



Parents/Scouts,

Please review the attached information with your son(s) as it describes many of the details of our upcoming Adirondack Treks. I will post a separate update shortly for those who will attend Adventure Camp.

As always, if you have any questions please reach out to Mr. Kee, Mr. Hobart or me.

Brian/Mr. Weber

Final Attendance List

The following scouts and adults will attend the Adirondack Trek.

| Adirondack Trek 1 - Paul Smith | | | | Adirondack Trek 2 - Custom Trek | | | |
|--------------------------------|------------|------------|--------|---------------------------------|-----------|------------|-------|
| | First Name | Last Name | Status | First Name | Last Name | Status | |
| 1 | Jacob | Bogner | | 1 | Taber | Grose | |
| 2 | Evan | Kehoe | | 2 | Derek | Jordan | |
| 3 | Conor | Maier | | 3 | Gillieson | Hobart | |
| 4 | Brian | Spiegelman | | 4 | Michael | Schmitt | |
| 5 | Chris | Watson | | 5 | Kevin | Spiegelman | |
| 6 | Michael | Weber | | 6 | Amanuel | Zimmerman | |
| 7 | Brian | Weber | Adult | 7 | Mark | Hobart | Adult |
| 8 | Tony | Bogner | Adult | | | | |

BSA Annual Health and Medical Record

All trek participants, regardless of age, must submit a current BSA Annual Health and Medical Record to the camp Health Officer upon arrival at Sabattis Adventure Camp in order to participate in any trek activities. The forms are available at the following link:

http://www.scouting.org/filestore/HealthSafety/pdf/680-001_ABC.pdf

Part C must be signed by a licensed health-care provider. A copy of this form will be carried on the trek by the Voyageur in case of emergency. There are no exceptions to this rule. Please make sure that the medical form is filled out completely for **both youth and adult members** before arriving at camp:

- Parts A and B are to be completed by the participant and parents/guardians. Immunization dates MUST BE ENTERED ON THE FORMS. Parents MAY NOT attach a doctor's immunization record as a substitute for completing Part A.
- Part B must be signed by a certified and licensed health-care provider if any medications are listed.
- Part C is to be completed, signed, and dated by a certified and licensed health-care provider. It is important to note that the height/weight limits must be strictly adhered to. No one who exceeds the maximum acceptance weight will be permitted on a trek.

- Participant's signature and parent/guardian signature if under 18
- Immunization record indicates the dates received
- Last physical examination was within **one** year of the date departing for trek
- The Meningococcal Disease and Vaccine Information form must be completed and signed for all participants under 18. The form is available at the following link:
<http://www.camps.ppbsa.org/files/Sabattis%20meningitis%20Letter%20and%20form.pdf>

Medical Forms are attached. Thanks again to Mrs. Dulak who will be collecting these forms for us again this year. Please look for an e-mail from Mr. Dulak shortly.

All canoe trek participants—Scouts and adults—must pass the BSA swimmer test.

This test consists of: Jump feet first into water over the head in depth. Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.

Fishing Licenses

The NY Department of Environmental Conservation requires anyone 16 and over to have a fishing license to fish on state lands. Licenses can be purchased online at: N.Y. State Online License System (DECALS), <http://www.dec.ny.gov/permits/6091.html>. Please allow 14 days to receive the physical license, or bring the online receipt with you.

Food Allergies and Dietary Restrictions

I have reviewed our Troop medical forms and have not identified any Trek participant with food allergies. Please contact me as soon as possible if you or your son, in fact, has a food allergy or is allergic to plants or wildlife. I will pass this information on to the Trek Director.

Camo Sabattis does not provide nut or gluten free food on their treks. It does, however, post a menu. (attached) Traditionally scouts with nut allergies look over the menu with their parents and bring along items from home to replace what won't work on the Sabbatis menu. Most of Sabattis' meals are from Backpackers Pantry, Mary Jane's Farm Organics, and Honey Stinger Energy Products. These products, however, are produced in facilities that also produces nut products.

Irrespective of allergies, scouts are welcome to bring food supplements such as GORP, dried fruit, and granola bars at their own expense.

Pre-Trip Gear Inspection - July 17, 2015

We will conduct a pre-trip shake-down on Friday, July 17th at the parish center at 7:00PM. We will store all scouts' personal gear overnight in the scout room. Fast drying synthetic clothing is a must - no cotton. A recommended packing list is located at pages 9 and 10 of the 2015 Sabattis Trek Guide (<http://www.camps.ppbsa.org/files/Sabattis%20Trek%20Guide.pdf>).

Transportation - July 18 to July 25, 2015 (Travel on the 18th and 25th)

We will meet at the parish center on Saturday, July 18, 2015 at 7:15 AM for an 8:00 AM departure. Please arrive on time so we have time to load our gear and be wheels up by 8:00. Scouts need to

bring a bag lunch for the trip. The bus company does not permit eating on the bus, so we will plan to eat upon arrival at Camp. We are scheduled to arrive at 1:00 PM.

We will return for pick up at the parish center by 5:00 PM on Saturday, July 25th.

What Happens When We Arrive

When we check in to Sabattis Adventure Camp on Saturday afternoon, we will be assigned a campsite that includes a free-standing tarp, picnic table, fire barrel, latrine, and wall-tents with cots. There is space for us to set up our own tents in the campsite if we prefer; however, we are not required to do so. Our meals at base camp will require cooking. We have made arrangements with the camp to provide all necessary cooking gear and fuel for the time that we occupy base camp.

During our time in camp on Saturday afternoon we are on our own to conduct activities in our campsite or take advantage of the disc golf course, hiking trails, field activities, or volleyball court. Most of the staff is not working on Saturday, so expect a relaxing day.

The staff members assigned to our Treks (our Voyagers) will meet our crews (patrols) in our sites at about 10:30 am Sunday morning to begin trek preparations. We will spend most of the day Sunday preparing for our treks. Any equipment our crew brings for use in base camp can be stored in a secure location in our campsite or in the trek center while our crew is on trek.

On Sunday afternoon, Trek 1 (Paul Smith) will depart camp. We will not paddle on Sunday at all; we just will relocate to a campsite on the water's edge where we will start the trek as otherwise planned on Monday morning.

On Sunday night, Trek 2 will participate in a camp-wide flag retreat (Class-A uniforms are required). After retreat, we will be served a BBQ dinner by the staff, followed by religious services and an opening campfire put on by the staff. The crew of Trek 2 will depart base camp as soon as possible on Monday morning.

Where Are We Going?

Trek 1, Paul Smith Trek: Canoeing and Hiking - Lake Kushaqua to Follensby Clear Pond

Our Crew: 8 crew (see above) and our Voyager

Portages: Many. Challenge varies but peaks at moderate.

Overview Map: <http://www.camps.ppbsa.org/trekmaps/paulsmith>

| Day | From | To | Distance |
|-----|------------------------------------|---|---------------------------------|
| 1 | Kushaqua - North End Dam | Osgood West Lean-to or Church Pond Lean-to Easy carry between Rainbow Lake and Jones Pond | 10.8 miles |
| 2 | Osgood or Church Pond | Lower St. Regis Lake or Keese Mill area Carry through Paul Smith's College Hike up St. Regis Mtn. to the fire tower | 9.6 miles paddle and hike |
| 3 | Keese Mill or Lower St. Regis Lake | Little Green Pond Seven carries! Some are 25 feet some 1/4 mile | 10.3 miles |

- | | | | |
|---|----------------------|--|--------------------------------------|
| 4 | Little Green Pond | Follensby Clear Pond Our Crew has two choices this day to reach Upper Saranac Lake: Hatchery Brook with its sandbars and potentially shallow waters. Carry along the train tracks to Rat Pond and then over to the Upper Saranac Lake Boat Launch. From Upper Saranac we paddle through the Spider Creek Outlet into Follensby Clear Pond. | 7.3 miles |
| 5 | Follensby Clear Pond | Early morning pickup | 0.0 miles Total: Approx: 38 miles |

Trek 2 (Custom Trek): Canoeing and Hiking - Hoel Pond to Raquette River

Our Crew: 7 crew (see above) and our Voyager

Overview Map: <https://www.google.com/maps/d/edit?mid=zzCVxseQK8Qc.kwJmEdtX3Q6c>

This trek starts at Hoel Pond and work its way down to the Raquette River. On the way we stay two nights in Floodwood Pond so we can shoot back to the St Regis Primitive Area to hike up and down Long Pond Mtn. We leave our gear in the campsite on Floodwood Pond. This is a 3 hour round trip hike plus paddling time. After returning to Floodwood Pond we head south toward Upper Saranac Lake and then drop down into the Raquette River. The distances, challenge and overall experience of this route can be tailored to meet the ability of the crew on the fly.

What Happens When Return To Camp

Both Treks will return to base camp on Friday afternoon. We will cleanup, shower and return our gear. We are invited to participate in the Friday afternoon Paul Bunyan Field Day or Water Carnival. We will be provided dinner on Friday evening to cook in our campsites. Friday night concludes with a closing campfire and awards/recognition ceremony put on by the staff.

Breakfast is provided on Saturday morning before we check out. Hot showers and a coin operated laundry are available for Scouts and adults during time in base camp.