

WELCOME TO WOLF CAMP EXPEDITION!

We look forward to an exciting five-day adventure with you through the beautiful lakes of the Adirondack Wilderness! The journey will be rich with times of beauty, challenge, laughter and teamwork. You will find opportunities to discover, meet, and even expand your own personal edge, both physically and mentally. Please carefully read this entire document, as it will help you prepare adequately for the adventures ahead!

MONDAY – ARRIVAL

Please arrive **promptly** at 9 am with your gear packed in your backpack and a **day bag** with snack, lunch and water bottle for the drive to the Adirondacks. We will arrive in the Adirondacks in the early afternoon, get our boats, practice some strokes, and head out to our first campsite!

MONDAY-FRIDAY (CANOE TRIP)

The group will head to the Saranac Lake region of the Adirondacks and canoe the Floodwood Loop, a series of ponds connected by flatwater streams and portage trails in the St. Regis Wilderness Area. We will rent canoes from St. Regis Outfitters on Floodwood Road, which will be the beginning and end point of our trip. The group will leave the lakes on Friday morning, returning at 2 pm on Friday. Parents will receive a detailed itinerary and emergency contact numbers on Monday morning.

FRIDAY PICK-UP AND CLOSING CELEBRATION

We will arrive at the Farm Parking lot at the Abode at 2 pm on Friday afternoon. Parents are invited to stay for a closing circle, and may bring celebratory treats if they desire!

TRIP PACKING LIST

Wolf Camp is a great opportunity to acquire the gear needed to become self-sufficient backpacking campers! Please pay close attention to this list and the “small/light/no-cotton” theme! We encourage you to label as many personal belongings as possible.

Hiking backpack: comfortable, has an INTERNAL frame (so that it fits in the canoe) and an adjustable hip belt and sternum strap. Hip belt should be snug on hipbones. This pack fits YOU. Packs will travel in canoes while we paddle and be carried when we portage the boats.

Please line hiking backpack with a contractor bag (listed under important items on the next page) and pack smaller clothes items in ziplock bags so that important items are essentially “waterproofed.”

Backpacker’s sleeping bag: this compresses into a small-sized stuff sack (diameter of a foot or less). This bag needs to be light.

Backpacker’s sleeping pad: inflatable or foam, lightweight, rolls up to relatively small size (a diameter of 8” or less). Yoga mats don’t cut it.

Backpacker’s clothing: When cotton clothes get wet, they suck out your body heat. They also dry very slowly. If you bring cotton clothes and they get wet, you may end up carrying heavy, wet, useless clothes all week. Synthetic clothing dries quickly and keeps you warm even when wet. Good camping synthetics include nylon, polypropylene, and fleece. Wool and silk are also good.

- 2 pair of shorts (non-cotton—such as soccer shorts)
- 2 T-shirts (non-cotton if possible)
- Long-john top & long-john bottom (non-cotton!)
- Thin, long-sleeved shirt (non-cotton!)
- Thin jacket (non-cotton)
- Thin pants (non-cotton)

- Sun hat – we will be in full sun while paddling!
- 3 pairs thin socks (wool, not cotton)
- Raingear (both top and bottom)
- Sturdy hiking shoes or boots
- Sandals (lightweight, sturdy Tevas or equivalent)

Tent – Please let us know if you have a small backpacking tent that you are able to bring.

Other important items (*make sure these are all as lightweight as possible!*)

- Bug spray & sunscreen (in small, lightweight, tight-closing containers)
- Dishes (lightweight cup, bowl and spoon).
- Two 32-oz. water bottles (sturdy! Gatorade or Nalgene is great)
- Whistle on a string and a compass
- 1 box garbage bags (heavy duty only, called “contractor bags”)
- 1 box 1-gallon-sized ziplocs (double zipper only)
- Toothbrush and toothpaste (very small tube)
- Flashlight & batteries—only small & lightweight! Headlamps work well.
- Journal (small and lightweight) and pen or pencil, plus extra pen or pencil

LOCATION & DIRECTIONS

The Abode of the Message, near Rt. 20 in New Lebanon, NY. From East: Take Rt. 20W from Pittsfield, cross the NY line and turn left on Darrow Road. From South: Take Rt. 22N into New Lebanon, take Rt. 20E, go 1/4 mile, turn right on Shaker Rd., which merges into Darrow Road after 1 mile. From West: Take Rt. 20E into New Lebanon, turn right on Shaker Road, which merges into Darrow Road after 1 mile.

On Darrow Road: *Please obey Darrow School 25 mph speed limit—this is so important!* Drive 1 mile to the Abode, turn right onto Chairfactory Road. You will immediately cross over a small bridge and turn left into a parking lot.

**Please contact us if you have any questions at 518-794-6687 or
michelle&dev@flyingdeernaturecenter.org.**

We are certified by the New York State Health Department, who would like you to know that we must have a permit to operate from NYSDH, that our camp is required to be inspected twice yearly, and that the inspection reports and required plans are filed at the Columbia County Department of Health in Hudson, NY, available for your review if you would like to check them out.