

# **2025 National Capital Area Council College of Adventure University of Scouting**



## **EAC318**

### **Adirondacks High Adventure**

## Adirondack High Adventure



### 6 Million Acres Forever Wild

The Adirondack Park was created in 1892 by the State of New York amid concerns for the water and timber resources of the region. Larger than several states in New England, bigger even than Yosemite, Yellowstone, Glacier, Grand Canyon and the Great Smokies National Parks combined - the Adirondack Park contains the largest protected wilderness area east of the Mississippi.

Seven distinct geographical regions are located within the Adirondacks: the Adirondack Wild, Lake George Region, Adirondack Coast, Adirondack Lakes Region, Lake Placid Region, Adirondacks-Tughill and the Adirondack Seaway.

The boundary of the park encompasses more than six million acres, nearly half of which belongs to all the people of New York state and is constitutionally protected as a "forever wild" forest preserve. The remaining half of the park is private land including settlements, farms, timberlands, businesses, homes and camps.

The Adirondack Park boasts 3,000 lakes and ponds, and 30,000 miles of rivers and streams, therefore Adirondack waterways are vast, wild and primal - perfect for New York canoeing and kayaking. The Adirondacks do not form a connected range such as the Rocky Mountains of the Western United States. They are instead an eroded dome consisting of many peaks, either isolated or in groups, often with little apparent order. There are over one hundred summits, ranging from under 1,200 feet to over 5,000 feet in elevation. The 46 tallest mountains within the park are called the High Peaks. Mount Marcy is the highest point in the entire state of New York, towering 5,343 feet above the High Peaks Wilderness Area. The Adirondack Park has more than 2,000 miles of complex and beautiful New York hiking trails that cater to every skill level.

### Scout Camps in the Adirondacks:

Patriots Path Council (Florham Park, NJ)

Sabattis Adventure Camp, Long Lake, NY

Summer camp and Adirondack Trek (Hiking/Canoeing)

Seneca Waterways Council (Rochester, NY)

Massawepie Scout Camp, Tupper Lake, NY

Summer camp and Adirondack Trek Center (Hiking/Canoeing)

### Adirondack Outfitters:

Adirondack Lakes & Trails Outfitters

<http://www.adirondackoutfitters.com/>

St. Regis Canoe Outfitters - Adirondack Canoe & Kayak Guides ...

<http://www.canoeoutfitters.com/>

ARO Adventures, Adirondack River Outfitters

<http://www.aroventures.com/>

Beaver Brook Outfitters

<http://www.beaverbrook.net/>

Blue Mountain Outfitters | Adirondack Wild

<http://www.adirondackexperience.com/recreation/licensed-guides/blue-mountain-outfitters>

# Adirondack High Adventure

## Packing List

### 1. Attendees:

The following Ventures have committed to the Adirondack High Adventure:

Adults	Quasi Adults	Young Men
Jeff Resko	Ed Baron	Jack Kettl
Gus Sapien	Matt Jackson	Luke Resko
Kurt Schwoppe	Max Schwoppe	Andrew Sapien
		Scott Schwoppe

### 2. Common Gear:

Crew required gear items are divided :

Base Camp	Trek – Crew Level	Trek – Team Level
<ul style="list-style-type: none"> <li>• 3 Burner Stove – 1 Each</li> <li>• Propane Tank – 1 Each</li> <li>• Pop-Up – 1 Each</li> <li>• Folding Table – 1 Each</li> <li>• Large Lanterns – 2 Each</li> <li>• Puggies – 4 Each</li> <li>• Crew Chuckbox – 1 Each</li> <li>• Cooler – Dependent on Meal Load</li> <li>• Food Bin(s) – Dependent on Meal Load</li> <li>• Blue Square Water Jug – 1 Each</li> <li>• 1 Big Pot</li> </ul>	<ul style="list-style-type: none"> <li>• Backpacking Canopy – 1 Each per Crew</li> <li>• Saw – 1 Each per Crew</li> <li>• Hatchet (Really Sharp) – 1 Each per Crew</li> <li>• Wilderness First Aid Kit – 1 Each per Crew</li> <li>• Swim Goggles – 1 per Crew</li> <li>• Frisbee or Ball</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Man Tent – 1 Each Team</li> <li>• Tent Footprint – 1 Each Team</li> <li>• Polar Pure – 1 Each Team</li> <li>• 1 Gallon Jug with handle (old fruit juice bottles) – 1 Each Team</li> <li>• Bear Bag – 1 Each Team</li> <li>• 50' rope – 1 Each Team</li> <li>• Portable Chuck Box with the following items – 1 Each Team: <ul style="list-style-type: none"> <li>○ Large Pot – 1</li> <li>○ Coleman Burner – 1</li> <li>○ Puggie – 1</li> <li>○ Tongs – 1</li> <li>○ Large Spork – 1</li> <li>○ Pot Gripper – 1</li> <li>○ SOS Pad – 1</li> <li>○ Dish Scrubby – 1</li> <li>○ Small Bottle Biodegradable Soap</li> </ul> </li> <li>• Folding Bucket – 1 Each</li> <li>• Small Trowel – 1 Each</li> <li>• Extra Paddle – 1 Each</li> <li>• Pump – 1 Each</li> <li>• FRS Radio 5 Mile – 1 Each</li> </ul>

### 3. Personal Gear:

Personal gear which must all fit in boats with exception of two sets of clothes. The two sets are one set for mountain biking and one set for riding home. These two sets will be left behind while paddling so they remain fully dry before use.

Equipment	Clothing	Other
<ul style="list-style-type: none"> <li>• Personal Tent (for use at base camp)</li> <li>• Footprint for Tent (for use at base camp)</li> <li>• 40 Degree Sleeping Bag or equivalent</li> <li>• Sleeping Pad</li> <li>• Pillow</li> <li>• Personal First Aid Kit</li> <li>• Headlamp</li> <li>• Extra Batteries</li> <li>• Simple Mess Kit</li> <li>• Small Camp Soap</li> <li>• Small Dish Scrubby</li> <li>• Eating Utensils</li> <li>• Pocketknife</li> <li>• Sunglasses</li> <li>• Glasses Strap – If needed</li> <li>• Sit Upon or Stool</li> <li>• 50' Cord</li> <li>• Compass</li> <li>• Water Bottles or Camel Back (Minimum 2 Liters)</li> <li>• Day Pack</li> <li>• DRY BAGS!!!!</li> <li>• Carry Bags (e.g. IKEA bag)</li> <li>• Carabineers /straps</li> </ul>	<ul style="list-style-type: none"> <li>• Quick Dry Shorts 2-3 each</li> <li>• Quick Dry Shirts 2-3 each</li> <li>• Long Pants – 1 pair</li> <li>• Long Sleeve Shirt – 1 each</li> <li>• Underwear</li> <li>• Fleece</li> <li>• Hat</li> <li>• Bandanna</li> <li>• Quality Hiking Shoes/Boots</li> <li>• Quality Hiking Socks 3-4 pair</li> <li>• Water Shoes</li> <li>• Flip Flops (Optional)</li> <li>• Head Net for Bugs</li> <li>• Rain Jacket or Rain Gear</li> <li>• Camp Towel</li> </ul>	<p><u>Expendable</u></p> <ul style="list-style-type: none"> <li>• Bug Goop – High Concentration of Deet</li> <li>• Sunscreen</li> <li>• Toilet Paper / Kleenex</li> </ul> <p><u>Personal Hygiene Items</u></p> <ul style="list-style-type: none"> <li>• Toothbrush</li> <li>• Tooth Paste</li> <li>• Comb/brush</li> <li>• Wet Wipes (2 travel packs)</li> <li>• Small Hand Sanitizer</li> <li>• Baby Powder (if needed)</li> <li>• Aspirin</li> <li>• Personal Medication</li> <li>• Personal Eye Care Items</li> <li>• Other Shower Items</li> </ul> <p><u>Optional Gear</u></p> <ul style="list-style-type: none"> <li>• GPS</li> <li>• Camera</li> <li>• Small Binoculars</li> <li>• Paddling Gloves</li> <li>• Biking Gloves</li> <li>• Hiking Stick</li> <li>• Water Filter</li> <li>• Book</li> <li>• Goggles for Swimming</li> <li>• Fishing Gear</li> <li>• Cell Phone with Charger</li> </ul>
<p><u>Boat Specific Gear</u></p> <ul style="list-style-type: none"> <li>• Life Jacket</li> <li>• Paddle</li> <li>• Sponge</li> </ul>	<p><u>Set Aside Clothes</u></p> <ul style="list-style-type: none"> <li>• Mountain Biking Clothes – 1 Set</li> <li>• Last Day clean ride home clothes – 1 Set</li> </ul>	



## How to pack a sea kayak for a multiday voyage.

Items near the forward hatch can be reached easily on or off the water: first-aid kit, lunch, extra clothing.

Inside the cockpit there is room for a hand pump, radio, tow-lines, drinks, snacks, a camera, and often much more. Keep items well secured.

Heaviest items: water and canned goods, pots, and stove.

Long, narrow items fit into the stern.

Light and stuffer items: clothes, tarp, rain gear.

lunch and snacks, first-aid kit

Heavier items go near the center of the kayak; four-packs of juice fit well in this space.

Keep magnetic items away from wherever the compass is mounted.

clothes bag

tent poles, small tarp, groundsheet

One large dry bag will fit under the back hatch. When it is removed the two ends of the back compartment are accessible. Put kitchen goods, hardware, and repair kit in one end and camp material in the other.

Smaller, lighter items can go on top of the larger, heavier items below. Food items like dry pasta are well suited to this area.

A hand bilge pump, VHF radio, and flares can fit under the cockpit deck.

Smaller, lighter items can go on top of the larger, heavier items below.

two-piece spare paddle

It's cooler low in the hull. Vegetables, cheeses, and other perishables and lighter items can be stored here, low and forward.

A large dry bag can sometimes fit in front of the paddler's feet.

Closer to the center of the kayak keep the heavier foods: plastic jars of jam, peanut butter, and salsa. Keep bags of rice, breads, and other dry food on top.

Water represents considerable weight and must be stored low and near the center of the kayak.

Keep heavier hardware, stoves, and other metal items closer to the center and away from the compass.

Out in the stern, keep the load light: tents, tarps, clothes, sleeping pads.

## **CREW'S FIRST SUPERACTIVITY ADIRONDACK HIGH ADVENTURE TREK**

The goal of every Venturing crew is to conduct an annual superactivity. This activity is intended to be more than just another outing and generally provides the crew an extended adventure out of the local area. It is often the capstone event of a crew's program year. With this in mind, Crew 1100, sponsored by Church of the Nativity, Burke, VA, sat down last fall and brainstormed what type of activity and where they might go for the crew's first super activity. Ideas ranged from scuba diving to mountain climbing, from the west coast to overseas, but in the end the crew settled for a less ambitious first adventure and elected to go to New York's Adirondack Wilderness for a combined backpacking/canoeing high adventure trek.

After six months of planning, meetings, and shakedown activities, the Crew left Burke, VA on Saturday, 6 July, and drove to Blue Mountain Lake, NY. Prior coordination with the New York State Department of Environmental Conservation (DEC) yielded some wonderful New York hospitality and several outstanding campsites along the way. The Crew's first night was spent camped on the shores of Blue Mountain Lake not far from Otetiana Council's Camp Massawepie, base camp for the Adirondack High Adventure program. On Sunday morning they visited the Adirondack Museum at Blue Mountain Lake before going to Camp Massawepie. After the normal in-processing, physical rechecks, swim/canoe test, and equipment issue, the Crew sat down with their Voyageur Guide and planned their trek through the Adirondack Wilderness.

The Crew had selected a combined backpacking/canoeing itinerary into the Cranberry Lake and Wilderness Area and so on Monday morning they backpacked out of camp and into the wilderness Area. Hiking through old growth forests, alongside numerous ponds and lakes, past the largest bog east of the Mississippi River, and through a forest carpeted by a sea of ferns, the Crew followed in the footsteps of early loggers, trappers, pioneers, and mountain men. For three days and 25 miles crew members backpacked through the north woods forest stopping to explore the old growth forest, streams, shorelines, and mountain summits. Along the way, the Crew ran into an elderly gentleman on a day hike, who turned out to be the author of several Adirondack Mountain Club hiking guides and a marvelous historian of the area in which they were hiking. It was hard to part ways as he explained the development of the area from the mountain man to the logging companies and the railroad. Seems that the trail we had been following was an old narrow gauge railroad bed from the late 19<sup>th</sup> and early 20<sup>th</sup> Centuries. Camps along the way were either wilderness campsites where the Crew was required to very carefully practice the Leave No Trace principles or established campsites, some with even an Adirondack-style shelter.

On the third day, the Crew arrived along the shore of Cranberry Lake, a fairly remote lake of 11 square miles and almost 50 miles of shoreline. Trading hiking boots for canoe paddles, they pushed off to explore Cranberry Lake. Paddling over the glistening waters of the lake, most of them forgot about their blisters and aching muscles



and enjoyed the serene beauty and tranquility of one of the many Adirondack landmarks. For the next three days the Crew paddled the expansive waters of the lake, exploring the forested shoreline and many deep bays, flows and islands. They established their first camp on a point down a remote finger of the lake and after an incredible first night of fellowship around the campfire, stargazing, and listening to the sounds of the loon, decided to remain for a second night. The next day the Crew paddled 5 miles up lake to a trailhead and day hiked to the summit of Cat Mountain from which they enjoyed a wonderful lunch and beautiful vistas of the Five Ponds Wilderness Area and the Adirondack mountains. For their final day, the Crew paddled to a large island for lunch and a relaxing swim and then had to make tracks (or waves) to get down to their pick up point and the end of an incredible Crew first high adventure trek.

On the way home, the Crew stopped to tour Lake Placid, New York, home of the 1936 and 1980 Winter Olympics, and Fort Ticonderoga. That night, the Crew's last encampment of this trek was on the shoreline of beautiful Lake George, where they witnessed a marvelous sunset over the lake and slept to the waves lapping against the shore. The next day Crew 1100 returned to Burke, VA, and immediately began planning their next high adventure trip. The Crew was highly successful in their completion of this first high adventure trip and put to practice the many skills learned through Crew activities and preparation to include leadership, camping, cooking, backpacking, canoeing, and Leave No Trace.

Venturing Crew 1100 members included Bryan DeRosa, Eric Eichelberger, Erin Gray, Adam Kordell, Maria Olivieri, Patrick Toy and Jennifer Wolf (Crew Leader) and leaders Lee Cass, Maureen Gray and Bob Melchior (Crew Advisor).



# Adirondacks Trek Planning Guide, Venturing Crew 1396



Our High Adventure plan for 2011, as approved at our last Crew planning meeting in February, is to conduct a week-long, self-supported trek in the Adirondacks, in upstate New York. Program elements will include a day hike on one of the mountains in the High Peaks wilderness area; kayaking and primitive camping on the Bog River Flow / Lows Lake; exploring the remote Grass Pond area and Five Ponds wilderness; and finishing it off with mountain biking on Whiteface Mountain, near Lake Placid. The timeframe for this high adventure will be **August 1-8**. We need to have some team planning sessions to work out all the details. I encourage you to read about some of the wonderful adventures available in the Adirondacks here: <http://adirondackexplorer.org/adventure-planner/>

## The Schedule

- Day 1: Travel from VA to Adks  
camp: Sabattis Adventure Camp
- Day 2: Day Hike - Ampersand Mtn, overlooking the Saranac Lake chain  
visit beach on Middle Saranac Lake (near trailhead)  
camp: Sabattis Adventure Camp
- Day 3: Pack kayaks, paddle Bog River Flow into Lows Lake  
camp: on Lows Lake
- Day 4: Paddle to remote end of Lows Lake  
establish base camp on Grass Pond  
explore Grass Pond Mtn, rock scramble, ice caves  
camp: on Grass Pond
- Day 5: Day hike to Cat Mtn / Five Ponds Wilderness area  
explore Lows/Bog Lakes by kayak as time allows  
camp: on Grass Pond
- Day 6: Paddle out on Lows Lake / Bog River Flow  
climb Low's Ridge (at the upper dam) on the way out for a vista of the Bog River  
rump-bumping at Bog River Falls  
camp: Wilmington Notch
- Day 7: Mountain biking on Whiteface Mtn  
camp: Wilmington Notch
- Day 8: Travel home!

## **The Cost**

We are outfitting most of what we need on this trek ourselves to include boats, gear and food. This will keep the cost down as well as increase our trekking skills and self-reliance.

Total cost is expected to be under \$300 including camp fees, transportation, and mountain-bike rental:

\$80 - transportation (share of fuel costs and trailer rental)

\$25 - campsite fees and maps

\$40 - crew meals

\$105-130 - mountain bike & equipment rental

\$250-275 - Total Cost Per Person

This does **not** include your solo meals which you are buying for the wilderness portion of the trek, or any out of pocket/misc expenses. You will also need to bring enough spending money to buy at least four on-the-road meals: lunch while traveling to & from NY, Saturday night dinner in town, and Sunday lunch while mountain biking.

The difference on the bike cost depends on whether you choose the "Gold" or "Silver" rental. Both packages include a full-suspension bike with disc brakes, helmet, and body armor, but the Gold package is a heavy-duty pro bike with 8" suspension. The Silver package is a lighter weight 5" suspension bike that should be suitable for smaller individuals, but the choice is up to you.

**The Crew Size = 10.** 3 Adults and 7 Youth. Most Adirondack High Adventure bases limit trail crew size to 10 persons.

**The Gear** (see attached list)

## **The Food!**

For the days at the beginning and end of the trek where we are staying at Sabattis and Wilmington Notch camps, the Crew planned group meals.

For the wilderness portion of the trek, each trekker will be responsible for planning, purchasing, packing, and carrying his own food. You will need 10 meals (3 breakfasts, 4 lunches, 3 dinners) plus snacks, and it would be wise to pack some extra. The foods you select should be just like backpacking food – filling, nutritious, high-calorie, efficiently packable, easy preparation & cleanup. This website <http://cookbook.troop1396.org/backpacking> gives you a lot of options, but feel free to select your own as well.

**Food Tips:**

- Keep meals simple but with a variety of different foods
- Only buy items you will eat and are capable of preparing
- Remove cardboard and other excess packaging
- Organize meals in freezer-grade ziplock bags
- Store all food in dry compartments of your kayak for on-water travel
- Bring a drawstring bag and paracord to use as a bear bag at night

## **Helpful Links**

Crew 1396 website - <http://www.crew1396.org>

Kayak Paddling 101 - <http://kayakpaddling.net>

Pack Light and Go Far - <http://www.bwca.cc/tripplanning/packlight.htm>

Kayaking BSA Merit Badge - <http://meritbadge.org/wiki/index.php/Kayaking>

Safety Afloat and Safe Swim Defense – [scouting.org](http://scouting.org) > My Scouting > E-Learning