Program

Please plan to arrive at Summit Base at 11:00am on Sunday. It is critical that all members of your group arrive by this time, as it will be difficult for late arrivals to catch up with the rest of the group. This arrival time is earlier than our other treks to accommodate for the introduction to kayaking class that is held on Waubeeka Lake.

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 glasses used for vision purposes 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>

