

SUMMIT BASE

Adirondack High Adventure

2010 Program Guide

**The Will To Do
The Soul to Dare
The Spirit to Achieve**



SummitBase.com

Welcome to Summit Base

Summit Base is 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 Boy Scout National Camp School (NCS) certified guides. Our COPE and climbing programs are overseen by NCS certified directors.

Why should you attend Summit Base?

No other scout camp in the northeast comes close to offering the amount of year round high adventure possibilities as we do:

Project COPE (Challenging Outdoor Personal Experience) – Our COPE course utilizes ten low elements as well as a high course to emphasize teamwork and leadership in a group.

Climbing – Summit Base offers two climbing experiences within our camp: traditional rock climbing on the face of Mt. Stevens that overlooks the Base and our newly constructed indoor climbing wall.

Zip Line – A 100 foot run, over water, from a 15-foot tower ends when you drop into Lester Pond.

Guided Day Activities for Groups – Groups of up to 14 may travel in to the Adirondack Park to take part in High Adventure activities at some of the most well know sites in the Park; possibilities include rock climbing, bouldering, backpacking and caving.

Treks – Choose from backpacking, canoeing, rock climbing, sea kayaking or a combination of these. Our guides lead your group in these adventures throughout the Adirondacks.

Ice Climbing – Spend a weekend in Lake Placid climbing on some of the most awesome ice formations in the Adirondack High Peaks Region.



Table of Contents

Welcome to Summit Base	1
How to Experience the Best in Adirondack Adventures at Summit Base	3
Contacting us	3
Program Participation Requirements	4
Getting to Summit Base	5
General Base Information	7
Adirondack Trek Program	10
Risk Advisory	10
Summit Base Weight Limits for Trek Program	10
Suggested Physical Conditioning Preparation	11
High Adventure Safety	12
How to choose a trek	13
New York State Dept. of Environmental Conservation (NYSDEC) and Adirondack Park Agency (APA) Guideline and Restrictions	13
Trek gear provided by Summit Base	14
Summer Program	15
Overview	15
Summer Trek Program Fees	15
Guided Day Activities in the Adirondack Park - Summer Season	17
Trek Week schedule	18
Kayak Treks	20
Fall, Winter, Spring Weekend Programs	21
Overview	21
Weekend Program Fees	22
Personal Gear List	24

How to Experience the Best in Adirondack Adventures at Summit Base

- **Communicate.** Summit Base offers a wide variety of programs. These can be fun and enjoyable but only if communication is clear and concise with our Activity Coordinator during the planning stages of your adventure.
- **Read this guide carefully.** Unfinished paperwork and program uncertainties are much easier to resolve prior to your arrival at camp.
- **Attitude is everything.** Over the course of the months before your adventure you will be in contact with several members of our staff who are committed to providing the best possible experience. We will try to accommodate your group as much as possible. However, due to strict regulations of Scouting and New York State, we have limited program flexibility in some aspects.
- **Ask questions.** We are always happy to hear from you. Chances are if you have a question, so do we. Please feel free to contact us.

Contacting us

- **Internet** - www.summitbase.com - Our website has extensive information about our programs and procedures. All of our forms can be downloaded.
- **E-mail** – info@summitbase.com - Our Activity and Trek coordinators can be reached via e-mail at this address.
- **Phone** – (518) 623-0747
- **Mail** - Please send correspondence and payments (checks payable to Westchester-Putnam Council, BSA).

Summit Base
c/o 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 Curtis S. Read Scout Reservation Class III medical form to be approved by the Base Health Officer.

Groups participating in Base Camp activities are required to check-in upon arrival at the Summit Office.

Groups participating in overnight activities or treks must submit a complete group roster.

COPE – Individuals of any age may participate in the Low COPE program. Participants in the High COPE program must be 13 years of age and must have previously completed the Low course.

Climbing – Individuals of any age may participate in the programs at our Base Camp climbing facilities. 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. Please DO NOT bring any other climbing gear with you.

Ice climbing – Participants must be at least fourteen years old. Good physical condition is recommended. Prior climbing experience is not required.

Treks –

- Participants in any trek program must be at least 13 years old. Good physical condition is strongly recommended.
- Wilderness swimming requires rating as a BSA “swimmer” during swim check and a completed parent/guardian permission form must be on file.
- Treks are limited to seven (7) participants plus the guide except kayaking treks on Lake Champlain, which are limited to 10 participants plus the 2 guides.

Zip Line – Participants may be of any age and must be rated as a BSA “swimmer” during swim check.

Weather conditions are a considerable factor in the success and safety of our programs. Our staff may at times deem it necessary to alter or cancel a Summit activity. 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 Westchester and Putnam counties of NY is available to and from the Base during the summer season. Both buses and vans are utilized. Contact us for further information.

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.

OR

Rt. 8 East 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. Follow I-90 to I-787 North to Rt. 7 west to the Northway (I-87) north to Exit 25 (milepost 72), Rt. 8. East on Rt. 8 to Brant Lake.

And Then to Camp

On Rt. 8, approximately 7.3 miles from the Northway, 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.

The Farmhouse (for weekend programs) is about 1 mile on Rose Drive, a left after the Ranger House at the reservation entrance.

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

1377 Palisades Rd
Brant Lake, NY 12815

Note: some mapping programs incorrectly place the camp's location on Palisades Rd. See map below for correct location.

Last fuel & 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.



Airport Information

US Domestic Flights

Closest connection point is Albany Airport (ALB). Vehicle rental is available. Airport is approximately 1 1/2 hour drive from Read Scout Reservation.

International Flights

While connecting flights can be made to Albany, closest airport with many international flights is Montreal (YUL). Montreal is about 2 1/2 hour drive from Read Scout Reservation. JFK in New York City may have better International connections.

General Base Information

THE RULES OF THE BASE

From the moment your group arrives at Summit Base you will be exposed to mountaineering ethics at their best. We strive to uphold the same basic rules and principles that are adhered to in wilderness areas all 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 come in contact with during the course of 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) prior to attending of this policy.

GROUP ROSTERS

Each group at Summit Base must submit a roster of all persons (adult and youth) in camp. Units are requested to use the form which is attached to the back of this guide, which is also available online in the download section of our website. This roster will be collected during check in when the group arrives.

TELEPHONE

A pay telephone is available on the Camp Buckskin office porch, about a ten minute walk from Summit Base.

Emergency or Camp business calls only may be made to the Summit Base office at (518) 494-2250. The Camp Read Reservation office number is (518) 494-2228. Fax # (518) 494-7099.

There are several locations at Summit Base with Verizon cell phone service. Cell phone service in the Adirondacks is very spotty at best.

MEDICAL EXAMS

Before coming to camp, every participant must have a physical examination in the past year. All participants must have these completed medical forms with them upon arrival. Those without them cannot be permitted to take part in activities until we have the form in our hands. PLEASE make certain parents/guardians sign all necessary forms. The correct forms are available at no charge from the Council Camping Department and are available to be downloaded at www.summitbase.com

NEW MEDICAL FORM FOR 2010

The medical form distributed this year is new and is required. Other medical forms will not be accepted. Standing orders for dispensing over the counter medications have also been added and must be completed.

MENINGITIS INFORMATION REQUIRED FOR CAMPERS STAYING 7 OR MORE NIGHTS

On July 22, 2003, the New York State Public Health Law (NYS PHL) was amended to include §2167 requiring overnight children's camps to distribute information about meningococcal disease and vaccination to the parents or guardians of all campers who attend camp for 7 or more nights. This law became effective on August 15, 2003.

The Curtis S. Read Scout Reservation is required to maintain a record of the following for each camper:

- A response to receipt of meningococcal meningitis disease and vaccine information signed by the camper's parent or guardian; AND
- Information on the availability and cost of meningococcal meningitis vaccine (Menomune™); AND EITHER
- A record of meningococcal meningitis immunization within the past 10 years; OR
- An acknowledgement of meningococcal meningitis disease risks and refusal of meningococcal meningitis immunization signed by the camper's parent or guardian.

Additional information and the required forms are available at:
<http://wpcbsa.org/Read/ParentsGuide>

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's 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 son'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 Camping Secretary at the Council for information and assistance (914) 773-1135 ext. 233.

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 15 MPH.

Seatbelts 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.

FIRST AID

Our guides and base camp staff, at minimum, are all trained in CPR and Red Cross Responding to Emergencies. There is a NYS Emergency Medical Technician on the property at all times.

ALCOHOL/ DRUGS

Alcoholic beverages, illegal drugs or 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.

Adirondack Trek 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 and 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. Participants may be exposed to occasional severe weather conditions such as lightning, hail, extreme cold and/or extreme heat. 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 first aid, CPR and accident prevention, and are prepared to assist in recognizing, reacting, and responding to accidents, injuries and illnesses. Each trek group is also required to have at least one member trained in first aid and CPR. 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 in order 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 example, a person 5'10" cannot weigh more than 226 lbs.

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	Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptance
60	97-138	139-166	166	70	132-188	189-226	226
61	101-143	144-172	172	71	136-194	195-233	233
62	104-148	149-178	178	72	140-199	200-239	239
63	107-152	153-183	183	73	144-205	206-246	246
64	111-157	158-189	189	74	148-210	211-252	252
65	114-162	163-195	195	75	152-216	217-260	260
66	118-167	168-201	201	76	156-222	223-267	267
67	121-172	173-207	207	77	160-228	229-274	274
68	125-178	179-214	214	78	164-234	235-281	281
69	129-185	186-220	220	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 they are 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. 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 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. 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 without pack) every day.

Rock Climbing

In preparation for rock climbing, start with 25 squats per day and work up to 50 by trip time. Start with thrusts without weight. Work up to 10 pounds in each hand by using milk cartons with water in them. Do 20 thrusts each day for 30 days prior to your trip working up to 10 pounds in each hand.

Push-ups are useful if performed correctly. Start with 5 push-ups working up to 20 at a time.

Pull-ups help in tough spots where you can't use your legs. Be sure to do them in an overhand position and try to put as little of your hand over the surface as possible. Try them one handed when you get a little better. Start with 4 and work up to 10 per workout.

Stretching before any exercise is recommended to prevent injury and improve flexibility.

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 put into 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 when hiking. If you get separated or 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 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.



Trek Programs

Summit Base offers Backpacking, Canoeing, Sea Kayaking and Rock Climbing treks. These can be combined together 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.); the Adirondack Park boasts some of the most breathtaking scenery in the country. 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.

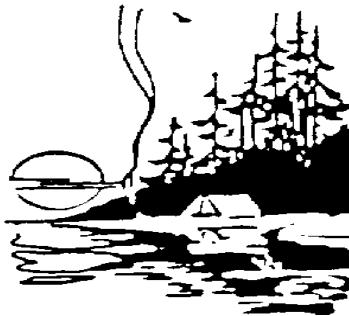
Once you have made your decision we will begin filing for your permits from the NYSDEC. This process can take several months as the Forest Rangers are very busy in the spring and summer. The earlier applications are filed the better the chance of having them approved. Treks will not commence without a NYSDEC permit issued by a NYS Forest Ranger.

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. One of these will be your guide leaving seven (7) 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 nation's wilderness areas. More information on this subject is available on our website.



Trek Gear Provided by Summit Base

GENERAL:

- 2-man lightweight 3-season backpacking tents
- MSR Whisperlite single burner multi-fuel stoves
- 22 oz. Fuel bottles
- Fuel (White gas)
- 9' x 11' Nylon tarps
- All necessary cooking equipment (Pots, pans, utensils, etc.)
- Water purification: (Polar Pur, Steripen)
- Group First Aid kit
- Bear bag supplies
- Toilet paper and pack trowels
- Biodegradable soap
- Maps
- Contractor strength trash bags

CANOE / KAYAK TREKS:

- Canoes / Kayaks
- Paddles
- Class III PFD's (Personal Floatation Device)

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 oatmeal in the morning to stew at night. Participants will be provided with supplemental food, such as trail mix, granola bars, etc., individually and on a group basis.
- Please make our Trek Coordinator aware of any special dietary needs any members of your group have in 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.

Summer Program

Overview

Summer treks typically consist of a traditional five-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 Trek Program Fees

Treks \$2150 (Includes up to 6 participants)

Additional participants \$300 ea.
(Be sure to understand group size restrictions for different treks)

There is an additional fee for transportation that is determined by the distance from Summit Base to the drop off and pick up points for the trek selected. In 2010 this fee is \$0.50 per mile for the total miles necessary to transport the group. This mileage fee may be adjusted depending on fuel prices.

Summer Reservation Procedures

Reservations may be made through the Westchester-Putnam Council Camping Department.

2011 Trek Reservations

Reservations for 2011 treks by Westchester-Putnam Council units will be available beginning February 15, 2010. A \$300 deposit is due with the reservation. Any cancellations made before July 1 will receive a full refund. The deposit is non-refundable after July 1, 2010.

Units from outside the Westchester-Putnam Council will be able to make reservations for the summer of 2011 beginning on April 1, 2010.

After April 1, all reservations will be on a first come, first served basis.

- 1) A deposit (which is applied to your total fee) must accompany an Application Form
- 2) Additional \$500 is due by May 1st, 2011. (This, too, will be applied to your total fee.)
- 3) Balance of payment is due by June 1st, 2011.

If payments are not received by these dates your reservation is subject to cancellation.

Payments should be sent to the Council Office with checks made payable to Westchester-Putnam Council, BSA. Be sure to include a description noting the group/individual the payment is for or use our payment forms.

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

Refund Policy

The initial reservation deposit is non-refundable. Groups canceling within 60 days of their summer trek or 2 weeks of their weekend trip will be penalized half of the remaining fees due.

If weather conditions prevent a safe weekend adventure, this can be rescheduled at no additional cost within the same calendar year. Otherwise, refund policies above apply.

Guided Day Activities in the Adirondack Park - Summer Season

Groups may travel in to the Adirondack Park to take part in High Adventure activities at some of the most well know sites in the Park; possibilities include rock climbing, bouldering and caving.

- Climbing / Bouldering: This program allows groups to further develop the techniques and skills that they have learned during our Base camp activities. Available on Tuesdays only.
- Caving: Explore the most expansive cave system in the Adirondack Mountains. Tour the seemingly endless caverns under Chimney Mountain. Available on Wednesdays only.

These programs are staffed by National Camp School certified Climbing as well as a certified guide.

The group size is limited to twelve participants.

Transportation to and from activity site and lunch provided.

Groups attending Read Scout Reservation in Camp Buckskin or Waubeeka may register for these activities online. Instructions for this will be provided in March. At camp, contact the Camp Director for registrations.

Guided Day Activity Fees - Summer Season

Climbing/Bouldering \$45 per person

Caving \$45 per person



Trek Week Schedule

Sunday:

1:00pm: Participants arrive and check in with Summit Director at Summit Base office. 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 two hours. Your group and your guide will then begin equipment “shakedown” where your guide will cover proper packing techniques and also point out any items that may best be left behind. Organized and efficient groups will possibly have time to take part in our on-site high adventure activities with their guide.

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 unit rosters, wilderness swimming permission slips and review the group’s account. Any last minute itinerary and/or transportation changes will be addressed.

Monday:

7:00am: 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.

7:10am: 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 “shakedown” of equipment will occur. Once equipment details have been completed your group is free to relax until dinner. Hot showers are available.

Other high adventure activities may be available depending on your return time.

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

7:00pm: After dinner, one leader must meet with the Summit Director at the Summit Base office to review the trek. A review of the group’s account will occur with any final payments due at this time.

Saturday:

8:00am: Breakfast is served at Newton Dining Hall in Camp Buckskin on your way out of camp.

If your unit plans to leave Summit Base prior to Saturday breakfast please notify the Summit Base Director in advance.



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 late arrivals will not have time to catch up with the rest of the group. This arrival time is earlier than our other treks in order to accommodate for the introduction to kayaking class that is held on Waubeeka Lake.

Kayak Specific Equipment

2- 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.

1- 5L dry bags for accessories

1- 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, widebrim 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 should 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 of 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 Treks itineraries. These fees will be listed at the bottom of the itinerary next to the mileage fees.

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 recommended for purchase.

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

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

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

Fall, Winter, Spring Weekend Programs

Overview

Weekend treks are offered in the Fall, Winter and Spring. Your group will arrive at Summit Base on a Friday evening and be transported to your trek drop off point early Saturday morning. Pick up is on Sunday afternoon. Possible destinations are anywhere in the Adirondack Park depending on the time of year and weather conditions.

Weekend Hudson River Sea Kayak Trek (Fall Only)

Explore the majestic Hudson River and have an adventure close to home! The trip begins in Peekskill on Saturday Morning. Heading south, Saturday night is spent camping in Croton Point Park. Sunday the journey south continues to the Tarrytown lighthouse and Tappan Zee Bridge ending in Sleepy Hollow.

Weekend Project COPE / climbing

Weekend programs are offered during the Fall and Spring specializing in COPE and climbing. Saturday and Sunday morning your group will experience an in-depth COPE program. Those 13 years of age and up may use our high course. Those under 13 will be very busy on our low course.

Our indoor climbing wall and nearby cliffs on Stevens Mountain will also be available for use.

Your group may wish to spend some time summiting one of the numerous mountains surrounding our property.

Older scout groups already familiar with our facilities at Summit Base may want to take a trip in to the High Peaks region for a day of climbing and/or caving.

These weekends utilize our Base camp facilities. Arrive on Friday evening and stay in our cabins. All meals are prepared by our chef and served at the Farmhouse.

Departure is on Sunday afternoon following lunch.

Weekend Ice climbing

During the winter months explore the Adirondacks by participating in our Ice climbing program. Possible destinations include Chapel Pond and Cascade Pass in the High Peaks Region or the Olympic Acres area in Lake Placid. Ice climbing gear provided.

Ice climbing programs base out of the High Peaks Hostel in Lake Placid, NY. Meals are provided at the hostel.

Departure is on Sunday afternoon following lunch.

All specialized ice climbing equipment will be provided

Weekend Rock Climbing in the High Peaks

The weekend will include a review of the fundamental concepts and techniques of climbing in order to build a solid foundation for further development. Basic climbing skills will be reviewed and reinforced: belaying, rappelling and general climbing etiquette. Some climbing experience is preferred but not necessary. The program will adapt to the groups ability level.

All specialized climbing equipment will be provided.

Weekend Caving at Chimney Mountain (Fall Only)

Eagle Cave at Chimney Mountain in the Siamese Ponds Wilderness Area, about sixty miles from Read Reservation, is the largest wild cave in the Adirondacks. Participation is limited to mature Scouts, at least fourteen years of age, and their leaders. The activity requires basic knowledge of rock climbing and rappelling. Group size, including adults, can be no more than twelve persons.

These weekends may utilize our Base camp facilities for an additional fee or can troop camp in a nearby wilderness area.

Weekend Program Fees

<u>COPE / climbing</u>	\$1100 (Includes up to 10 participants)
Additional participants	\$100 ea.
<u>Treks</u>	\$520 (Includes up to 6 participants)
Additional participants (Be sure to understand group size restrictions for different treks)	\$85 ea.
<u>Hudson River Sea Kayak Treks</u>	\$900 (Includes up to 6 participants)
Additional participants	\$125 ea.
<u>Ice/Rock Climbing</u>	\$2250 (Price not confirmed at this time. Includes up to 12 participants)
<u>High Peaks Rock Climbing</u>	\$900 (Includes up to 6 participants)
Additional participants	\$125 ea.
<u>Weekend Caving</u>	\$520 (Includes up to 6 participants)
Additional participants (Be sure to understand group size restrictions)	\$85 ea.

Weekend Reservation Procedure

Reservations may be made through the Summit Base Activity Coordinator or the Westchester-Putnam Council Camping Department.

- 1) Weekend programs require a deposit of half of the group's fee at the time of application.
- 2) Ice/Rock climbing weekend require a deposit of \$1400 at the time of application.
- 3) Balance of payment is due thirty (30) days prior to activity.
- 4) No reservations will be made without a deposit.

If payments are not received by these dates your reservation is subject to cancellation.

Payments should be sent to the Council Service Center with checks made payable to Westchester-Putnam Council, BSA. Be sure to include a description noting the group/individual the payment is for or use our payment forms.

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

Refund Policy

Groups canceling within 60 days of their weekend trip will be penalized half of the fees due.

If weather conditions prevent a safe weekend adventure, this can be rescheduled at no additional cost within the same calendar year. Otherwise, refund policies above apply.

Personal Gear List

The following is a list of gear and equipment we both require and recommend all participants bring with them on all 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.

The amounts of heavyweight and lightweight clothing you bring should be appropriate for the season. A note of interest is that during the summer months the temperature in the Adirondacks can easily be in the low 40's.

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<u>CLOTHING</u>				
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 recommended.				
<u>ITEM</u>	<u>QUANTITY</u>	<u>APPROX. PRICE</u>	<u>COMMENTS</u>	<u>CHECK LIST</u>
Lightweight Raingear REQUIRED	1 jacket 1 pair pants	\$80.00-\$130.00	-Lightweight, pack able, breathable <u>Suggested Brands:</u> The North Face-Venture, Mountain Hardwear- Epic	
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 <u>Suggested Brands:</u> Polarmax, Bergelene, Mountain Hardwear, Patagonia	
T- Shirts REQUIRED	2-3	\$10.00-\$25.00	-Cotton or synthetic	
Long sleeve travel Shirt OPTIONAL	1	\$50.00-\$75.00	-Light weight, synthetic, quick dry -Bug repellent available -Sun protection available <u>Suggested Brands:</u> Exofficio, Columbia, Mountain Hardwear	
Hiking Shorts REQUIRED	1-2 pair	\$20.00-\$50.00	-Synthetic, Lightweight, Quick dry -Running/ Soccer/ Basketball shorts work well	

Hiking long Pants REQUIRED	1 pair	\$30.00-\$60.00	-Synthetic, Light weight, Quick Dry, Pack able -Zip off pants that convert to shorts are great!! <u>Suggested Brands:</u> 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	3-4 pair	\$15.00-\$20.00	-Synthetic, synthetic/wool blend, 100% wool -Polypropylene liners recommended for 100% wool socks <u>Suggested Brands:</u> Smartwool, 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 <u>Suggested Brands:</u> Asolo, Lowa, Vasque,
Extra Shoelaces OPTIONAL	1 set	\$5.00	-Heavy duty -50-60 cm length
Water Shoes/ Supportive sandals REQUIRED: canoe trips and combo trips only	1 pair	\$45.00-\$75.00	-Backpacking participants can use sandals instead of camp shoes. <u>Suggested Brands:</u> 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

<u>EQUIPMENT</u>				
<u>ITEM</u>	<u>QUANTITY</u>	<u>APPROX. PRICE</u>	<u>COMMENTS</u>	<u>CHECK LIST</u>
Backpack REQUIRED	1	\$150.00-\$300.00	-Internal or External frame pack acceptable -4500-5500 cubic inches capacity <u>Suggested Brands:</u> Osprey, Gregory, Kelty	
Backpack rain cover REQUIRED	1	\$20.00-\$50.00	-Lightweight, waterproof	
Replacement Hip belt buckle OPTIONAL	1	\$2.00		
Sleeping bag REQUIRED	1	\$90.00-\$150.00	-Pack able, Lightweight -Synthetic preferred -Down acceptable - Should be stored in waterproof bag -20-40 degree temperature rating <u>Suggested Brands:</u> The North Face, Slumberjack, Mountain Hardwear	
Sleeping pad REQUIRED	1	\$20.00-\$60.00	-Cannot be bulky <u>Suggested Brands:</u> Ridge Rest, Thermarest, Z-rest	
Ground cloth OPTIONAL	1	\$10.00-20.00	-For use under sleeping pad, to protect against moisture.	
Pack able 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 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/ carriers REQUIRED	3-4 liter capacity	\$8.00-\$20.00	-3-4, 1 liter Nalgene style bottles -Hydration bladders are acceptable <u>Suggested Brands:</u> Nalgene, camelback	

Headlamp/ flashlight REQUIRED	1	\$15.00-\$30.00	-Headlamps are preferred -Light flashlights are 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/ Multitool 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 OPTIONAL	2-3	-	-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
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
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

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 <u>Suggested Brands:</u> 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. Consider leaving unnecessary items like cologne, perfume, soap, shampoo, and deodorant at home.

<u>ITEM</u>	<u>QUANTITY</u>	<u>APPROX. PRICE</u>	<u>COMMENTS</u>	<u>CHECK LIST</u>
First Aid Kit REQUIRED	1	\$25.00	-Small, light - <u>Must contain blister care products</u>	
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 <u>Suggested Brands:</u> Bullfrog, Dermatone	
Pocket towel OPTIONAL	1	\$10.00- \$20.00	-Pack able, quick dry, synthetic -NO COTTON TOWELS	
Antifungal Cream STRONGLY RECOMMENDED	1	-	-Small bottle <u>Suggested Brands:</u> Tinactin	
Insect Repellent STRONGLY RECOMMENDED	1-2	\$5.00-10.00	-No aerosol -Small bottles	
Toothbrush REQUIRED	1	-		
Toothpaste REQUIRED	1	-	-Small tube -Can share with others	