

# WILDERNESS INFORMATION

"Wilderness is a group of people living and working together, sharing good times and bad times. Wilderness is what you make it to be."

## BIKE TRIP

The bicycle trip has traditionally been the first of the three trips. The trip ranges from 100 - 250 miles in 5 days. Past trips have toured the St. Lawrence Seaway, Stowe, VT, Lake Placid and Lake Champlain. Wilderness campers can bring their own bikes or rent them through [High Peaks Cyclery](#), and are permitted to use them throughout the entire summer.



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## HIKE TRIP

The backpacking trip takes place either in the High Peaks region of the Adirondack Park or in Vermont's Green Mountains. Once again, campers plan their trip including routes to hike, meals and selecting campsites. Wilderness campers are encouraged to bring a frame pack, hiking boots and sleeping gear (a sleeping bag and ground pad) suitable for the challenging conditions hiking provides.



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## CANOE TRIP

The canoe trip offers a variety of courses through Maine's rustic and beautiful Mooselookmeguntic Lake. The trip involves paddling 40 - 80 miles, and camping on the lake's shores. All Wilderness campers receive canoe safety instructions, testing and skills prior to their actual trip.



# WILDERNESS- PACKING LIST

- 2 x Wool Hiking Socks
- 1 x Hiking Boots: Low-rise or Mid-Height
- 2 x Waterproof jacket and pants (ponchos are not appropriate)
- 2 x Polyester Shirt (helps wick sweat away; dries quickly)
- 2 x Bike Shorts
- 1 x Water shoes (Chaco's or Teva's - better than flip flops)
- 1 x Fleece Jacket

**\*\* Please label all items brought to camp by your campers**



# PACKING LIST - WILDERNESS

## BEDDING & OTHER ITEMS

- 1 x Head Lamp (allows hands free) or good flashlight (with extra batteries)
- 1 x Canteen or Water Bottle with Camelback attachment for your bike or hydration pack
- 1 x Headgear for sun protection on hikes (ex: baseball caps, head wraps, sun visors)
- 1 Fiber-filled down sleeping bag with stuff sack (20-35 degree rating)
- 1 x Ground Pad (Therma-rest, closed-cell foam is a practical choice & doesn't leak)
- 1 x Road Bike or Hybrid Bike (Not a mountain bike, rental available. See mailed Wilderness info)
- 1 x Bicycle Helmet (required to be worn at all times while riding bike, on or off camp grounds)
- 1 x Mess Kit (should include plate, bowl & eating utensils)
- 1 x Pack Towel
- 1 x Frame Backpack (3400+ cu) (large enough for a 5 day trip.)



## SUGGESTIONS

- Break in your hiking boots before you get to camp, to help avoid any blisters while on the hike trip.
- Because much time is spent out of camp on trips, extra spending money will be necessary. We suggest you add an extra \$50 onto your camper's account.
- Please visit the Podiumwear website to order your shirt - see link below
- The "Team Store" will close May 20th, after this you will not be able to purchase any cycling clothing. All clothing will be shipped directly to camp and will arrive shortly before campers arrive. Items are NOT returnable.
- All Wilderness campers trip fees include 1 x Cycling Jersey from PodiumWear. This shirt has two purposes: the bright colors add safety for your child & great memories from one of the most challenging trips your child will experience.

Please visit the Team Storefront from a desktop or laptop computer (not iPad or smart phone). Sign into the site and order the correct size for your child. Contact Podiumwear Customer Service directly at 1-800-930-1081 (ext. 0) if there are any difficulties or questions. You can also feel free to call them directly at 1-800-930-1081. The order time runs about 4 weeks. If you decide to purchase any other cycling clothing, it must be bright neon-colored for us to allow it to be used. Go on line to the following website and order your shirt and use code Wilder24:

<https://www.podiumwear.com/team-storefront/camp-chateaugay-2024/>

If you would like to order additional items, please do so (at an additional cost.) You will need to purchase these separately. Once the "Team Store" is closed, you will not be able to purchase any cycling clothing. The store will close May 20, 2024 .

# MAP



Map drawn by Lex Quintos, Wilderness 2021

For an in-depth view of Camp Chateaugay, please view the interactive map found at the link below

<https://tours.covecreekproductions.com/chateaugay/>