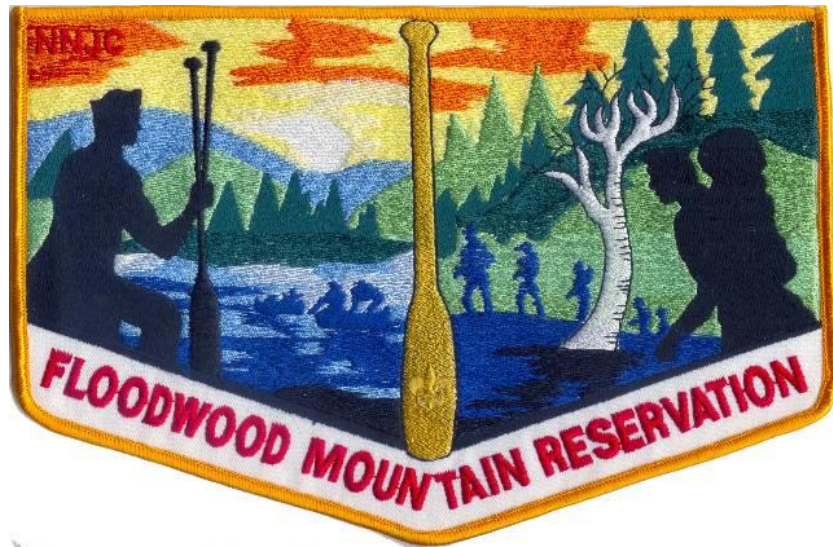


Floodwood Mountain Scout Reservation

Adirondack High Adventure Since 1965



2023 Leader's Guide

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Floodwood Mountain Reservation is a Nationally Accredited BSA Trek Camp and is inspected annually

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Dear Scouts and Scouters,

Welcome to Floodwood Scout Reservation, where we hope you will have one of your most memorable experiences in scouting. Floodwood has been providing the Adirondack experience since 1965, and now you too will get to see firsthand what it is all about. I hope you take a little time, and read the leaders guide thoroughly prior to your arrival at camp to better understand what to expect, and what the process is.

Some of the topics included in the guide are a packing checklist, the check-in/check-out procedure, and some general information about the camp. If you have any questions, please do not hesitate to call Dave Kopsa at the Northern New Jersey Council office (201-677-1000).

We are all excited about the opportunity to bring the Floodwood adventure to you and your group this summer. Floodwood is a special opportunity for our Scouts and will create lasting memories. Looking forward to seeing you there!

Yours in Scouting,

The FMR Team

About Floodwood Mountain Scout Reservation

Floodwood History and Mission

Floodwood Mountain Scout Reservation was acquired by the BSA Bergen Council on November 22, 1963. Over the next year, plans were drawn up for an ambitious camping reservation with multiple camps on different parts of the property. As a first step, an outpost camp was established at Rollins Pond for the summer of 1965. Since the concept of wilderness camping offered by a local council camp was a new idea, attendance was by invitation and only units with the required depth of adult leadership were considered.

The initial experience was successful and for the next four summers the program continued and expanded. Problems with water supply led the Council to explore other areas of the reservation for a permanent camp site.

The initial expansive plan for multiple camps was already being reconsidered, and in the end West Pine Pond was chosen for development. West Pine Pond continues to be where units camp since the summer of 1970, while Rollins Pond continues as the launching point for canoe treks and for the water-skiing program.

What makes Floodwood unique is its location on Rollins Pond, which connects directly with the vast Saranac, St Regis, Tupper, Raquette, and Fulton Chain of canoe waters. As a result, out-of-camp canoe trips flow directly from our own waterfront. No other camp in the Adirondacks has this advantage and it transforms the Floodwood experience from “just another summer camp” into a seamless high adventure that continuously engages and tests each Scout’s capacity to prevail over constantly varying and ever-increasing challenges both in camp and on treks.



The **Mission** of Floodwood Mountain Scout Reservation is to promote the dignity of each individual scout, leader and staff member, helping them to develop to their full potential of character through a challenging outdoor adventure.

To accomplish these goals, Floodwood Mountain Scout Reservation will:

- Provide a Highly trained and motivated staff to enthusiastically work with scouts and leaders.
- Develop and implement an exciting program designed to educate and challenge each scout, leader, and staff member.
- Encourage each scout, leader, and staff member to set and achieve the highest possible goals for physical, mental and moral fitness.



The Floodwood Trek Program

Treks are the backbone of the Floodwood program. They can vary in length and difficulty, depending on the experience, comfort level, and skill of the scouts and the expectations and desires of the unit. Treks typically range from shorter 2-3 days up to five-day trips, many of which qualify for the 50 miler award.

About Adirondack Treks

While many groups coming to Floodwood select one of the trips listed in the Leaders Guide, *there are dozens of other possibilities*. Take advantage of the learning experience that can be provided to your youth by guiding them on a path to custom develop a trip. We can give you guidance with this BUT do not feel constrained by thinking you must select a trip that is outlined in this guide.

Canoeing in the Adirondacks can range from relaxing to exhilarating depending on the distances covered each day, the number of portages, and the strength and ability of trek numbers. When planning the number of miles for each day, use **5 miles a day for inexperienced canoeists, 10 to 15 miles a day for experienced canoeists, and never more than 20 miles a day for strong, expert canoeists.** Add time for portages, remembering two trips might be needed for large loads. Strong winds and white caps are common on larger lakes, and such conditions can easily cut your effective travel rate.

Backpacking in the Adirondacks is a challenging experience. It is unlike backpacking anywhere else. The average rate of travel is 1.5 miles per hour, adding an additional half hour for every 1,000 feet of elevation. These figures assume trek members are physically fit and able to carry a full pack. Members that are younger or not as fit might take longer.

All campsites in the Adirondacks are first-come-first-serve, except those on Middle and Lower Saranac, which require specific permits AND have lower group sizes. **Refer to p. 22** on how to reserve these sites, **it is your responsibility**. You must reserve all permits for Middle and Lower Saranac Lakes. The camp is **NOT** responsible for obtaining these permits. Long days of paddling or late starts can result in additional mileage while looking for a site. Your voyageur will have a good idea of what sites might be difficult to get and can help tailor the trek to avoid extra paddling while looking for a site. Sites can be reserved at www.reserveamerica.com

FMR secures all other permits for travel in the backcountry.

Considerations When Planning your Trek

In an effort to help crews with trek planning, as well as to satisfy state regulations, we require that itineraries **MUST** be filed in advance, before crews arrive at camp. They can be handed in during the pre-season Leaders' meeting or emailed by the end of April to the camp director.

To help us schedule your pick-ups, drop-offs, and to arrange for the proper permit, we will ask you for the basic outline of your trek at the end of the mandatory Leaders' Meeting you will attend, which will include where your trek is headed and where you plan to stay each night. This gives us enough time to make the proper arrangements. *You will be asked to fill out an Itinerary Form (included in Appendix).* We will have knowledgeable staff members at the meeting to assist in your planning. If further assistance is needed, please email/call the camp or trek director. Your voyageur can help fine-tune these treks to your crew's specific needs once you are at camp.

Camp Schedule and Fees

A deposit of \$250 per trek deposit when making your reservation. The Early Bird discount applied before April 17th is \$585 per camper. After April 17th, the cost per camper is \$630.

The dates for camp 2023 are:

Week One: July 9th – July 15th
Week Two: July 16st – July 22nd
Week Three: July 23rd – July 29th
Week Four: July 30th – August 5th
Week Five: August 6th – August 12th

Turn in Itinerary Forms by the end of April!

Check-in

A typical week at Floodwood begins Sunday afternoon with arrival (see **FlexTrek** option just below), check-in procedures and an opening barbeque. Monday- Thursday are typically spent on trek with your Voyageur. Some crews will stay out until Friday morning or early afternoon. Thursday or Friday afternoon are typically spent doing in-camp activities with your Voyageur depending on when your trek arrives off trail.

The camp week starts on Sunday afternoon UNLESS **FlexTrek** scheduling has been arranged. You should plan to arrive between 1:00 and 3:00 and not before noon on Sunday. Crews arriving later than 3 pm will find it difficult to complete the preparations necessary prior to leaving on trek.

Each trek is assigned a Voyageur. Voyageurs guide you through the check-in procedures, medical rechecks, swim test (if provided), pre-trek orientation, and assignment to a campsite

for Sunday night. The site you are assigned will be the site you will be in when you return. The camp will store any equipment you do not take on your trip.

Swimming ability classification, from a BSA swim test may be accomplished before coming to Floodwood (see Appendix)

Floodwood does not provide meals or services from noon Saturday to noon Sunday. Therefore, units should not arrive before noon on Sunday or depart after noon on Saturday. *Contact the Camp Director if you are unable to meet this schedule.*

***FlexTrek— Custom Design the duration and calendar days of your trek to best fit the specific scheduling requirements of your group. Rock Climbing is planned for on Fridays. Water Skiing/Tubing/Tomahawk Throwing/Hiking/Fishing/Canoeing on any day. Must be coordinated with the Camp Director.**

Procedures and Policies while in Camp

General Rules in Camp:

- Campers must be within sight and sound of adult leaders at all times!
- Campers are not permitted in any buildings other than during the posted hours of the Program Building or Trading Post
- Do not cut standing trees, living or dead: dead trees are full of life. Please follow Leave No Trace principles
- Do not feed or touch any animals
- Sheath knives, weapons, fireworks, chain saws, firearms, and archery equipment, are prohibited
- If leaders chose to allow their scouts to bring electronic devices into camp they assume responsibility for those devices
- The “No Flames in Tent” policy is strictly enforced in all tents.
- The Scout Fireguard Plan is to be used in each site
- Firefighting equipment must be kept nearby, and water and sand are to be maintained at each tent
- Flammable materials must be stored properly

Medical Forms, Medications, Allergies

Be sure to have everyone’s medical form before you leave home. All forms must be signed by both the parent (for those under 18) and a physician. Anyone without a complete medical form cannot be in camp.

All participants, youth, and adult are required to have a physical within the past year.

Please bring two copies of each medical form as one copy needs to go out with your trek and one copy stays in base camp.

The BSA 3 part medical form (part A,B, and C) must be filled out entirely and signed by the parent and physician. Also make sure to have the bug spray/sunscreen permission page signed by a parent or guardian. It is required by New York State and without it, the medical will not be considered complete. Do not send the medical forms to Council ahead of time. The unit leader should collect them in advance and check them over for completeness and signatures. Scouts who arrive in camp without medical forms must be sent home according to New York State Health regulations.

Medications must be labeled with the name and clear instructions for use and administration and must be in their original packaging. On the trek, medications (includes over the counter medication) will be given to the Unit Leader and supplied to the scout by the Unit Leader. When in camp, all medications are to be kept at our Health Lodge. Any allergies should be noted on the medical form and the Scoutmaster should be informed. FMR staff cannot administer/supply/distribute any medications (including over-the-counter medications).

Special diet requirements have to be made known to the camp in advance so that we are able to accommodate for in-camp and trek meals. This information should be included on the Itinerary Form and submitted by the end of April. We will do our best but cannot promise every special need can be accommodated and you may need to bring supplemental food.

You can find the medical form at the bottom of this Page:

<https://www.nnjbsa.org/camping/scouts-bsa-summer-camp/floodwood/>

Leaders must check medical forms for parents and doctors' signatures

Trek Leader

Each crew decides upon a Youth Trek Leader within the unit prior to arriving at Floodwood. The Trek Leader is responsible for important decisions before and while on trek. Following the patrol method, the Trek Leader assigns cooking and cleaning duties, assigns a navigator for each day, and ensures the entire crew is working together to complete its trek. The Trek Leader will work closely with both adult leaders and the Voyageur.

Facilities

While at camp your crew will be staying in patrol sites with a pit latrine, canvas tents with wood platforms, picnic table, and a bear box. A full utensil cook kit with soap and sanitizer tablets are available upon request. Hot showers are available in the Shower House.

Hours are posted on the Shower House door. The Program Building is available by request for crew meetings or indoor programs, like billiards and ping-pong, during bad weather. Adult Leaders must accompany Scouts while in the Program Building. The Trading Post is open as needed.

The Health Lodge is open at all times for any emergencies. Non-emergency medical issues as well as prescription medicine dispersal are available during normal camp operating hours. The camp employs a Health Officer, and there is a fully-stocked Health Lodge at the camp. In addition, the camp works closely with the Adirondack Medical Center in Saranac Lake, NY, when medical service is beyond first aid is required.

Commissary Procedures

Any special dietary requirements must be arranged in advance. Be sure the Commissary has the correct number of crew members to ensure that your crew receives the right quantity of food. There is a Sunday evening barbeque and a Friday evening barbeque. Lunch is available upon request on Friday afternoon after coming back from trek. For any meal needs while in-camp, please speak with the Commissary Director on Sunday.

Cooking and Cleaning

All cooking gear is provided for each crew, along with a picnic table and patrol box. If patrol cooking is requested while in camp, follow the three-bucket method for washing dishes. Upon request, sanitizing tablets are provided.

Emergency Procedures in Camp

Emergency Signals

The following emergency signals in camp will be used:

Continuous siren blast..... Lost Camper, gather at Flagpole
Wobble siren.....Weather or Other Emergency, gather at flagpole
Three Short Blasts.....All Clear

Lost Camper:

In case of emergency, unit leaders will assemble at the flagpole unless given other directions. Each unit will take attendance and insure all scouts are accounted for. Staff will report these camper counts to the Camp Director.

Severe Storms:

At the first sign of a possible electrical storm, canoes will immediately be beached at the nearest shore point. Take appropriate cover from lightning – avoid high grounds, trees and open fields.

In the event of a severe storm, campers will be instructed to assemble in the Program Building until the All-Clear is given.

The Floodwood Program in Camp

While the treks get most of the glory, there is still plenty to do while at base camp!

When you plan your trek, please give equal thought to what your scouts will do while in camp. Unlike other camps we do not have specific times set aside for merit badge classes. Instead we work with each crew individually to fulfill their goals. If you have a merit badge in mind, please let your voyageur know at the beginning of the week so that we can include it in your itinerary.

Waterskiing

The opportunity to waterski happens upon returning from your trek, usually on Friday however for those units taking advantage of flex-scheduling the actual day may vary. Unit Leaders along with the FMR Trek-Director will schedule water skiing and tubing at the Sunday night leaders meeting.

Water tubing

Water tubing is often done in conjunction with waterskiing and we often ask scouts to choose tubing or skiing.

Rock Climbing and Rappelling

Certified staff members instruct you in the basics for climbing and rappelling on our natural rock face. We provide harnesses and helmets. Please be aware, that since it is a natural rock face, it is weather dependent. We are unable to rock climb when the rock is wet.

Hiking

Units can hike to the top of Floodwood Mountain, a one-mile climb with spectacular views during the day and night.

Leave from Rollins Pond and paddle or hike to Fish Creek and back or try the short hike from West Pine Pond to Floodwood Pond and back. Alternatively, day hikes to

Ampersand Mountain, Long Pond Mountain, and St Regis Mountain are popular destinations.

Fishing

New York State requires a fishing license for all persons fishing 16 years or older. For more information about New York State Fishing Licenses, visit the DEC webpage at <https://www.dec.ny.gov/permits/6091.html>

Ecology and Forestry Interpretive Trail

Hike the 1.4-mile trail through the reservation and learn about natural ecology and forestry management through an instructional pamphlet provided by the council's conservation committee. Ask in the Program Building for the informational map and pamphlet.

Local Activities

Once you have checked into FMR, we are all bound by NYS Department of Health Regulations and those of the BSA. Beyond that of checking out, your group must have a Voyager or other Camp Staff member along for any excursion off FMR property.

The Adirondack Region offers several attractions worth exploring either as part of your stay at Floodwood or on your way to/from your High Adventure trek. Here are just a few of what's available:

The Adirondack Experience

Explore the history, environment, and culture of the Adirondack region from the early 1800s. Indoor and Outdoor exhibits include logging, mining, boating and recreation as well as film presentations about the history of the region and the on-going environmental debate between the residents and preservationists.

Route 28-N & 30, Blue Mountain Lake, NY (518) 352-7311

The Wild Center

The Wild Center concentrates on the natural world with many hands-on exhibits illustrating and explaining the unique nature of the Adirondack region. Exhibits include aquatic life, birds, and many animals that inhabit the region.

45 Museum Drive, Tupper Lake, NY (518) 359-7800 The museum is on the left, a short distance down the road about 40 minutes from Floodwood

Lake Placid and the Olympic Tradition

Lake Placid is the major tourist and commercial center of the Adirondack region. It boasts of hosting the 1932 and 1980 Winter Olympics games. There is a museum as well as the Olympic center and the MacKenzie - Intervale Ski Jumping Complex, which comprises a 90- and 120- meter ski jumps tower. The sky deck on the 120-meter jump offers views of nearby John Brown's Farm and the surrounding High Peaks of the Adirondacks. The Freestyle Aerial Training Center is located near the base of the jump towers as is the Lake Placid bobsleigh, luge, and skeleton track. Downtown Lake Placid has many stores, restaurants, and a theater.

Advancement

Although having adventure and fun at Floodwood is your main reason for coming, advancement is a natural part of the experience. Most advancement flows from the program your troop plans. When a Scout cooks all his meals, builds the fires and camps away from the base camp, for example, advancement is second nature and can be fun.

Each Scout is encouraged to bring their Scout Handbook with them to camp; prior planning at home is important if the Scouts want to accomplish their advancement goals. A survey of your scouts and the advancement they wish to obtain at camp should be done before your arrival.

Departure and Check-out

Closing Campfire

On Friday night a camp-wide closing campfire may be held at the campfire site overlooking West Pine Pond. Each trek is asked to participate.

Check-out

Before leaving your site, make sure all trash has been collected and dropped off at the Commissary.

Plan on departing camp before noon on Saturday. Floodwood will not provide meals or services from noon Saturday to noon Sunday. This is the only day the staff has off. Therefore, units should not arrive before noon on Sunday or depart after noon on Saturday. Contact the Camp Director if you are unable to meet this schedule.

General Trek Policies

- No two Floodwood trek groups may camp in the Adirondack Park area within one mile of each other.
- The unit is responsible for providing appropriate 2 deep leadership consisting of 2 Adults 21 years of age or older who are registered members of the BSA. The gender of the adults must match the requirements of the unit type Scouts BSA or Venturing. Voyagers cannot be counted on as 1 of the 2 deep as not all are 21 years of age.
- Tenting- Youth Tentmates must be within 2 years of age of each other. It is up to the unit leadership to ensure this policy is followed.
- Campers must be within sight and sound of adult leaders or staff at all times!
- *Leave No Trace* camping is practiced.
- Campfires are allowed only at designated campfire rings.
- A list of emergency phone numbers and procedures will be held by your Voyageur.
- All treks will carry a group first aid kit.
- All injuries, no matter how small, must be reported as soon as possible to the Voyageur.
- All food must be suspended off the ground overnight in a “bear bag” or in a bear-proof-canisters (required in the High Peaks and supplied by Floodwood)
- All water must be purified by two methods of purification: water purifiers and chlorine as required by the New York State Department of Health
- The “buddy system” is always required
- Wilderness Swimming on trek is strictly prohibited by NY State Law
- All trek leaders and Scouts will have completed a physical examination by a qualified physician within the past year. Additionally all trek members will complete a medical re-check at base camp before departure
- No Cliff/Rock Jumping – this is strictly prohibited by NY State Law
- All Scouts and Leaders will complete a swim test before being allowed on a canoe trek

Emergency Procedures on Trek

Follow the Buddy System!

The Boy Scouts of America offers Hazardous Weather Training, a useful course for leaders to review prior to coming to camp. Online training is available at myscouting.org.

Electrical Storms

At the first sign of a possible electrical storm, canoes will immediately be beached at the nearest shore point. Take appropriate cover from lightning – avoid high ground, trees and open fields. Treks must wait 30 minutes after the last sound of thunder before proceeding.

High Winds

In the event of high winds, avoid unsteady or dead trees. Secure gear and tents, dropping canvas if necessary. Seek natural, secure cover.

Injuries

The Voyageur or Unit Leader will administer the necessary and appropriate first aid. The FMR EMT will be contacted and/or NYS Forest Rangers may be contacted as determined by the Voyageur. If required, the Scout or Unit Leader will be extracted from the trek in order to receive advanced medical care.

Hypothermia

Voyageurs and trek leaders should keep close lookout for the signs of hypothermia among trek members. In case of hypothermia, remove wet clothes and wrap in a dry sleeping bag or thermal blanket. Warm liquids should be administered. Do not get in the sleeping bag or thermal blanket with them.

Animals

Under no circumstances should any campers or staff approach a wild animal. This includes anything from chipmunks to bears. Deliberately leaving food out for the animals is dangerous and a violation of New York State law.

Bears

If you see a bear – stop immediately. If the bear starts to approach or if you become uncomfortable, blow a whistle, clap your hands, and shout. Walk away slowly and leave the area. Move away from any food or cooking areas; the bear is most likely to be interested in the food and not you. Do not attempt to attract, feed, annoy or provoke the bear. Keep your distance. Do not come between a mother and her cub.

Liquid Fuel and Stove Policy

- All use of stoves and liquid fuel will be accordance with the National BSA policy
- Adult supervision is required when using all stoves, and liquid or compressed fuels
- Do not overload a stove with heavy or unstable pots. Make sure all pots are stable and well balanced. Use stoves only on stable, level surfaces that will not be affected by heat
- Never leave a lit stove unattended
- All excess or bulk fuel must be stored in a storage area reserved for flammable fuels and materials
- Fuel must be stored in approved, aluminum-spun container bottles of no more than 48 oz. Bulk fuel containers will not be permitted on treks or in campsites.
- Do not leave excess fuel in parked vehicles in camp

Canoeing Trek Policy

- Follow all general trek policies (above) and always keep together on the water
- Check the conditions of all equipment before departing each morning
- Follow the BSA Lightning Safety policy
- The maximum size is allowed by New York State regulations of canoe treks is 12 including the Voyageur, except otherwise noted. You must have two adults, both of whom must be over 21 (BSA YPT)
- Campsites on all other lakes are on a first serve basis and require no reservations, except as noted for Lower and Middle Saranac Lakes
- Personal flotation devices (PFD) must be worn while afloat
- Wear sneakers, sport sandals, aqua-socks, or other soled footwear when embarking or disembarking from the canoe to the shore, and while in the site
- Canoes must leave the water and seek shore at any sign of thunder, lightning, or severe storms
- Kneel or sit in the canoe. Never sit on the gunwales or thwarts or stand while in the canoe
- Do not drag canoes
- Sign in at all Ranger Checkpoints and Registers (normally located at canoe carries)
- Take precautions to avoid sunburn, heat exhaustion, and heat stroke
- On large lakes crowded with people and power boats, be sure to cross their wakes head on (perpendicular to the water)
- All canoes in your trek must stay together to ensure easy communication between canoes
- All canoe treks will abide by all National BSA policies, including Safety Afloat, Safe Swim Defense, and Paddle Craft
- All canoe treks will be led by a Voyageur

Lightweight Canoes

Floodwood has a limited supply of light weight Kevlar canoes (12). These canoes are available only to crews going into the St. Regis Canoe Area because of the longer portages in this area. They are available to groups going to the St. Regis Canoe area on a first come first served basis on the day of arrival. **There is an additional charge of \$10.00/canoe/day.** Floodwood can accept payment via cash, check or credit. Cash or check are preferred.

Backpacking Trek Policy

- Follow all General Trek Policies listed previously
- High Peaks: the maximum group size is 8, including Voyageur and adult leaders, two of whom must be over 21 (BSA YPT)

- High Peaks: Permits are required for groups over 6, but these are self-issued at the trailhead
- Non-High Peaks: The maximum size allowed by New York State regulations of backpacking treks is 12, including a Voyageur. You must have two adult leaders, one of whom must be 21 or older
- Campsites in the High Peaks are on a first come first serve basis requiring no reservations
- Proper footwear is required. All trek members must wear waterproof, ankle supporting boots with two pairs of socks. Boots must be well-fitted, broken-in, and of a type appropriate for the trek
- Take proper care of your feet. Keep them clean and dry, change socks daily or when wet
- Be aware of possible changes in temperature, especially cooler temperatures at higher elevations resulting from sudden weather changes. Dress and bring clothing appropriate for expected conditions. Be alert to potential hypothermia conditions
- Carry plenty of water to prevent dehydration (2 liters per person minimum) and know the location of safe backup sources along your route of travel. Dehydration can lead to hypothermia
- Each hiker should be able to see the hiker in front and back of him
- Never plan to hike after dark
- Be alert when climbing steep, rocky, or mountainous slopes
- Never throw anything, especially from cliff tops
- Watch your footing; always step on solid ground
- If you need assistance, go to a ranger's station marked on your map
- All hiking and backpacking treks will make use of any registers available, signing in, listing trek plans (where applicable) and signing out upon departure
- Campfires are prohibited by New York State regulations in the High Peaks

Food and Water

A variety of trail food/meals are provided by Floodwood. Your Voyageur will meet with you before departure to discuss your menu. The Commissary will issue trail food for the entire duration of the trek. If there are any special dietary concerns of any members of your trek please let us know before you arrive in camp so we can accommodate you. A sample commissary meal order form can be found in Appendix A.

Water must be brought with you and found on the way. While most Adirondack lakes and streams are free of pollutants, many water sources have become contaminated with a parasite known as Giardia Lamblia, a cyst known commonly as "Beaver Fever". It can be spread by any warm-blooded mammal when infected feces wash into water. The safest protection for water

is boiling. The New York State Department of Health requires two methods of sterilization for the treatment of unpurified water: chemicals and purification. Your Voyageur will be equipped with water purification equipment.

Equipment – Pack Lightly

Your Voyageur will stress low-impact camping techniques and will conduct an equipment “shakedown” prior to your departure. Floodwood provides every trek with cook kits and utensil kits. For canoe treks, we supply canoes, paddles, and PFDs. Crews are responsible for personal gear, water purifiers, tents and stoves. If your unit does not have the proper gear, camp will be able to outfit with certain gear. First Aid kits are also the responsibility of each crew, although Voyageurs will carry some First Aid items.

Tips about the Gear List

For canoe treks: Bring 2 pairs of footwear. Shoes, sneakers, or closed-toe boating shoes that can get wet (to be worn in the canoe) and shoes or sneakers that stay dry (to be worn in the campsite).

For backpacking treks: Good, sturdy hiking boots with ample ankle support will protect ankles from the rigors of Adirondack trails. When boots get wet or muddy, a pair of light sandals or sneakers, kept dry in the pack, are comfortable in the campsites. Wool or “Thorlo” type blend socks combined with a light polypro inner sock will significantly reduce the likelihood of blisters.

Although backpacks claim to be waterproof, water always finds a way in. Clothes should be packed in plastic bags. The heavy Zip-lock freezer bags are the easiest and most compact.

Clean, dry clothing is important. Scouts should be encouraged to properly keep their tents in order and protect their clothes from getting wet. Scouts should change into clean and dry clothes at night for sleeping. Damp clothes from the day’s activities can make sleep uncomfortable and can lead to hypothermia.

Long pants and Shirts (Lightweight): To keep mosquitoes off at night, for unusually cold mornings, and for hiking through prickly vegetation; prevent sunburn while canoeing

Scout wool jacket, shirt, fleece, warm parka, or sweater: preferably with long sleeves; important for chilly evenings and early mornings; for retaining body heat after a cold rain

Important: Cotton clothing should be avoided. Cotton absorbs water and takes a long time to dry out. A sweatshirt or pair of jeans soaked by a sudden rain makes the body over two

hundred times colder than it would be in dry clothes. *Wool, fleece, polyester, and other nylon materials are strongly recommended.*

Sleeping bag: Sleeping bag stuff sacks should always be lined inside with a plastic garbage bag. Polarguard sleeping bags are preferred. Avoid down bags – when down gets wet, it stays wet for a long time. A compact stuff sack will make portages easier because more things can fit into your backpack.

Sleeping pad: makes sleeping much more comfortable and insulates the body against the cold and rocky ground

Bowl and spoon: Is all you need to eat the average trail meal

Sunscreen: Sitting in a canoe for several hours at a stretch on a sunny day exposes you to potentially dangerous sunburn. Sunscreen is required for all trekkers. If you burn easily, wear long sleeves and pants that are lightweight and vented.

A small flashlight with new batteries: A small, pocket sized light, or headlamp, is recommended.

The suggested personal gear list in Appendix C is offered so that each Scout will remember those items that will keep him comfortable. Equipment for the trek, such as tents, tarps, and cooking gear also must be provided. Your Voyageur, along with the unit leaders, will make final decisions on gear to be included on your trek during the gear shakedown on Sunday evening.

Middle and Lower Saranac: Campsite Reservation

Reservations are required for Middle and Lower Saranac. They can be made up to 9 months before your trip and at least 2 days before your trip. For more information, contact the Saranac Campground at (518) 891.2841, or <https://www.dec.ny.gov/outdoor/24496.html> One can also go to reserveameria.com and search for Saranac Lake Islands to make the reservation

Group Campsites:

There are a two (2) Group Campsites on Middle Saranac Lake that can accommodate up to 12 people; they are campsite numbers 65 and 71 (Shaw Island). They cost \$20 per night with a \$2.75 registration fee (one time). For more information, contact the Saranac Campground at (518) 891.2841, or <https://www.dec.ny.gov/outdoor/24496.html>

One can also go to reserveameria.com and search for Saranac Lake Islands to make the reservation

Special Information for Camping in the St Regis Canoe Area:

The St. Regis Canoe Area is the largest wilderness canoe area in the Northeast and the only designated canoe area in the New York state. It is closed to motor vehicles, motor boats and aircraft. There are 58 ponds and the headwaters of the West and Middle Branch of the Saint Regis and the Saranac Rivers. The maximum group size for a camping party in the St Regis Canoe Area is eight (8) people. Permits will need to be issued for groups with eight (8) or fewer people that want to stay on one location for more than three (3) nights. No additional permits are required to camp in the St Regis Canoe Area. Larger groups that split into smaller groups to meet these size restrictions would be required to: a) be a one mile apart AND b) not camp or travel on the same pond at the same time

Floodwood Mountain Scout Reservation Staff

Each trek is assigned a Voyageur to act as guide, teacher, leader and friend to the trek and each member of the unit. They are not substitutes for a unit's natural leadership, but serve as a resource for your trek. Throughout the week, they teach Leave No Trace camping, good wilderness ethics, and specialized outdoor skills.

Our Voyageurs are chosen for their recognition of what a wilderness experience can offer young people. *They have a deep respect for and act as custodians of our environment.* They undergo an intense evaluation and training period that includes Wilderness Backpacking and Canoeing, Leave No Trace Ethics, Navigation, Wilderness First Aid, Hazardous Weather Recognition and Response, CPR, Safety Afloat, and Safe Swim Defense.

The **Climbing Director** and rocks staff, aside from the typical Voyageur certifications, also undergo training through BSA National Camp School or train under the direction of a BSA Climbing Instructor and are fully qualified to safely provide rock climbing and rappelling opportunities to your unit. They will spend the time with each scout to ensure that they develop the knowledge and techniques to successfully conquer our natural rock face.

Our **Aquatics Director** will serve your unit at the waterfront conducting swim tests, which are necessary for canoe trek participation.

Our **Health Officer** is a certified medical practitioner who will assist with any medical issues or emergencies your crew might have while on base. Besides conducting the medical recheck after arrival at camp, the health officer also helps train and equip the voyageurs for the treks.

We are constantly looking for staff members who will be an asset to our camp staff. There also is an active and exciting Voyager in Training program. If you know of any scout from your unit who is looking for a summer job, please contact the camp director for an application.

Contact Information:

Camping Administrative Assistant
Marissa Sikder
201-677-1000
Marissa.Sikder@Scouting.org

Promotions Chair
David Stuhr
201-445-1637
stuhr@fordham.edu

NNJC Director of Camping/Camp Director
David Kopsa
201-677-1000
david.kopsa@scouting.org

Planning Your Trek

FlexTrek

The traditional trek program starts with arrival on Sunday afternoon at FMR, leaving on Trek Monday morning and arriving back at Base Camp Friday with departure taking place the following Saturday. *Doesn't work for you?* Coordinate the time period that does work for your group! If you coordinate with the FMR Director and Trek Director, you can custom schedule the arrival time, trek duration, and departure time. Keep in mind, IF Swim tests are needed, they are only offered on Sunday afternoons. Rock Climbing is only offered on Friday, late morning and afternoon.

Popular Treks

The following list of popular canoe and backpacking treks represents only a small sample of the possibilities of Adirondack treks. Don't forget,,,, we can suggest some great maps to use in order to plan a unique trek for your group. Treks in this leader's guide are broken into three categories: hike and canoe; canoe; and backpacking. Each of the treks is rated: Beginner, Moderate, Challenging, and Super Scout.

The following pages detail only some treks Floodwood offers. **Our program is fully-customizable**, and we will work with you to make your unit's trek the experience of a lifetime.

Trek Rating System

Crews should choose an itinerary that matches their degree of physical fitness and experience. Mileage, ruggedness of terrain, and the number of portages is considered, and each itinerary is assigned one of four difficulty ratings.

Beginner ★

A beginners itinerary allows considerable time to enjoy the program features at base camps, while still undertaking a trek of three to four days. A beginners trek can be made more challenging by adding day to the trip.

Moderate ★★

A moderate itinerary is somewhat more strenuous than a beginner one, involving longer portages or longer hiking distances on steeper inclines. There is still ample time to participate in in-camp programs.

Challenging ★★★

A challenging itinerary should be attempted only by an older crew that enjoys lots of portages or rugged mountain hiking and is in good physical condition. Smaller crews are recommended for these treks. Program time in camp is limited since much of the trek is spent paddling or backpacking.

Super Scout ★★★★

The super scout itineraries are the most difficult. These itineraries include paddling or hiking great distances and traversing many of the Adirondack's most remote waterways or highest peaks. Super scout itineraries are designed for experienced crews – seasoned paddlers or backpackers who we recommend are at least 15 years of age, all in top physical condition.

Note: even a beginner trek requires considerable exertion because canoe carries vary from one-quarter to two-and-one-half miles and Adirondack trails are known as long, difficult trails covering rugged and rocky terrain.

About Canoe and Backpacking Trek Maps

The map typically used by our staff for canoeing treks is the “Paddlers Map,” the front of which can be seen below. The map typically used by our staff for backpacking treks is the “Adirondacks High Peaks Region Map”. Each crew should pick up the appropriate map beforehand to facilitate the planning of their treks. The maps are available at Campmor, Ramsey Outdoor, REI, and most other outdoor equipment stores. Additional maps are also available at the FMR Trading Post and a limited number will be available at the Leaders’ Meetings. Your Voyageur will have the needed maps.

Recommended Canoe Trek Maps

The Paddler's Map- Waterproof map with updated campsites



Recommended Backpacking Trek Maps



A very useful guidebook, recommended. Map comes with book.
The guidebook gives mileage and expected duration of hikes



Trekking 101

Beginner ★

Designed by Jordan Brown, Trek Director 2019

This trek is designed for Troops that are new to High Adventure and have younger scouts (11 and 12 years old) that are interested in High Adventure and wilderness exploration. If your troop is new to High Adventure but consists of older scouts (14-17) we recommend looking at some of our other treks like a Lake Flower Trek.

Day 1: In the Morning scouts will hike up Floodwood Mountain and get a great view of the surrounding area. When they return to camp they will be given their cold cut lunch and food for the rest of the week and be driven down to the Rollins Pond Adventure Base with their Voyageur. At Rollins, scouts will begin to develop basic trekking skills such as: setting up a tent, hanging a rain tarp, rigging a bear rope, Leave No Trace Principles, lighting a camp stove and more. The troop will then set up camp for the night and camp at Rollins.

Day 2: In the morning the troops will use some of the skills they developed the previous day to make breakfast and take down their campsite. Their Voyageur will demonstrate how to pack their bags including the group gear for trekking. The troop will proceed to launch empty canoes into the Rollins bay to work on basic canoe skills needed for the canoeing merit badge: canoeing strokes, rescues, launching and docking canoes, and more. Then the troop will eat lunch before departing in the canoes with their gear packed for trek. They will head east on Rollins pond through the creek to Floodwood pond and find a campsite on Floodwood pond and camp there for the night.

Day 3: In the morning the scouts will break down camp and prepare breakfast before departing for a day of paddling. They will head south west on Floodwood Pond into Fish Creek and continue along Fish Creek through Little Square Pond and into the Fish Creek Ponds. After stopping at the Fish Creek Ponds Public Campgrounds for Lunch and a brief trip to Donaldson's Trading Post you would continue to Spider Creek and into Follensby Clear Ponds where you would set up camp for the night and utilize all of the trekking skills taught on day one.

Day 4: In the morning you would pack up and leave Follensby Clear Pond and retrace your route from the previous two days back to Rollins pond where you would tube/waterski behind our Motorboat. Then be picked up and brought back to the West Pine base camp, where you would stay that night.

Day 5: Troops can choose their in-camp activities (additional merit badge, adventure area, etc.), or visit local amenities such as the Wild Center or Adirondack Experience.



The Adirondack Experience

Beginner ★

*Programs include several add on costs because of utilizing 3rd party providers.
Call for details*

Combined with a short canoe trek leaving from Rollins Pond, spend 3 days exploring the rich outdoor experiences the beautiful Adirondack Mountains offer.

Arrive Sunday PM, depart the following Friday PM or Sat AM

Day 1 – Options: Day Hike to summit of Floodwood Mtn./Day trip to Lake Placid/Day Trip to The Adirondack Museum at Blue Lake

Day 2- Review canoe skills in the morning and depart from Rollins Pond for a day of canoeing/fishing and navigate to camp on an island in Floodwood Pond.

Day 3- In the AM continue working on requirements for Canoeing and Wilderness Survival MB's. Return to Rollins Pond in the PM for transport back to base camp. Arrive early enough and there will be time to take in an afternoon of tubing or waterskiing.

Day 4- – Options: Day Hike to summit of Floodwood Mtn./Day trip to Lake Placid/Day Trip to The Adirondack Museum at Blue Lake

Day 5- Half Day or Full Day trip to The Wild Center in Tupper Lake. A premier fun and educational trip that includes live exhibits, a theater, and a treetop walk.



Saranac Lakes 4 Day – 40 Miles

Beginner ★

A challenging day hike up Ampersand Mountain with tremendous views of the High Peaks and the canoe area. The Bartlett Carry is a relatively moderate portage. Wind, especially on Upper Saranac Lake, can be a large factor on this trip, increasing paddling time and difficulty. You will be traveling very popular routes and will see a lot of canoe and boat traffic as well as houses along the shorelines.

- Day One: Leave the Rollins Pond Canoe Base paddling northeast to the stream to Floodwood Pond. Paddle along the southern shore of Floodwood to the entrance of Fish Creek. Follow Fish Creek through Little Square Pond and into Fish Creek Ponds. There is a public beach and park along the east shore that is a pleasant spot for lunch. Continue under the bridge to the northeast shore of Fish Creek Ponds. Follow Spider Creek Passage into Follensby Clear Pond where there are a number of excellent campsites.
- Day Two: Paddle back out of Follensby Clear through Spider Creek Passage and Fish Creek Ponds to Fish Creek Bay. Canoe out into Upper Saranac Lake and head south. At the southern end shortly before Indian Carry, there are several campsites on and around Indian Point. Establish camp for the next two nights.
- Day 3: Canoe around Indian Point to the east and into Huckleberry Bay. Carry across Bartlett Carry into Middle Saranac Lake. Paddle all the way across Middle Saranac to the beach on the SE shore of the lake. Beach your canoes and hike up Ampersand Mountain. After taking in the 360 degree panorama from the top of the mountain, hike back down to your canoes and return to your campsite.
- Day 4: Retrace your paddling on Upper Saranac Lake. Paddle back to Follensby Clear and on north to the carry to Horseshoe Pond midway up Follensby Clear. Carry into Horseshoe Pond and

paddle along the north shore to the carry into Little Polliwog Pond and the into Polliwog. Paddle north around the point and then west too the carry to Middle Pond. After carrying into Middle Pond, paddle to the canoe carry to Floodwood Pond. There are several good campsites on Floodwood Pond, or you can continue back through the passage to Rollins Pond and the canoe base.

Day 5: Activities in camp during the morning and afternoon.





Lake Flower 5 Day – 35 Miles

Moderate ★★

This trek offers a challenging day hike up Ampersand Mountain, with tremendous views of the High Peaks and the canoe area, a chance to paddle through Upper and Lower State Locks, and a Bald Eagle nest visible on Lower Saranac Lake. You will be traveling very popular routes and will see other canoes as well as houses along the shore lines.

Day One

Depart Rollins Pond Canoe Base. Canoe to Floodwood Pond, into Little Square Pond, through Fish Creek, and into Fish Creek Pond. The public campground picnic area is a good spot to have lunch. It has fresh water and flush toilets. Continue on through Fish Creek Ponds, and either head out into Fish Creek Bay into Upper Saranac Lake, or head north into Follensby Clear Pond. Recommended campsites for the first night are in Follensby Clear, in Saginaw Bay or on Buck Island, in Upper Saranac Lake.

Day Two

Depart Follensby Clear or Upper Saranac, head south through the narrows of Upper Saranac Lake and head into Huckleberry Bay, and take the Bartlett carry into Middle Saranac. The Bartlett carry is half on a dirt road, and half on a trail. Watch for cars, and don't loiter at either end of the carry.

Alternatives: Instead of the Bartlett carry, take the Weller Pond Carry. The Weller Pond carry leaves from Ampersand Bay on Upper Saranac Lake, and ends at Weller Pond. The trail is long, rugged, hilly and can be very muddy. This carry, although a nice alternative, should only be tried by experienced crews.

From Weller Pond, head south into Middle Saranac Lake. Camping on Middle Saranac Lake is by reservation only.

	<p>Remember these sites are for 6 people max. The Forest Rangers check these sites every night. Book sites on reserveamerica.com</p>
Day Three	<p>The third day is typically a layover day; try to reserve a site for two days in a row. Paddle out of the way and hike up Ampersand Mountain. The steep hike, on average, can take between one and a half to two and a half hours up. Lunch atop Ampersand Mountain with views of the High Peaks, and the Adirondack canoe area is a great reward for the difficult climb up. An afternoon of advancement and activities is a nice change of pace when you get back to camp.</p>
Day Four	<p>Push off and head for the Upper State Locks between Middle and Lower Saranac Lakes. These Lakes require reservations, or you can continue on to Kiawasa Lake without reservations.</p>
Day Five	<p>Continue onto Lake Flower for a pick-up in the town of Saranac Lake at the boat launch.</p>

Alternatives: This trek can be easily reversed to start with a drop off and paddle back into camp. Alternate drop offs and pick ups to either shorten or extend the trek are the Lower State Bridge between Lower Saranac and Oseetah Lake, the boat access on Colby Lake, Ampersand Bay on Lower Saranac, and Fish Creek off Forest Home Road off the north east shore of Lower Saranac Lake.



Tupper Lake 5 Day – 44 - 50 Miles

Moderate ★★

This trek offers a nice compromise for canoeists of moderate or varying skills. This trek can also easily be made into a 50 Miler by going down to the end of Tupper and back up. Some of the advantages of this trek include wildlife viewing opportunities on the Raquette River and a bald eagle's nest at Indian Point on Tupper Lake. There is one long portage.

Day One:

Depart Rollins Pond Canoe Base. Canoe to Floodwood Pond, into Little Square Pond, through Fish Creek, and into Fish Creek Pond. The public campground picnic area is a good spot to have lunch, having fresh water and flush toilets. Continue on through Fish Creek Ponds, and either head out into Fish Creek Bay in Upper Saranac Lake, or head north into Follensby Clear Pond. Recommended campsites for the first night are in Saginaw Bay or on Buck Island, in Upper Saranac Lake or in Follensby Clear Pond.

Day Two:

Depart Follensby Clear or Upper Saranac, head south through the narrows of Upper Saranac Lake and continue to the south end of the lake. Take the mile-long Indian Carry into the Stoney Creek Pond. The first half of this carry is hilly, muddy, narrow, and crosses Highway 3, so be careful and stay together. Possible destination sites for the second night are Trombley or Axton Landing on the Raquette River. An alternative camping spot could be in the Stoney Creek Ponds or at Indian Point at the southern end of Upper Saranac Lake.

Day Three:

Hit the Raquette River and head west towards Tupper Lake. As you head near Tupper Lake, you will begin to encounter motorboats and go through the Oxbow, a marshy area of the Raquette that can be a bit confusing. Make sure to follow the main current. As you approach Tupper Lake, you

can opt to take the Simon Pond cutoff or continue on the Raquette to Tupper Lake. Good camping spots could be Trombley Landing (depending on where you camped the night before), or Indian Point on Tupper, or at the south end of Tupper. Indian Point is a popular destination, as it is close to the Village of Tupper Lake and the boat launch.

Day Four: This is a good day for some day paddles, either to add some miles in order to achieve the 50 Miler award, or to enjoy the nice scenery that Tupper (especially the south end) has to offer. You could also work on advancement or activities. And depending if you camped on the Raquette the night before, there might be some extra paddling to get into Tupper Lake.

Day Five: Pickups can be done at three locations on Tupper Lake. There are two boat launches, one downtown, and one a mile or two south of town. You can also get picked up in South Bay in the southern end of Tupper Lake.

Alternatives: This trip should be attempted in reverse only by more experienced crews due to the current on the Raquette River. Besides the multiple spots on Tupper to be picked up or dropped off, another alternative is the fishing access on the Raquette River. As already mentioned, this trek can include the southern end of Tupper in order to satisfy the requirements for the 50 Miler.



Long Lake 5 Day – 50 Miles

Challenging ★★ ★

This trek follows both secluded and the well-traveled routes of the Raquette River and tends to be more difficult, mostly due to a couple of strenuous carries. This is a 50 Miler if you get dropped off at Buttermilk Falls.

Note: This trip is best suited as a drop off rather than leaving from camp, due to the current on the Raquette River.

Day One:

Get dropped off at the state boat launch, just north of the town of Long Lake, or at the southern end of Long Lake at Buttermilk Falls. Head north, staying to the eastern or western edge to avoid traffic. Camp at the northern end of the lake at Plumbley's Landing, Rodney Pt., or just on the Raquette River at Lost Channel.

Day Two:

Head down the Raquette (north) towards Raquette Falls. Take the carry around the falls on the eastern bank. The carry is less than a mile and starts off going uphill, evens off and then is mostly downhill, pretty wide and well worn. Continue north on the Raquette, heading for your second night at the campsites north of the falls, or even up into Stoney Creek Ponds.

Day Three:

Push off and head for the Indian Carry from the Stoney Creek Ponds into Upper Saranac. The first half of this carry is hilly, muddy, narrow, and crosses Highway 3, so be careful and stay together. Head north on Upper Saranac Lake, watching for motorboats. Some good campsites for the night are on Buck Island, Green Island, in Saginaw Bay on Upper Saranac Lake, or on to Follensby Clear Pond.

Day Four

Head back towards camp through Fish Creek Ponds. There is a picnic area available at Fish Creek Public Campground with fresh water and flush toilets. Continue into Little Square Pond and then into Floodwood Pond. This is a good location for advancement activities. The numerous trails in the area also provide opportunities for hiking.

Day Five

Paddle back into Rollins Pond and prepare for a day of in-camp activities.

Alternatives: As already noted, this trek can be done in reverse, but you would be paddling against the slight Raquette River current. Other than the two spots on Long Lake, there are no other drop offs or pick up spots.





Paul Smiths 5 Day – 32 Miles

Challenging ★★ ★

If it's wilderness you are looking for, the Saint Regis Wilderness Canoe Area is the place for you. You will encounter only a few other canoers as you paddle and carry your way through quiet lakes and small ponds. Enjoy remote, shore-side campsites -- test your hand at brook trout fishing in this mellow but challenging wilderness adventure. Make the most of the trek by taking time for bog exploring, fishing, aquatics and hiking Saint Regis Mountain. Trek itineraries may be configured for a variety of lengths, terrain and scenery.

Day One:

Your crew will be dropped off at the Paul Smiths College boat launch at the northeast corner of Lower Saint Regis Lake. You will begin the Seven Carries Route by canoeing southwest into Spitfire Lake through the Slew, continuing on to the south end of Spitfire and the channel into Upper Saint Regis Lake. Swing to the northwest to the trailhead for the climb up Saint Regis Mountain at the north end of Upper Saint Regis Lake (see below for alternate route). There are campsites in North Bay.

Day Two:

The next morning retrace your route keeping to the southwest shore of Upper Saint Regis Lake, round the point and head south to the short carry to Bog Pond. After paddling Bog, carry to Bear Pond and paddle on to the carry to Little Long Pond. Continuing to follow the Seven Carries Route, paddle and carry into Saint Regis Pond. Canoe west around the point and then southeast. There are a number of campsites along the east shore.

Day Three:

Start your morning by paddling to the carry to Little Clear Pond. Paddle south and west to the public landing for the longish carry across Route 30 to Hatchery Brook (there is no camping on Little Clear). Hatchery Brook empties into Lake Clear Outlet

that in turn takes you to Upper Saranac Lake and a temporary return to the world of motorboats. Paddle down Upper Saranac Lake to Fish Creek Bay. Continue on west entering Fish Creek Ponds and heading north to Spider Creek Passage into Follensby Clear Pond where there are many excellent campsites.

Day Four:

Canoe to the northwest corner of Follensby Clear to the carry into Polliwog Pond. Canoe west through the narrow passage into the western arm of Pollywog and the carry into Middle Pond. Head for the carry to Floodwood Pond along the southwest shore of Middle Pond. Carry into Floodwood where you will find a number of good campsites.

Day Five:

Canoe to the southwest corner of Floodwood and proceed through the narrow passage to Rollins Pond and your return to our canoe base midway down the western shore of Rollins pond. You will return with plenty of time for the water skiing program at Rollins and/or the rock climbing and rappelling program at West Pine.

Remember St Regis Wilderness Area sites are for 8 people max. The Forest Rangers check these sites every night.



Paul Smiths 5 Day – 32 Miles

Challenging ★★ ★

Listed below are some suggested options. Your Voyageur can explain these and other options that are available.

Day One:	When heading south from Paul Smiths, canoe west into the Middle Branch of the Saint Regis River. Continue to Keese Mill where you will find the trailhead for your climb up Saint Regis Mountain. There are campsites both before and after the carry into North Bay of Upper Saint Regis where the Day 2 narrative begins.
Day Two:	Instead of canoeing to the carry to Little Clear Pond, paddle west to the carry to Ochre Pond that begins the Nine Carries Route. This option should be limited to strong experienced crews. For a description of the Nine Carries Route see the Buck Pond trek.
Day Three:	Instead of camping on Follensby Clear Pond camp on Green or Buck Island in Upper Saranac Lake.
Day Four:	A more demanding route would take you from the northeast corner of Polliwog to the carry to Hoel Pond, across Hoel to a large culvert under the railroad track into Turtle Pond, on to Slang Pond and a short carry into Long Pond. From Long Pond you carry into Floodwood to your campsite.
Option:	Instead of camping on Floodwood Pond return to the Rollins Canoe Base for the fourth night.



Blue Mountain Lake 5 Day – 70 Miles

Super Scout ★★ ★★ ★★ ★★

Begin the trek at Blue Mountain Lake with a tour of the Adirondack Museum, a day hike up Blue Mountain, or dive right into this 60 mile voyage through some of the best waters of the Adirondacks. From Blue Mountain Lake, navigate the Eckford Chain of Lakes and pass through the pristine Marion and Raquette Rivers, beautiful Forked Lake, and the majestic Buttermilk Falls—all on the way to Long Lake, the longest lake in the Adirondacks. Follow both secluded and well-traveled routes of the Raquette River before working your way to Upper Saranac Lake and back home to Floodwood. This trek should be attempted only by experienced paddlers.

Note: This trip is ONLY offered as a drop off from Floodwood.

Day One:

Get dropped off at Blue Mountain Lake boat launch on Route 28.

Alternative: spend the morning at the Adirondack Museum (<http://www.adkmuseum.org>).

Alternative: Climb Blue Mountain Lake along the 2 mile trail that starts across the highway from and just below the entrance to the Adirondack Museum.

Paddle across Blue Mountain Lake (max. depth of 102 ft.) and proceed west towards Eagle Lake. Continue into Utowana Lake.

If you began the day with a tour of the museum or a hike, consider camping at the lean-to at end of Utowana Lake.

Otherwise, carry into the Maron River around shallow rapids and along the route of the former Carry Railroad, once the world's shortest gauge railway. Enter the scenic Marion River and wind through marsh and swamp until entering St. Hubert Lake. Paddle north through Raquette Lake, the fourth largest body of water in the Adirondacks, until you reach Bluff Point. Continue west past Beecher Island into Outlet Bay. Camp the first night along the northeastern shores of Raquette Lake.

Day Two

Begin your second day by making towards the passage that marks the beginning of the Raquette River and enter Forked Lake. Take the nearly 1.6 mile portage to bypass a damn and dangerous waters. Continue along the Raquette River, carrying over Buttermilk Falls, and camp at one of the shelters farther up the river.

Day Three

Paddle the Raquette River until you enter Long Lake. Head north, staying to the eastern or western edge to avoid traffic. Enter the Raquette River and head down the Raquette (north) towards Raquette Falls. Take the carry around the falls on the eastern bank. The carry is less than a mile and mostly downhill, pretty wide and well worn. Continue north on the Raquette, heading for your third night at the campsites north of the falls, or even up into Stoney Creek Ponds.

Day Four

Push off and head for the Indian Carry from the Stoney Creek Ponds into Upper Saranac. The first half of this carry is hilly, muddy, narrow, and crosses Highway 3, so be careful and stay together. Head north on Upper Saranac Lake, watching for motorboats. Some good campsites for the night are on Buck Island, Green Island, in Saginaw Bay on Upper Saranac Lake, or on to Follensby Clear Pond.

Day Five

Head back towards camp through Fish Creek Ponds. There is a public beach and picnic area available at Fish Creek Public Campground with fresh water and flush toilets. Continue into Little Square Pond and then into Floodwood Pond. Paddle back into Rollins Pond and prepare for an afternoon of in-camp activities. Alternative: if you spent the first day hiking or at the museum, plan on arriving back at camp later in the afternoon and not participating in camp activities.



Buck Pond 5 Day – 50 Miles

Super Scout ★★ ★★

This trek is characterized by its secluded route and hence relatively undisturbed wildlife. It travels through some of the most pristine wilderness of the Adirondacks where you will be challenged by several long and difficult carries that will require the crew to demonstrate disciplined cooperation and stamina. Crews that cannot complete a carry in a single crossing should not attempt this trek (there are 16!). Variation can be found on the following pages.

Day One	<p>You will be dropped at the Buck Pond State Campground boat launch, northeast of Rainbow Lake and the Saint Regis Canoe Area. Head southwest into Rainbow Lake, paddle the length of the lake and portage into Jones Pond. Suggested campsites are the four on Jones Pond, or one of the two lean-tos on Osgood Pond.</p>
Day Two	<p>After paddling across Jones Pond and Osgood Pond carry into Lower Saint Regis Lake through the Paul Smiths campus. You will begin the Seven Carries Route by canoeing southwest into Spitfire Lake through the Slew, continuing on to the south end of Spitfire and the channel into Upper Saint Regis Lake. Head south to the short carry to Bog Pond. After paddling Bog, carry to Bear Pond and paddle on to the carry to Little Long Pond. Continue to follow the Seven Carries Route, paddle and carry into Saint Regis Pond. Canoe toward the west end of the pond to one of a number of campsites.</p>
Day Three	<p>Head for the Ochre Pond carry at the west end of Saint Regis Pond and the start of the Nine Carries Route (see below for alternate route). Paddle across Ochre Pond to the carry to Mud and Fish Ponds. You have the option of carrying around Mud Pond to Fish Pond (1.5 miles) or paddling across Mud and then carrying to Fish Pond. Paddle across Fish Pond, carry into</p>

Day Four

Little Long Pond and paddle to the carry to Kit Fox Pond (as an alternate, carry directly from Fish Pond to Kit Fox Pond). From Kit Fox carry to Nellie Pond. The carry from Nellie to Long Pond is a difficult 1.5 miles (usually muddy with a beaver pond requiring paddling across to resume the trail on the other side). There are a number of very fine campsites on Long Pond.

Paddle to the eastern shore of Long Pond and carry into Slang Pond. Paddle across Slang and Turtle Ponds and through the culvert under the railroad track into Hoel Pond. Paddle to the south shore of Hoel for the carry to Polliwog Pond. It is a short paddle along the eastern shore of Polliwog to the carry to Follensby Clear Pond. From Follensby Clear paddle through Spider Creek Passage into Fish Creek Ponds under the bridge then along the eastern shore to Fish Creek (there is a carry from Follensby to Fish Creek saving paddling through Fish Creek Ponds). Proceed up Fish Creek as it passes through Little Square Pond and on into Floodwood Pond. Follow the south shore of Floodwood Pond to the passage to Rollins Pond and back to the Rollins Pond Canoe Base on the west shore of Rollins.

Day Five

Day four can be split into two days by camping on either Follensby Clear Pond or Floodwood Pond. Either alternative will allow time for waterskiing and/or rock climbing and rappelling



Buck Pond 5 Day - Variation

Super Scout ★★☆☆

Listed below are some suggested options. Your Voyageur can explain these and other options that are possible.

Day Two

Instead of paddling south to Spitfire Lake head west from Lower Saint Regis Lake towards Keese Mill where you can portage into Upper Saint Regis Lake. Campsites can be found on the northwest corner of Upper Saint Regis Lake, or on Lower Saint Regis Lake at Bent Spike Lean-to. If time permits hike up Saint Regis Mountain from the trailhead at the north end of Upper Saint Regis Lake.

Day Three

Instead of following the Nine Carries Route paddle to the carry to Little Clear Pond. Paddle south and west to the public landing for the longish carry across Route 30 to Hatchery Brook (there is no camping on Little Clear). Hatchery Brook empties into Lake Clear Outlet that in turn takes you to Upper Saranac Lake and a temporary return to the world of motorboats. Paddle down Upper Saranac Lake to Fish Creek Bay. Continue on west entering Fish Creek Ponds and heading north to Spider Creek Passage into Follensby Clear Pond where there are many excellent campsites.

Day Four

Canoe to the northwest corner of Follensby Clear to the carry into Polliwog Pond. Canoe west through the narrow passage into the western arm of Pollywog and the carry into Middle Pond. Head for the carry to Floodwood Pond along the southwest shore of Middle Pond. Carry into Floodwood where you will find a number of good campsites.

Day Five

Canoe to the southwest corner of Floodwood and proceed through the narrow passage to Rollins Pond and your return to our canoe base midway down the western shore of Rollins pond. You will return with plenty of time for the water skiing program at Rollins and/or the rock climbing and rappelling program at West Pine.

Alternatives:

For a shortcut back to Rollins, instead of canoeing to Slang Pond paddle to the carry to Floodwood Pond along the southern shore of Long Pond. Carry into Floodwood and on to Rollins Pond and the canoe base.

For a shortcut back to West Pine Pond, instead of canoeing to Slang Pond, paddle to the southwest corner of Long Pond to the carry across Floodwood Road and into West Pine Pond. Paddle west to the waterfront at West Pine Pond.

Remember that the sites in the St Regis Wilderness Canoe area are limited to 8 persons per site. It is strictly enforced by rangers.

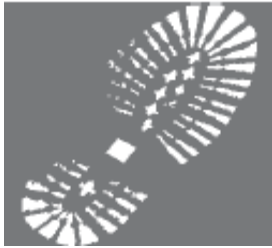


Duck Hole Loop 5 Day – 50 Miles

Beginner ★

This trek meanders along fairly level terrain, passing through some of the most historic areas of the Adirondacks. This is also the only loop trek offered at Floodwood.

Day One	Get dropped off at the Horse Assembly Area south of Stoney Creek Mountain. Head east and slightly south towards the High Peaks. Spend the first night at one of the campsites along the horse trail.
Day Two	Continue on the Horse Trail towards Duck Hole. Spend the second night at Duck Hole.
Day Three	Head west along the Cold River trail. Spend the night somewhere between Rondeau Hermitage and Shattuck Clearing.
Day Four	Head north past Shattuck Clearing along the horse trail, and spend the last night at Camp 1.
Day Five	Hike back out to the Horse Assembly area for a pick-up.



Northville-Placid Trail 5 Day - 50 Miles

Challenging ★★

Though this trek begins in Lake Placid, it is very beautiful and very remote. For most of this trek the hiker is more than 10 miles from any road. The 50 Miler and Leave-No-Trace Awareness award can both easily be earned.

Day One	The start of the Northville Placid Trail is a single, narrow path at Old Military Road in Lake Placid Village. Hike in about 5 miles, and you will cross a bridge. Another 2 miles along is a side path to Wanika Falls, which is a “can’t miss” stop on this northern portion of the trail. Moving on another 2 miles is Moose Pond lean-to with a great view.
Day Two	Your group will travel some of the most beautiful sections of the Adirondacks. The trail remains narrow for another 3.9 miles until you reach Duck Hole. This is a great place for your group to be able to fish or just stand under the spillway. The trail opens up and views are excellent; after another 8 miles you reach Ouluska Pass lean-to and the Cold River. Camp here for the night.
Day Three	The trail remains open with great views of the Cold River and the McIntire Range. Along the way you will encounter beaver dams and bogs and pass through the City of Cold River, population of 1. This is where the hermit Noah John Rondeau lived for 21 years as the Mayor of Cold River. As you continue on, and depending on the season, some parts of the trail could be submerged requiring you to bushwhack or roll up your pants. Soon after you reach Plumley’s Landing on the north end of Long Lake.

Day Four

This is a short hike of 5 miles; set up camp for lunch and then hike 3 miles to Long Lake. After picnicking at Long Lake, hike back to Caitlin Bay.

Day Five

Wake up, break camp, and hike back to the Town of Long Lake for your pick-up.



Adirondack Loj

Challenging ★★ ★

This trek offers a chance to experience some of the most rugged mountains east of the Mississippi River, and to summit Adirondack peaks, including Mount Marcy, New York's highest point. This trek also offers possible bear sightings and other wildlife. You will be establishing a base camp and therefore your day hikes will not be with full backpacks. The starting elevation is at 2,100 feet, and the high point is Mt. Marcy at 5,344 ft. This trek is very strenuous and physically demanding, and we suggest a series of tough practice hikes before arriving at camp.

Day 1 (5.5 Miles) Get dropped off at the Adirondack Loj, southeast of the town of Lake Placid. From there, hike into March Dam. You can set up a base camp there, but it tends to get very busy, and has a higher visitation rate of the local bear population. We recommend you push on to the group of shelters just south of Lake Colden and set up base camp there.

After establishing a base camp, there are several options for your next hikes.

Option 1: Day Hike (11 miles)

Head west of Lake Colden, towards Iroquios Peak, continue beyond it and then head south towards Indian Pass. Continue south until you hit the cutoff trail to Calamity Brook, and then hike back north to base camp.

Option 2: Day Hike (8.5 miles)

Head north and west of Lake Colden and go up Boundary Peak. Continue onto the summits of Algonquin Peak, Wright Peak, and Whales Tail Mountain. Hike back down to Marcy Dam. Follow your route from the first day back to base camp from there.

Option 3: Day Hike (10 miles)

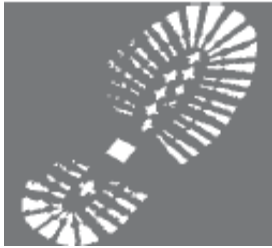
For experienced and fit trekkers, head south and east from Lake Colden, paralleling Opalescent Brook and then head north to pick up Feldspar Brook. Continue past Lake Tear of the Clouds and then north and hike Mount March, the highest peak in NY. Continue over Little March and then head towards Indian Falls. From there, head back towards base camp either by way of Avalanche camp or by going over Colden Mountain. ***THIS IS A LONG HARD DAY HIKE*** and should not be attempted by a young or inexperienced crew.

Option 4: Day Hike (12 miles)

Hike east of Lake Colden and head up Mount Colden. From there continue north and east until you pick up Phelps Brook. From there head up Phelps Mountain, come back down and head for home via Marcy Dam.

Day 5

(5.5 miles): Hike back out to the Adirondack Loj for a pick-up via Mary Dam



Johns Brook Loj 5 Day - 38 Miles

Super Scout ★★ ★★

This trek affords you the opportunity to summit many Adirondack peaks, including Mount Marcy, New York's highest mountain. You will be establishing a base camp and therefore your day hikes will not be with full backpacks. This is a rigorous trail, and we recommend a series of practice hikes before arrival at camp.

Day One (6.5 miles): Get dropped at the Garden, just west of Keene Valley and head SW up Johns Brook. Pass Johns Brook Lodge and head for Slant Rock where you can set up Base Camp.

After establishing a Base Camp. There are several options for your next hikes:

Option 1: Day Hike (6.75 miles): Head south out of Slant Rock, and then cut towards Mount Marcy; include Little Marcy on your way up if you are experienced and ambitious. Hike Mount Marcy and continue SW towards Four Corners. From there, you can hike to Lake Tear of the Clouds, Mount Skylight, or head east towards Panther Gorge. Turn back north and head over Mount Haystack, and then Little Haystack and make your way back to Base Camp.

This hike is strenuous and can easily be broken into two separate day hikes, doing the western portion including Mt. Marcy on one day, and the eastern portion including Mt Haystack on the other.

Option 2: Day Hike (10 miles): Head south and east from Slant Rock along the Shorey shortcut, and then north and east towards Basin Mountain. Continue to Saddleback Mountain, Gothics, Armstrong Mountain, Upper Wolf Jaw and then cut west and head back down to Johns Brook

Lodge. From there, head back up to the valley to Base Camp.

Option 3: Day Hike (8.5 miles): Take the Shorey shortcut south and east from Slant Rock, and pick up the trail east of the Haystacks towards Upper Ausable Lake. Head down Crystal Brook, hike along Upper Ausable Lake, and then back towards camp the way you came.

Day Five (6.5 miles): Hike down the valley, past Johns Brook Lodge back out to the Garden for a pick-up.

Appendix : Forms

- Unit Swim Classification Record (For offsite swim tests.)
- Commissary Form
- Trek Itinerary and Program Form
- Food Allergies/Dietary Restrictions Form
- Trek Roster
- 50 Miler Award
- Leave No Trace Award
- Children's Camps in NYS, info for parents
- Suggested Gear List
- Maps
- Directions

Unit Swim Classification Record

This is the individual's swim classification as of this date. Any change in status after this date (i.e., non-swimmer to beginner or beginner to swimmer) would require a reclassification test performed by an approved test administrator. Changes and corrections to the following chart should be initialed and dated by the test administrator.

SPECIAL NOTE: When swim tests are conducted away from camp, the camp aquatics director retains the right to review or retest any or all participants to ensure that standards have been maintained.

Unit Number _____ Date of Swim Test _____

NAME OF PERSON CONDUCTING THE TEST: Full Name (Print)

Print Name

Signature

Qualification Council/Agency (Red Cross, YMCA, etc.)

UNIT LEADER:

Print Name Signature

430-122 (OVER) Revised: March 2009

Swimmer	Full Name	Beginner

SWIM CLASSIFICATION PROCEDURES

The swim classification of individuals participating in a Boy Scouts of America activity is a key element in both Safe Swim Defense and Safety Afloat. **The swim classification tests should be renewed annually, preferably at the beginning of each outdoor season.** Traditionally, the swim classification test has only been conducted at a long-term summer camp. However, there is no restriction that this be the only place the test can be conducted. It may be more useful to conduct the swim classification prior to a unit going to summer camp.

All persons participating in BSA aquatics are classified according to swimming ability. The classification tests and test procedures have been developed and structured to demonstrate a skill level consistent with the circumstances in which the individual will be in the water (e.g., the swimmer's test demonstrates the minimum level of swimming ability for recreational and instructional activity in a confined body of water with a maximum 12-foot depth).

ADMINISTRATION OF SWIM CLASSIFICATION TEST

OPTION C (At unit level with council-approved aquatics resource people):

The swim classification test done at a unit level should be conducted by one of the following ; **Aquatics Instructor, BSA; Aquatics Cub Supervisor; BSA Lifeguard; BSA Swimming & Water Rescue; or other lifeguard, swimming instructor, etc.** When the unit goes to summer camp, each individual will be issued a buddy tag under the direction of the camp aquatics director for use at the camp.

TO THE TEST ADMINISTRATOR

The various components of each test evaluate the several skills essential to the minimum level of swimming ability. **Each step of the test is important and should be followed as listed below:**

SWIMMER'S TEST:

Jump feetfirst into water over the head in depth, level off, and begin swimming. 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 swum continuously and include at least one sharp turn. After completing the swim, rest by floating.

BEGINNER'S TEST:

Jump feetfirst into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.

Number of People: _____

Unit: _____

Floodwood 2023 Meal Order Form

(Please indicate the meal using the numbers)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Send-off Breakfast				
Lunch	Cold Cuts				
Dinner					BBQ

Breakfast

- 1) Nature Valley Granola
- 2) Oatmeal
- 3) Poptarts
- 4) Kellogg's Raisin Granola
- 5) Granola w/ Banana

Lunch

- 1) Pepperoni, Crackers and Cheese
- 2) Peanut Butter and Jelly
- 3) Chicken Sandwich
- 4) Tuna Sandwich

Dinner

- 1) Pad Thai
- 2) Lasagna
- 3) Beef Stroganoff
- 4) Three Cheese Mac & Cheese
- 5) Rice w/ Chicken
- 6) Louisiana Red Beans w/ Rice

Sides – subject to change

- 1) Astro Ice Cream
- 2) Garlic Mash Potatoes



Floodwood Mountain Scout Reservation

Adirondack High Adventure since 1965

2023 Itinerary Form

(one form per trek)

Directions: The purpose of this form is to help you plan your trip: where you will depart, where you will stay each night, and where you will finish your trek. **This form MUST be submitted in its entirety BEFORE you arrive at camp to allow time to obtain the necessary permits for your trip.** As always, trek itineraries can be fine-tuned at camp, but for the sake of securing permits for your group, you should have as accurate an itinerary as possible.

Troop or Crew (circle one) # _____ Town: _____ State: _____ District: _____

Trek Will Include: # _____ Scouts/Ventures and # _____ Leaders Council: _____

Trek Contact Person (preferably the same name as on reservation form)

Name: _____ Email: _____

Phone: (day): _____ Phone (evening): _____

Address: _____

City : _____ State: _____ ZIP: _____

	Week 1	Week 2	Week 3	Week 4	Week 5
Circle Your Week	July 9-15	July 16-22	July 23-29	July 30-Aug 5	Aug 6-12

TREK NAME: _____

Please list the campsite/location you will be camping at each night

SUNDAY (leave blank unless leaving Sun)	MONDAY (Day 1)	TUESDAY (Day 2)	WEDNESDAY (Day 3)	THURSDAY (Day 4)	FRIDAY (Day 5)

Starting Location (circle one): Rollins Pond or Other: _____

Ending Location (circle one): Rollins Pond or Other: _____

Merit Badge Interest? (YES or N) IF YES, please list _____

We request the usage of _____ Kevlar canoes for our trek (additional \$10/day/canoe). Note: We have a limited number of these light-weight canoes and cannot guarantee availability. They are to be used by crews traveling in the St. Regis Canoe Area only.

Is this the first time at Floodwood for: YOU? YOUR TROOP?

Special Requests: _____

How did you hear about us: _____



Floodwood Mountain Scout Reservation

Adirondack High Adventure since 1965

Food Allergies, Dietary Restrictions, and Religious Restriction's Form

To help in planning your crew's food menu while out on trek, the Flood Commissary would like to be aware of any food allergies, dietary restrictions, or religious restrictions amongst your crew participants. Information is strictly being used to inform Floodwood Commissary personnel of any changes that need to be made for individuals or for an entire group. Please fill out the boxes below with information on food allergies, dietary restrictions, or religious restrictions (be specific). PLEASE DO NOT WRITE NAMES.

Troop/Crew # & Town: _____

Week attending

Floodwood (circle one)

1 2 3 4 5

List Any Food Allergies, Severity & Number of Crew Members

List Any Dietary Restrictions & Number of Crew Members

List Any Religious Restrictions & Number of Crew Members



Floodwood Mountain Scout Reservation

Adirondack High Adventure since 1965

Trek Roster

(Use separate rosters for each trek attending) Trek

Requirements:

- Must have at least two adult leaders 21 or older
- Canoeing crews have a maximum size of 12 people – this includes the Voyageur.
St Regis Wilderness Canoe Area has a maximum size of 8 people – this includes the Voyageur
- Hiking crews, in the High Peaks Region, have a maximum crew size of 8 people – this includes the Voyageur.
- Follow Youth Protection Guidelines (i.e., co-ed leadership for co-ed crews, etc.)

Leaders (please print and write legibly – all fields required)

Name	E-Mail	Drivers License	Date of Birth
1.			
2.			
3.			
4.			

Scouts / Ventures (please print and write legibly – all fields required)

Name	Parents Email (REQUIRED)
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Return Completed Forms To:

Camping Administrative Assistant (Marissa.Sikder@Scouting.org)

THE 50-MILER PROGRAM



The primary objective of this program is to stimulate Boy Scout, Varsity Scout, and Venturer interest in the ideals of the movement and to promote activity that will result in personal fitness, self-reliance, knowledge of wood lore, and a practical understanding of conservation.

Chartered unit participation is most desirable; however, provisional groups are eligible. This award does not apply if any other award is available for a trip.

The Boy Scout, Varsity Scout, or Venturing unit or provisional group must follow these rules for a 50-Miler trip:

- Select a suitable trail or waterway.
- Adult leaders 21 or older must make the entire trip.
- If the trip is 500 miles or more from homes of group members (local council camp excepted) or crosses national boundaries and into the territory of other nations, a National Tour Permit Application, No. 4419B, is necessary. For trips and overnight camps less than 500 miles, use a Local Tour Permit Application, No. 34426B.

Award Requirements

The 50-Miler Award is presented to each qualifying individual for satisfactory participation in an approved trip. In order to qualify for the award, the group of which the individual is a member must fulfill all of the following requirements:

1. Make complete and satisfactory plans for the trip, including the possibilities of advancement.
2. Cover the trail or canoe or boat route of not less than 50 consecutive miles; take a minimum of five consecutive days to complete the trip without the aid of motors. (In some areas pack animals may be used.)
3. During the time on the trail or waterway, complete a minimum of 10 hours each of group work on projects to improve the trail, springs, campsite, portage, or area. If, after checking with recognized authorities, it is not possible to complete 10 hours each of group work on the trail, a similar project may be done in the unit's home area. (There should be no unauthorized cutting of brush or timber.)
4. Unit or tour leader must then file the 50-Miler Award application with the local council service center.

Detach and send the report below to your local council service center.

50-MILER AWARD APPLICATION

(Note: This award does not apply if any other award is available for this trip.)

To: Local Council Only (Do not send to national office.)

Unit No. _____ Tour Permit No. _____
 Provision group _____ (check)
 District _____
 Local Council Action
 Approved _____ Disapproved _____

1. Name of trail or waterway _____
Give state and nearest town.
 From _____ to _____ (minimum of five consecutive days required)
Date Date
2. Trip was (check appropriate terms) by boat by canoe on foot by bicycle
3. Trail or waterway covered: from _____ to _____
Starting point Finishing point
 Total mileage _____ (must be at least 50 continuous miles)
4. This group completed 10 hours of trail work, as follows. (Give details as to type of Good Turn, such as clearing trail, repairing bridges, cleaning up campsites and springs, leaving wood supply, etc.) _____

5. Total Boy Scouts, Varsity Scouts, Venturers, and leaders eligible for the 50-Miler Award _____
6. Enter our order for _____ decals, No. 33490 _____ embroidered awards, No. 00191 _____ leather awards, No. 00241 _____ Staff Shield, No. 14131
(Contact your local council service center for current prices.)

Approved _____
Unit or tour leader

(NOTE: Embroidered and leather awards are not worn on uniforms but may be attached to tents, packs, or blankets. Decals may be used on canoes, paddles, or plaques.)

34408A 2004 Boy Scouts of America

Address Phone

Leave No Trace Awareness Award

Scout and Venturer Requirements

- 1) Recite and explain the principles of Leave No Trace.
- 2) On three separate camping/backpacking trips demonstrate and practice the principles of Leave No Trace.
- 3) Earn the Camping and Environmental Science merit badges, or do No. 3 under the Scouter requirements.
- 4) Participate in a Leave No Trace related service project.
- 5) Give a 10-minute presentation on a Leave No Trace topic approved by your Scoutmaster.
- 6) Draw a poster or build a model to demonstrate the differences in how we camp or travel in high-use and pristine areas.

Scouter and Venturing Leader Requirements

- 1) Recite and explain the principles of Leave No Trace.
- 2) On three separate camping/backpacking trips demonstrate and practice the principles of Leave No Trace.
- 3) Share with another Scouter or Venturing leader your understanding and knowledge of the Camping and Environmental Science merit badge pamphlets.
- 4) Actively assist (training, advice, and general supervision) a Scout in planning, organizing, and leading a service project related to Leave No Trace.
- 5) Assist a minimum of three Scouts in earning the Leave No Trace Awareness Award.
- 6) Plan and conduct a Leave No Trace awareness for Scouts, Venturers, Scouters, or an interested group outside Scouting.

Leave No Trace Awareness Award

(Submit this application to your local council service center.)

Local council name _____ Headquarters city/state _____

Unit type and No. _____

Troop, team, post, crew

Number of awards: Youth _____ Adult _____

Unit leader's name _____ Phone No. _____

Address _____

City _____ State _____ Zip _____

Names of Scouts or Venturers

Names of Scouters or Venturing Leaders

The Scouts, Scouters, and/or Venturing leaders indicated above have fulfilled the requirements for the Leave No Trace Awareness patch, No. 8630.

Unit leader's signature _____ Date _____

Appendix B: Children's Camps in New York State

Camp Safety

Are the camp facilities and activities safe?

The camp operator must develop a written plan to include maintenance of facilities, provisions for training staff members and orientation of campers, supervision of campers, campsite hazards, emergency procedures and drills, safety procedures and equipment for program activities.

Swimming

Are waterfront personnel qualified?

Are campers always supervised while in the water?

All waterfront activities at camps in New York State must be supervised by an experienced certified lifeguard or water safety instructor. On site, one qualified lifeguard is required for every 25 bathers. All aquatic staff are required to be trained in cardiopulmonary resuscitation (CPR). Camps that use off-site pools or beaches operated by others must make special arrangements to provide a safe activity. Even off site, the camp remains responsible for supervising campers. Some children's camps use sites for swimming that are not inspected by local health departments. Parental permission is required in these instances, and the camp must follow established guidelines to protect campers. While campers are involved in aquatic activities on site, there must be one counselor for every 10 campers eight years or older; there must be one counselor for every eight children aged six and seven; and one counselor for every six children younger than six years old. When swimming off-site, there must be one counselor for every eight campers six years or older and one counselor for every six campers younger than six years.

Are bathing areas marked off for various swimming skills? Are campers tested to determine their level of swimming ability before participating in aquatic activities? Are nonswimmers kept in water less than chest deep? Is the buddy system used? Are campers required to wear life preservers when boating or canoeing?

New York State regulation requires that the answers to all these questions must be "yes."

Fire Safety

Are there periodic fire drills for both campers and staff? Does each floor of every building have fire exits in two different locations? Are flammable materials (gasoline, pool chemicals, etc.) stored away from activity centers and kept under lock and key? Are functioning smoke detectors located in every sleeping room?

All of the above are mandatory in New York State.

Location and Facilities

Are barriers erected against such natural hazards as cliffs and swamps? Are foot trails located away from such dangerous areas and from heavily traveled roads and highways? Do the camp facilities (bunks, bathrooms, mess hall, recreation facilities) meet your aesthetic tastes and those of your child? Is the camp located in an area that will not aggravate your child's allergies? Will your child be required to perform chores, such as cleaning or cooking?

For information on the camp's location and facilities, visit the camp or interview the camp operator by telephone, prior to making a decision to enroll your child at the camp.

Camp Trips

Are camp trips supervised by counselors who have the maturity and experience to make decisions that could affect the safety of campers?

All trips must be supervised by a trip leader who is at least 18 years old and competent in the activity. Counselors must accompany trips and all staff must review the safety plan prior to the trip. Counselors should have the skills and expertise in the camp activity (canoeing, rock-climbing, etc.) to handle any emergency that might arise. camp has conducted similar trips in the past without incident.

In New York State, the drivers of camp vehicles must be licensed and at least 18-years-old. Seat belts must be worn when provided and vehicle capacities not exceeded. When transporting children in a truck, only a truck cab can be used.

Sports and Activities

How are activities in craft shops supervised, especially when campers are using dangerous tools, such as power saws and lathes? Are archery and rifle ranges at a safe distance from activity centers? Are spectators protected at baseball fields and similar areas? Do players wear protective equipment?

Nutrition

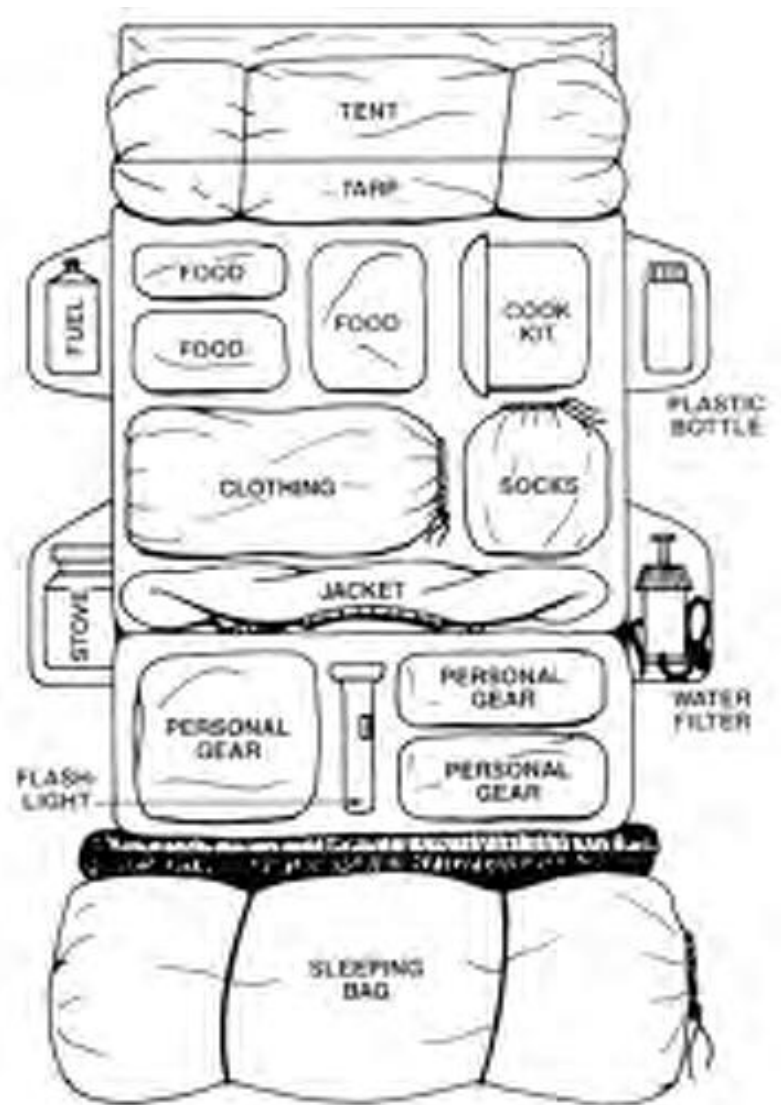
Are good health

practices observed in the camp kitchens, dining areas and food services? Does the camp serve food your child likes?

At camps in New York State, food must be prepared from inspected sources. Food preparation and handling activities are reviewed to assure safe and sanitary practices. Kitchen employees must be healthy and follow hygienic practices. Potentially hazardous food must be maintained below 45°F or above 140°F.

Suggested Gear Checklist for Each Participant

Backpack – lightweight
Sleeping bag stuffed in plastic bag and in a waterproof stuff sack
Sleeping pad
Swimming shorts; Long Pants; T-shirts
Underwear
Wool Socks
Hiking Boots
Day shoes and wet shoes or sport sandals
Hat, with brim
Wool jacket, Shirt, Fleece, warm parka or Sweater
Rain gear: jacket (required) and pants (optional)
Bowl and Spoon
Mug or cup
Nalgene: **two 1-quart bottles**
Pocket knife – no sheath knives
Insect repellent
Flashlight with new batteries
Small ditty bag for all personal items
Toiletries – feminine products as needed
Bandanas
Sunscreen
Sunglasses (optional)
Wool hat and warm layers (for nighttime)



Crew Gear

Tents, lightweight/Hammocks
Collapsible water containers (2.5 or 5 gallon size)
Water Filtration System – chemicals and pump (supplied by FMR)
Backpacking stoves and fuel bottles (supplied by FMR)
Two sets of maps (supplied by FMR)
Ropes for “bear bags”, 50 feet length each (x2) (supplied by FMR)
“Bear bags” or “Bear canister” (supplied by FMR)
Bathing soap
Plastic bags (storage and trash) (supplied by FMR)
Compass
Trek First Aid Kit (supplied by FMR)

Floodwood Mountain Scout Reservation

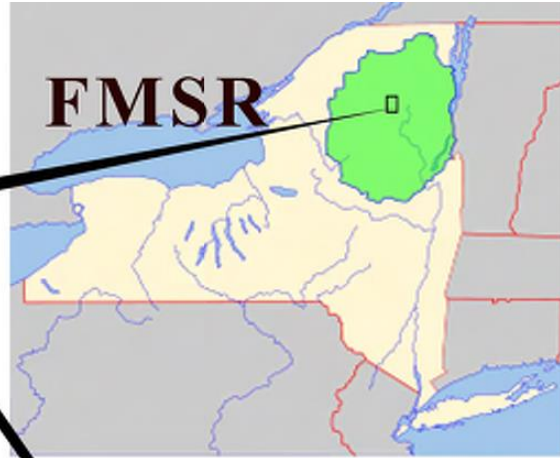
BOY SCOUTS OF AMERICA - Northern New Jersey Council
 25 Ramapo Valley Road, Oakland, NJ 07436



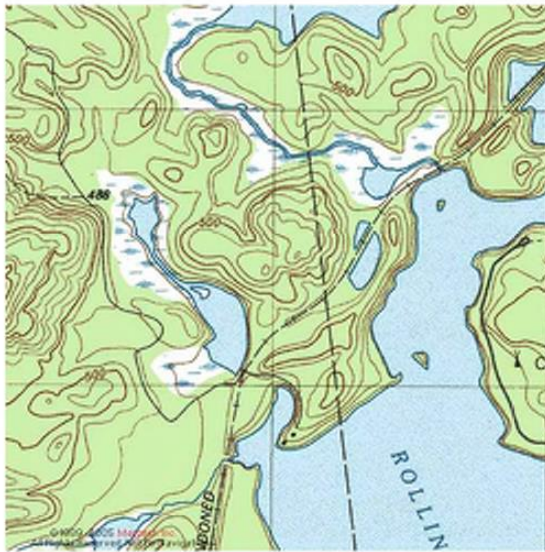
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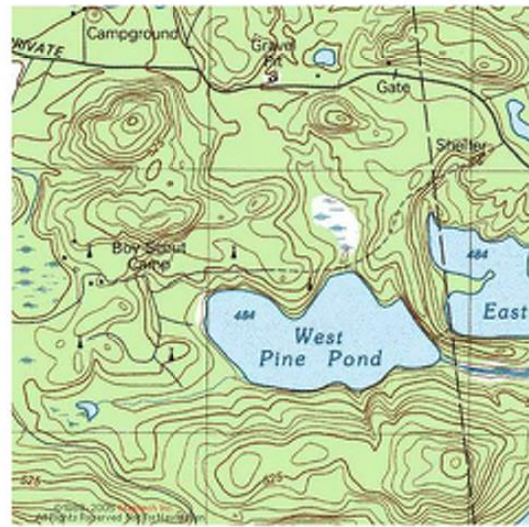
FLOODWOOD MOUNTAIN
SCOUT RESERVATION



FMSR



ROLLINS POND
CANOE BASE



WEST PINE POND
BASE CAMP

Directions to Floodwood

Floodwood is located in the town of Tupper Lake, NY on Floodwood Road. The directions below start with heading North on the New York State Thruway, Interstate 87

To use GPS, type in Lake Clear, NY as your destination and use the local directions below from Route 30, OR go to nnjbsa-floodwood.org

Take the New York State Thruway (Route 87)

At Albany leave the Thruway, stay on I-87N which is now the Northway.

Continue along the Northway to Exit 30 (Route 73)

Follow Route 73 to its end at Route 86 in Lake Placid* (just under 30 miles); turn left on to Route 86. Follow Route 86 on through Saranac Lake for about 15 miles to a blinker light.....

Turn left on to Route 186 and go for about 4 miles until it ends at Route 30.

Continue south and west on Route 30 for a few miles to Saranac Inn. Just past the golf course turn right onto Floodwood Road. (Look for the FMR sign- it is a "Paddle sign" on a sign post with lots of other signs)

Floodwood Road forks to the left as it runs alongside the golf course and shortly becomes a gravel road. Keep on this road, crossing RR Tracks (unused) and St Regis Outfitters for about six miles and turn left on to a dirt road marked for Floodwood Mountain.

Shortly there will be a barrier gate. Open (and close) if necessary.

Continue on to a fork in the road take the left fork to the FMSR parking lot.

*There is a short cut that avoids Lake Placid. A few miles before Lake Placid just past the Olympic Ski Jump Old Military Road forks left off Route 73. Take it and continue on it to its end at Route 86. Turn left and continue through Saranac Lake as above

See you this Summer!

