

2010 Sabattis Adventure Camp Trekking

March 2010 Pre-Trip Meeting

Welcome to another season of Adirondack Trekking! My name is Ian Craig and I'll be joining the SAC team this year as the Trek Director. I've been working with trek programs in the Adirondacks for 6 years now and have been a member of the scouting program since tiger cubs. All of you reading this are involved in some way or another in a trek this year with SAC. Please read the information below carefully and share it with your trek crews. The sooner you get planning for the adventure the easier it will be when it all happens this summer. Please get back to me on the items in question throughout the document. I will be able to tailor your trek to meet each group's individual needs with this information.

If you have any questions at all please don't hesitate to drop me an email right through until June 8. In fact I encourage you to do so just to say hello! I currently reside outside of the US during the school year and will return on the 8th at which point I can field phone calls easily. If you have trouble reaching me on the phone prior to this time please contact Shane Kress. Thanks for your time; I look forward to hearing from you!

-Ian

General Information:

- Please contact me so that we can begin individualizing your trek!
- Develop your crew roster ASAP and send it in. How many leaders/scouts?
- Which route(s) are the boys thinking of taking? Ask for details/clarification. We can create a trip for you if you don't find what you want in our trek list available online.
- Determine any **Special Needs** early:
(Early/late arrivals & departures, food/plant allergies, swimming issues, etc..)
- We will develop your itinerary and obtain the necessary NYSDEC camping permits.
- We will confirm all details with you regularly leading up to the trek.
- Please order and review maps of your trip. I recommend the "Paddler's Map".
- Practice your paddling strokes if you can.
- Don't forget swim tests and physicals!!
- Study the LNT principles with the boys.
- Reserve through Reserve America any sites needed in the Saranac Lakes area early!
- I highly encourage you to bring your own cooking gear. Familiarity with the equipment will result in fewer disastrous meals and damaged gear mid-week.
- Preparation is everything! Well-prepared crews familiar with patrol methods have fun!

Contact Info:

<p><u>Trek Director</u> Ian Craig</p> <p>Email: sabattistreks@gmail.com Cell: 585-905-1158 (email only until June 8)</p>	<p><u>Camp Director</u> Glenn Runyon</p> <p>Email: glenn@sabattis.org</p>	<p><u>Asst. Camp Director</u> Shane Kress</p> <p>Email: shane@sabattis.org Cell: 908-403-2144</p>
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Route Notes:

- The **St. Regis** and **Bog River Flow** areas have group size limitations.
 - No More than **Eight (8)** people per group.
 - Any groups larger than 8 must camp 1 mile apart and travel as two groups.
 - This affects **Treks 13, 14, 17 and 18** and any custom developed treks.
 - The Fire Tower on St. Regis Mountain may be taken down by the summer.
 - Long Pond Mountain is a good side trip in this area.
- The following routes **do not** require reservations, 3 leaders, or split sites:
 - Treks 4-8 - Backpacking Treks
 - Trek 9 - Long Lake to Bog River Falls – 36 miles
 - Trek 10 - Blue Mountain Lake to Stoney Creek Ponds – 50 miles
 - Trek 11 - Old Forge to Tupper Lake – 68 miles
 - Any custom treks avoiding Middle/Lower Saranac Lakes

Middle/Lower Saranac Lake Reservations:

- The following treks **require** prior reservations for camp sites on Middle/Lower Saranac:
 - Trek **3** - Hoel Pond to Lake Flower
 - Trek **15** - Long Lake to Lake Flower
 - Trek **16** - Old Forge to Lake Flower
 - Trek **17** - Kushaqua to Lake Flower
 - Any custom treks using Middle/Lower Saranac Lakes
- Groups must have **3 Leaders** on these treks
- Max group size is **6** per site
 - Two sites are required – try to reserve adjacent sites.
 - Crews can eat together just not camp!
- **For Reservations:** www.reserveamerica.com – “Saranac Lake Islands” campground
 - Reservations cannot be made by the same adult two names are necessary.

Food:

- We have done our best to make our meals filling and good-tasting!
- Most menu items were developed from the Northern Tier/Philmont meal plans.
- Dinners are actual Philmont Meals!
- Please alert us of any **Food Allergies** or **Dietary Restrictions** in your crew ASAP.
- Our meals are calorie dense and designed to keep you satisfied, however you may choose to bring supplements such as GORP, Dried Fruit, Granola Bars, at your own expense.

Time in Camp:

- Arrive on Saturday between 1pm and 2pm for your trek. Please find lunch along the way, we will provide dinner.
- Sunday will be a full day of activities with your Voyageur in preparation for the trek. There will also be a camp wide BBQ and Religious service. Bring Class A's.
- Two-deep leadership may not be necessary in camp, 1 leader crews are ok.
- The Trek Center is available for coin-op laundry and trek prep/shakedown.
- We have secure storage for valuables while you are on trek.
- Please bring cooking gear (stoves, pots) for in camp meals. There is no mess hall.
- You may be able to participate in camp wide games upon return Friday afternoon. Many treks opt for a pizza run with their Voyageur into Tupper Lake.
- Class A's will be required for the opening and closing campfires.
- Do NOT bring Firewood to the Adirondacks this is a state regulation!

Trek FAQ's

Q: What is the best way to waterproof my gear?

A: The best way to waterproof your gear is a big bulky dry sack. These however are a nightmare to portage. If you have the model with backpack straps these are OK but uncomfortable when loaded. The second best method is to use roll top closure bags that fit inside your pack. Sea to Summit and Granite Gear make some really great ultra-lite roll top bags. You can get a big 45L bag to hold all your gear and use your backpack for its straps and comfort features. The best budget option is to put your gear in zip-lock freezer bags. You can then line your backpack with a trash bag and tie it closed each morning. I recommend bringing your backpacks rather than big dry bags, you'll want something with shoulder straps. The carry at the Raquette Falls isn't as much fun the second or third time down the trail.

Q: What do I wear on my feet?

A: We don't beach our boats! Plan to get your feet wet with each load/unload, remember these are Kevlar canoes! Budget choice is old sneakers that have exceeded their life span. They have good sturdy ankle support and a sole to protect you from those hidden rocks underwater and on the portage trail. Water socks don't provide any support at all and leave you looking like a raisin with feet full of sand. Open-toed sandals like Chaco's work ok but be wary of toe stubs and underwater rocks. These are good for in camp use with a nice comfy pair of socks! The ultimate choice is a pricey pair of water shoes from the brand name companies. But the Keen or Teva or Salomon style knock-offs from Wal-Mart work surprisingly well! The bottom line is to bring a pair of shoes that can get wet and are easily paired with some wool/synthetic socks for around camp and day hikes. Rarely is there a need to bring your big bulky boots on canoe treks.

Q: What group gear should we bring from home?

A: This question has a variety of answers. **Tents** are advisable but not necessary. We do our best to leave the smallest footprint possible in the woods. Please **do not** bring 11 bivy sacks, solo tents or hammocks. Scouts should plan to sleep two or three people per tent while on trek. Your Voyageur will be looking for this during Sunday prep. We have tents to loan out for the week if needed. **Cooking stoves** are something that would be nice for you to bring from home. If the boys are familiar with the operation of stoves used on troop outings this will be extremely helpful on the trek. There will be a lot fewer burned meals or fouled SAC stoves mid-week if you are using gear you know! **Tarps**, if you have one you love bring it! We have them available and will send them if you need them. Avoid the big plastic blue ones. Please contact us with any other gear questions. Remind everyone to leave room in their packs for group gear and food! Fewer portage trips equal happier scouts!

Q: What happens Friday night?

A: SAC will provide a meal for you in camp on Friday night if you'd like. It is not un-common for trek groups to head into town for a pizza dinner with their Voyageur. The remainder of the evening will be consumed with the closing campfire.

Q: Can we leave Friday night?

A: Sure. But remember that you will have been out in the fresh air for 6 days with lots of sunshine and a crew of young men with lots of energy. We encourage you to relax, wind down, attend the closing campfire and get a fresh start on Saturday morning. You will be tired on that drive home even on Saturday.

Q: Can we arrive at SAC on Sunday?

A: Yes. But be prepared to be on the go as soon as you arrive. You will need to be in camp by 10 or 11am at the latest to get all the necessary pre-trek items completed. Your Voyageur will be waiting for you and jump right in to swim checks, paddling checks, and general trek prep. There won't be time to relax after the long drive.

Q: We would love to add a day-hike to our trek. Is this possible?

A: Yes. Ampersand Mountain off Middle Saranac Lake is a good choice and has a well established trail to the top. St. Regis mtn. has a hiking path on the Paul Smith's side but is a bushwhack from St. Regis Pond. This may be the last year for the fire tower on Regis. Long Pond Mountain is a lower but much less traveled option in the St. Regis area. There is a well established path to the top. There is many other day-hike options please let us know what you'd like!

Q: How is transportation to and from the trailheads accomplished?

A: We will schedule and provide transportation in the camp vehicles from camp based on driver availability. Delays do happen so please be flexible.

Q: Can the boys earn merit badges throughout the week?

A: Yes. Our voyageurs are merit badge counselors. Please let us know which badges you are hoping to earn and we'll figure out if we can accommodate them or not.

Common Resources

Sabattis Info: Trek Guide, Gear Lists, Camp Info

<http://www.camps.ppbsa.org/camps/sac/Trek.htm>

Maps:

The Adirondack Paddler's Map - <http://www.canoeoutfitters.com/maps.html> - The Best!!!!
The Adirondack Canoe Map - http://www.adk.org/new_store/ProductInfo.aspx?productid=55
NYS DEC Maps – varies by region website – see the link for state info below

Good Reads:

The Adirondack Paddler's Guide - <http://www.canoeoutfitters.com/maps.html>
The Adirondack Reader - http://www.adk.org/new_store/ProductInfo.aspx?productid=ARP
Canoe Waters: North Flow - http://www.adk.org/new_store/ProductInfo.aspx?productid=CWN
Canoeing the Adirondacks with Nessmuk – George Washington Sears – preview on Google!
Adirondack Country – William Chapman White – available preview on Google books

Adirondack Park Rules/Regulations:

General Camping Regulations - <http://www.dec.ny.gov/outdoor/7872.html>
Regional Websites – some with maps and group regulations
Saint Regis changes - <http://www.dec.ny.gov/environmentdec/19120.html>
Western Adirondacks Region 6 - <http://www.dec.ny.gov/outdoor/7795.html>
Bog River Flow - <http://www.dec.ny.gov/outdoor/38963.html>
Central/Eastern Adirondacks Region 5 - <http://www.dec.ny.gov/outdoor/7798.html>
Saranac Lake Islands - <http://www.dec.ny.gov/outdoor/24496.html>