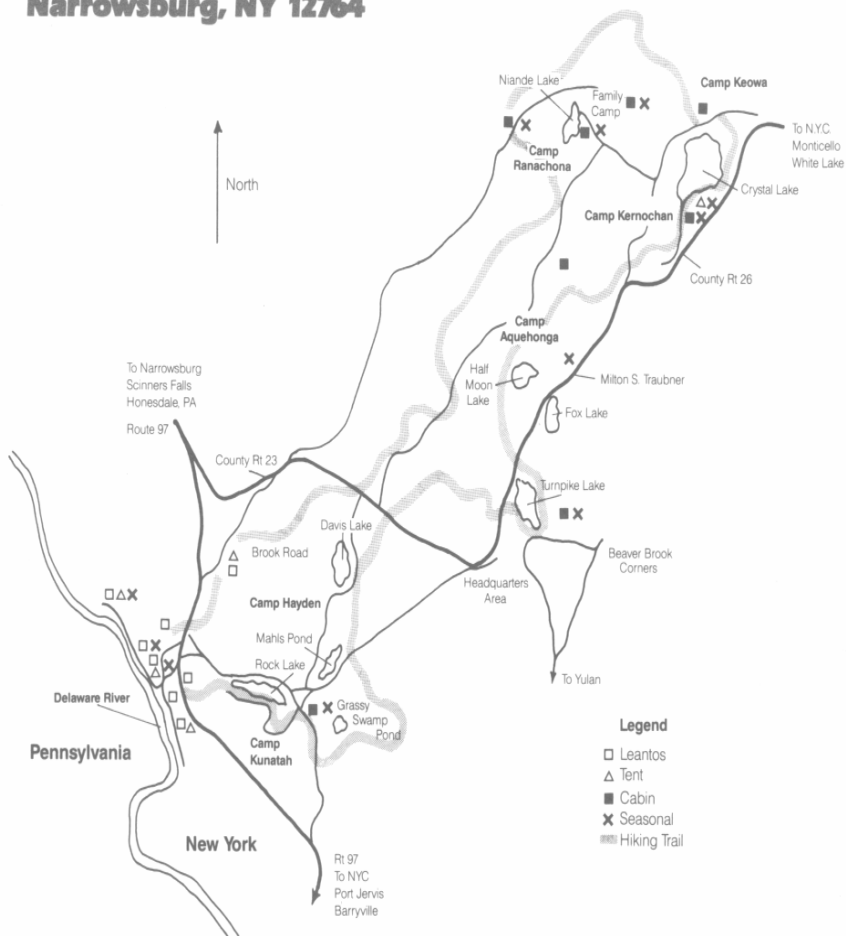


Ten Mile River Scout Camps

Narrowsburg, NY 12764



Ten Mile River High Adventure Trek
Greater New York Councils
Boy Scouts of America
Alpine Scout Camp
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TREK GUIDE

Ten Mile River Scout Camps

Narrowsburg, New York

WELCOME! To the Ten Mile River High Adventure Trek Program. This five day High Adventure is one of the most invigorating, challenging, and memorable experiences that TMR has to offer. **The trek is specifically designed for the older youth who have done it all.**

Over the course of the trek, you will learn about backpacking, canoeing, wilderness survival, climbing and orienteering skills and will be able to complete or earn partials in these merit badges. You will find yourself in most of the Scout camps and high adventure outposts of the Ten Mile River Scout Camps. Upon completion of the trek you will know all about TMR by participating in many of the programs it has to offer. Finally, you and your fellow trekkers will learn to work together, cooperate and support each other in completing the various stages of the trek. Depending on the specifics of your trek, you may be eligible to earn the 50 Miler, Climb On Safely, and Red Dot Trail Awards.

In the pages that follow, you will learn how the trek is fun from a trekkers point of view and what preparation you will need to make before you arrive at camp.

REQUIREMENTS:

To sign up for the trek, your troop or crew must have two adult leaders and 5-12 trekkers depending upon type trek. Participants must be older Scouts, Varsity Scouts, and Venturers who are at least age 13 by January 1 of the year in attendance, or who have completed the seven grade. Additionally, it is recommended that a member of the trek have current Red Cross certifications in CPR for the Professional Rescuer and Responding to Emergencies. **A camp staff guide with the required Red Cross certifications will accompany all treks.**



Notes:

THE TREK PROGRAM:

The main focus of the trek program is backpacking along a 39+ mile trail which encircles the Ten Mile River Scout Camps. Because the trail is marked with red dot markers, it is called the Red Dot Trail.

A **trek guide** will accompany every unit. The trek guides are all **Voyageurs** certified by National Camping School. The role of your trek guide is an ample one, from shearing some of the outdoor and skills knowledge to make the necessary adjustments to meet the needs of your group.

The hole program runs under the **Leave NO Trace** principles. Instilling values and awareness towards backcountry ethics is one of the goals of our treks.

Trekkers usually complete the entire trail in 4 days stopping along the way at trail side tent or lean-to sites, high adventure outposts, and the Boy Scout camps of TMR. On the fifth day trekkers take a 11 mile canoe trip down the Delaware River. Scouts are allowed to do this only if they qualify as swimmers in a BSA swim test. To qualify as a swimmer, a Scout must swim 75 yards using a standard swimming stroke and then swim 25 yards using the elementary back stroke. This swimming must be done without stopping. The Scout must tread water and then float on his back.

With the 39+ mile trek and the 11 mile canoe trip accomplished, trekkers may qualify for the 50 Mile, Red Dot Trail, and Climb On Safely Awards.

TYPES OF TREKS

Extreme Trek

This trek is the most physically and mentally challenging of our treks. A maximum of 10/12 trekkers are allowed, all meals are prepared while on the trek and re-supply along the trail is not planned. All equipment, food, and water will be carried by the trekkers. Sleeping is in tents or shelters. No lean-tos are used. Eligible trekkers completing all requirements will earn all awards and merit badges. The trek will, for the most part, follow the Red Dot Trail.

Regular Trek

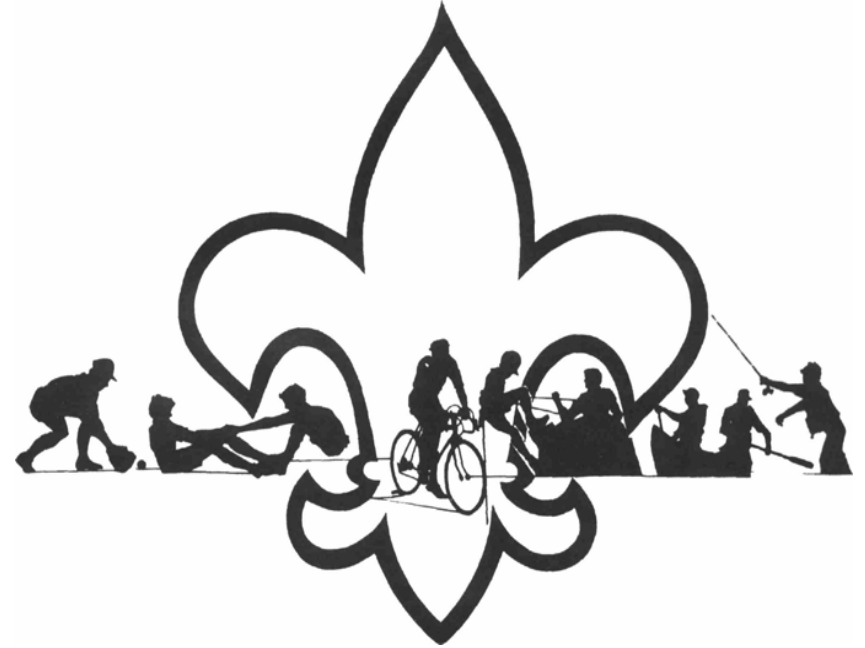
The physical and mental demands of this trek are somewhat less than the Extreme Trek. Again, a maximum of 10/12 trekkers are allowed and meals will either be prepared on the trail or served in a nearby dining hall. Not all equipment will be carried by the trekkers and supplies may be dropped off along the trail. Trekkers will sleep either in tents or lean-tos.

Notes:

Eligible trekkers who complete all requirements will earn most awards and some of the merit badges. The trek will, for the most part, follow the Red Dot Trail.

Canoe Trek

This is a program in which the trek units will canoe on the Delaware River for 3 days and backpack for 2 days. A maximum of 12 trekkers are allowed and most meals will be prepared on the river and/or trail. All equipment will be carried by trekkers. Trekkers will sleep in either tents



or lean-tos. All participants, including the adults, **must** meet “swimmer” requirements. The first day of this trek will include training in canoeing skills. The backpacking section of this trek will be done for the most part on the Red Dot Trail.

TREK VARIATIONS

Variations on the type of Trek are possible, like 3 days backpacking and 2 days canoeing, or 3 days backpacking, 1 day mountain bike and 1 day canoeing.

Notes:

THE TREK SCHEDULE

The day to day schedule of the trek is agreed upon between leaders of the trek and the TMR staff. **Trek leaders should make contact with Camping Services at least two months before coming to camp to arrange the details of their trek.** For additional information, please call the Camping Services at 212-651-3073.

On the last page is a map of the TMR Scout Camps. You should refer to it when reading the sample schedule that follows the map. (SEE BACK PAGE FOR MAP).

FEE SCHEDULE

Please refer to Trek Application form for all fees and deposits schedules, as well as early bird discounts.

*Trek Fee Includes food and cost of 50 Miler and TMR Trek Awards (patches) for trek participants who earn these awards. One TMR map will be provided to the unit. Additional maps are available at the trading post

TREK FEAST

The Ten Mile River Scout Camps Headquarters Commissary will provide a feast fit for a "KING" as part of your trek program. By request special dietary needs will be accommodated.

RESERVATIONS:

Reservations for treks must be made 90 days in advance of the trek start. At that time both a non-refundable deposit of \$100.00 is required along with a deposit of \$25.00 per Scout participant.

PHYSICAL PREPARATION FOR THE TREK

Completing a trek is nothing to sneeze at. It is a physically demanding challenge which requires every participating trekker to be physically fit.

In planning a trek for this summer season, the first thing you must do is have a complete medical exam. This will determine if you are ready to train for the trek and is also a requirement of all Scouts and adults before attending camp. **All participants, youth and adult, must bring the completed GNYC personal health and medical record form.**



CUSTOMIZING YOUR TREK

Notice that the resources of Ten Mile River Scout Camps are available to all treks. Activities that can be part of your trek program include:

- Climbing & Rappelling
- Rifle shooting & Shotgun
- Fishing
- Canoeing
- Water Skiing (only for participants that know how to do it)
- Kayaking
- Swimming
- Archery
- Mountain Bike

SEE YOU ON THE TREK

All of us at TMR look forward to an exciting and fun-filled summer of trekking. If you are able to obtain the right equipment, prepare yourself physically and mentally and meet the requirements of being a Scout or Venturer at least a 13 year of age by January 1 of year in attendance, you will be ready to test your outdoor skills while participating in one of the best High Adventure programs that Ten Mile River Scout Camps has to offer. **Have a safe and fun filled adventure.**

See you on the Trek



If your doctor feels that you are in good shape and can train for the trek, you should do so in three stages. Helpful hints may also be found in Passport to High Adventure and Backpacking Merit Badge Pamphlet.

STAGE 1-SHORT DAY HIKES WITHOUT LARGE PACK

If you routinely do not spend much time walking, you probably should hike without a pack for a few weekends.

Get a good pair of hiking boots. Wear 2 pairs of socks as has been described in this booklet and start with short hikes (up to 1 hour). Take with you on these hikes a knapsack with some water in a plastic bottle. As you are able to hike with greater ease, try increasing the length of each hike to 2-3 and even 4 hours. In this way, you'll begin to gain hiking endurance. Always hike with a buddy.

STAGE 2-SHORT DAY HIKES WITH LARGE PACK

Now make ready your pack. Take with you your sleeping bag, your water, a snack for mid-hike and any gear that you feel you are capable of carrying. Hike for 1 to 3 hours. As you become more comfortable, increase the weight of your pack gradually. When you are hiking comfortably with full pack, you are ready for stage 3.

STAGE 3-SAMPLE TREK

Now plan a backpacking trip with your unit. Plan a 1 to 2 day scenic trek with full pack. From this trip, evaluate your readiness for a complete trek.

It is very important to emphasize that if you have not prepared for the physical challenge which awaits you at TMR, your trek will not be pleasurable or exciting. It is up to you to ready yourself so that your trek will be a fun-filled adventure.



MEDICAL CONDITIONS TO BE AWARE OF:

*Given the very strenuous nature of the trek, you should not take part if you have:

- Heart trouble
- Asthma
- Are allergic to insects bites (especially bee stings)
- Sensitive to extremes of temperature (hot-cold)
- *Consult your physician if you have any questions concerns

MATURITY:

Besides the physical demands of the trek, there are mental demands as well. Every day on the trail it is important to budget time enabling each trekker to stay focused and concentrate on the tasks that need to be completed like setting up camp, cooking food, and to stay together as a unit. All of these things require maturity on the part of the trekkers.

It is very important for each individual embarking on a trek to evaluate yourself and determine if you have the maturity and working together skills to make the best possible living conditions while on the trail.

FOOD AND COOKING GEAR

Trekkers are responsible for carrying and preparation of their meals. Three meals a day are scheduled. On most treks, food is distributed at the beginning of the trek. You will carry 3-4 bags of just add-water dehydrated food. Each bag makes a complete meal for 3-4 Scouts.

To prepare food, each group is provided a patrol cook kit, stove, fuel and a abrasive pad to clean cooking gear after meals are completed. It is important that trekkers be familiar with cooking in the outdoors. To insure ample time for hiking and other activities during the day, meals and the clean up that follows should be done quickly and efficiently.

TMR accommodates campers with dietary restrictions.

WATER

As you hike, your body loses water at a rapid rate. It is very important that you replenish this loss of fluid. **Each trekker must carry at least 3 liters of water.** This water is carried in empty plastic water bottles that each trekker must supply. These can be obtained by buying 1 liter bottles of mineral water and bringing the empty bottles to camp.

WEDNESDAY

- Breakfast at Beaver Pond (trail food)
- Break camp
- Hike to Keowa
- Lunch at Keowa (trail food)
- Water sport activities at Crystal Lake (water skiing, tubing etc)
- Climbing at Keowa Tower
- Hike on Blue Dot Trail past tower of friendship to Red Dot Trail leading to Trout Pond
- Visit the Village
- Dinner at Trout Pond (trail food)
- Stay over at Trout Pond

THURSDAY

- Breakfast at Trout Pond (trail food)
- Break camp
- Hike to Camp Aquehonga
- C.O.P.E. course at Aquehonga and lunch
- Hike to Head Quarters
- Set up trek tent site at H.Q.
- Visit to TMR museum
- Trek Feast at H.Q.
- Stay over at H.Q.

FRIDAY

- Breakfast at Head Quarters Dining Hall
- 11 mile Delaware River canoe trip
- Lunch on river
- Complete Delaware River trip
- Return to trek tent site at "base camp"
- Celebrate trek completion
- Stay over at trek tent site

SATURDAY

- Breakfast at Dining Hall
- Break camp
- Return TMR gear
- Head home

SUNDAY

- Check in at "base camp". Base camp can be any of the camps that form TMR Scout Reservation. For this Trek Sample the base camp is at Camp
- Stow gear at trek tent site
- Dock tests (swim test)
- Trek Director and Trek guide will meet with the trek unit to review the trek program and activities
- Distribute TMR equipment to trekkers
- Set up trek tent site
- Dinner at Camp Dining Hall
- Trek meeting and campfire
- Stay over at trek site

MONDAY

- Breakfast at Camp Dining Hall
- Break camp
- Hike to Indian Cliffs
- Rappelling at Indian Cliffs
- Orienteering Instruction
- Hike to Tusten Area
- Lunch by Stone Bridge area. Historical landmark
- Climb Tusten mountain
- Hike to Split Rock East
- Dinner at Split Rock East (trail food)
- Stay over at Split Rock East

TUESDAY

- Breakfast at Split Rock East (trail food)
- Break camp
- Hike to Camp Ranachua
- Lunch on the trail
- Swimming at Ranachua lake and climbing at the tower
- Continue on Red Dot Trail to Beaver Pond
- Dinner at Beaver Pond (trail food)
- Stay over at Beaver Pond

These bottles will be filled at least 2 times each day at water pumps and stations along the trail.

You should not bring sugared drinks on the trail because these tend to make you more thirsty.

Frequent drinking stops are made while hiking.

SLEEPING ARRANGEMENTS

Each group of 2 trekkers carries a TMR provided tent. Tents are the preferred arrangements on the trail because they provide insulation against night time cold.

Lean-to sites located in areas along side the trail are also available to the trek. Each lean-to has capacity up to 4 campers.

Adult leaders sleep separately from the youth (under 18).

CLOTHING

You must have **2 sets of clothing** with you on the trek. One set you will wear and the other set you will carry with you.

You must wear **2 pairs of socks** at once to absorb the moisture from your feet and reduce the shock to your feet while hiking. The inner pair should be white gym socks. The outer pair should be a pair of hiking socks. You should bring 2 pairs of each.

While wearing your double pair of socks, your feet should fit snugly into your hiking boots. These boots should be well broken in so that they cause no pain after many hours of hiking.

A hat is required. The weather may be hot at times and a hat protects your head and neck from the sun. Sun block is also strongly recommended, a must for those on the canoe trek.

At night the weather may become very cool.
Be Prepared.



You will need a **sweatshirt** and **1 pair of thermal underwear or sweat pants**. Do not bring a coat.

A pair of sneakers, sandals or water shoes **is required** for the times when you are resting from hiking or while canoeing on the Delaware River.

During rain, it is important to keep dry. Rain gear or poncho is essential personal clothing for all trekkers.

SLEEPING EQUIPMENT

You will need a sleeping bag to provide warmth and comfort while resting. It should be kept in a waterproof bag. This bag should be attached to your pack with strong straps. After walking for many hours with pack, your sleeping bag must remain attached to your pack.

REQUIRED TREK EQUIPMENT/GEAR

- Internal or external frame pack
- 1 personal cook kit (1 plate and 1 spoon)
- Three, 1-liter water bottles
- One water filter pump (1 per unit)
- Four pairs socks (2 pairs white socks and 2 pairs hiking socks)
- 2-3 pair undershorts
- 1 pair shorts
- 1 pair long pants
- 1 web belt
- 2 T-shirts
- 1 pair thermal underwear or sweat pants
- Hat
- 1 pair hiking boots (fully broken in)
- 1 pair sneakers, sandal, or water shoes (needed for all -aquatic activities)
- 1 poncho
- 1 bathing suit
- 1 small towel
- Sleeping bag in a waterproof bag
- Straps to attach sleeping bag to pack
- Biodegradable soap
- Toothbrush and small tube of toothpaste
- Flashlight with new batteries
- 5-10 band aids

- Sun block
- Moleskin
- Multi functional pocket knife (Swiss army knife)

RECOMMENDED TREK EQUIPMENT/GEAR

- Watch
- Camera with film
- Map of TMR
- Folding camp saw

CAMP PROVIDED EQUIPMENT

Ten Mile River Scout Camps will provide tents, food, stove and fuel, first aid kit, and patrol cook kit. Trek participants will be carrying the camp provided equipment. With the approval of the Trek Director, unit or personal equipment may be substituted for the camp provided equipment.

SAMPLE EXTREME TREK SCHEDULE:

Here is a trek schedule that has worked well in the past. Each trek is encouraged to work with the trek staff in designing their own unique schedule. Treks begin at the home camp where the group checked in on Sunday. This is just one schedule. The resources of Ten Mile River Scout Camps are available to all treks and with the Trek Directors guidance we are certain that a trek may be planned that meets your specific needs.

