

WELCOME TO Wolf Camp 2010!

We look forward to an exciting three-day adventure with you through the beautiful Taconic-Berkshire landscape! The journey will be rich with times of beauty, challenge, laughter and teamwork. You will find opportunities to discover, meet and even expand your own personal edge, both physically and mentally. Please carefully read this entire document, as it will help you prepare adequately for the adventures ahead! Wolf Camp is composed of two clans (groups), and you will join one based on age and previous hiking experience, as well as group size. We cannot promise that you will be in the same clan with everyone you wish to.

MONDAY & TUESDAY (Day Camp)

To Bring: 1. Daypack with water, lunch and snack. 2. ALL your gear for your trip later in the week (see the back of this paper for the complete packing list). On Monday we will checklist your gear and help you practice packing it into your hiking backpack. Then you will take your gear and checklist home and shop for any items that are missing or need replacing. So please carefully note the packing list and call us early on with questions and for help!

Hours: 9am-3pm. Please be prompt. See drop-off/pick-up location below. On Tuesday, please join us for the very important Opening Circle (9:15-9:45am) in which campers will share their hopes and goals for the trip.

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

On Darrow Rd. *Please obey Darrow School 25mph speed limit—this is so important!* Drive 1 mi. to the Abode, turn right onto Chairfactory Rd. You will immediately cross over a small bridge and turn left into a parking lot. Please park *beyond* the recycling receptacles, and please park tightly.

WEDNESDAY-FRIDAY (Hiking Trip)

On Wednesday you will drop off your child at the Abode, probably at 8:30am (you will receive an itinerary on Monday). Parent volunteer drivers will then drive clans to the trailheads.* On Friday volunteer parent drivers pick up clans and bring them to Shatford Park* for Closing Circle and Celebration (1:45—3pm).

Directions to Friday Celebration: Our Friday event will be at Shatford Park on Route 22 on the North Side of New Lebanon (take rt. 22 North off of rt. 20 and travel approximately 1/2 mile take the first left after New Lebanon High School). We will meet at the pavilion on the North side of the park. Be there at 1:45pm for a Closing Circle and celebration from 2 to 3pm.

*** If you have a high seat-capacity vehicle and are willing to drive or offer it on Wednesday morning and/or Friday afternoon, thank you! We cannot do this without you, so please contact us via phone or email.** All trips begin and end within an hour driving distance from Flying Deer Headquarters. We will also need tenting. If you are willing to lend use of a LIGHTWEIGHT 2, 3 or 4-person tent, let us know!

TIPI DAY

Wednesday, June 9th, 10am—4pm. A fun day of community-powered action to prepare your child's magical summer camp experience! Watch the raising of the Flying Deer tipi! There will be a variety of projects, as well as refreshments & snacks. Information to be posted on our website later this spring.

FRIDGE-IT!

This paper will be very helpful the week before camp, so keep it somewhere smart. :)

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

Trip Packing List

Wolf Camp is a great opportunity to acquire the gear needed to become self-sufficient backpacking campers! Pay close attention to this list and the “small/light/no-cotton” theme! Bring all these items on MONDAY so we can look them over and make sure you have everything. After camp (Monday) you will find/buy missing items and replace unsuitable ones.

Hiking backpack: comfortable, has a frame (ideally internal) and an adjustable hip belt and sternum strap. Hip belt should be snug on hipbones. This pack fits YOU.

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

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

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

- * 2 pair of shorts (non-cotton—such as soccer shorts)
- * 2 T-shirts (non-cotton if possible)
- * Long john top & long john bottom (non-cotton!)
- * Thin, long sleeve shirt (non-cotton!)
- * Thin jacket (non-cotton!)
- * Thin pants (non-cotton)
- * Bathing suit & sun hat
- * 3 pairs thin socks (wool, not cotton)
- * Nice raingear (both top and bottom)
- * Hiking boots (start wearing in now if they’re not already!)
- * Sandals (lightweight, sturdy-Texas or equivalent)

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

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

If you need to purchase some gear, here are some options:

EMS, Pittsfield; REI, MA locations or on-line; Sierra Trading Post, on line discount mail order; Arcadian Shop, Lenox; Play It Again Sports, Pittsfield; Instant Replay, Pittsfield. Goodwill & Salvation Army can have good clothing. Please contact us in advance if you have any questions.

Flying Deer Nature Center 518-794-6687 or email info@flyingdeernaturecenter.org