



WELCOME TO ADIRONDACK CANOE EXPEDITION!

Monday, August 7–Saturday, August 12

Welcome to Adirondack Canoe Expedition, an expedition overnight focusing on backcountry camping and travel. Your camper will be living outdoors for the entire week, pitching camp and cooking over a fire each night. It is of the utmost importance that they are packed lightly as well as completely. See below for a detailed packing list.

SCHEDULE

Arrival: Monday, 8:00 am. Please arrive promptly.

Send-off Circle: Monday, 8:00-8:30 am. Parent attendance highly encouraged!

Closing Circle: Saturday. Parents, please arrive at 5 pm. Closing Circle is from 5-6 pm. We will recount our adventures with you.

Join us for **Flying Deer Family Day, Saturday, June 17**, at the Abode Mountain Camp.
Delicious food, nature stations, games, crafts, music, and more!

LOCATION & DIRECTIONS

Location: The Abode of the Message, near Rt. 20 in New Lebanon, NY. **From East:** Take Rt. 20W from Pittsfield, cross the NY line, and turn left onto Darrow Road. **From South:** Take Rt. 22 into New Lebanon, turn right on Rt. 20, go 1/4 mile, turn right onto Shaker Road, which merges into Darrow Road after 1 mile. **From West:** Take Route 20 into New Lebanon, turn right onto Shaker Rd., which merges into Darrow Road after 1 mile. **From North:** Take Rt. 22 into New Lebanon, turn left on Route 20, go about 1/2 mile, turn right onto Darrow Road.

On Darrow Road: *Obey 25 mph speed limit!* Drive 1 mile to the Abode, turn right onto Chairfactory Road, go less than 1/10 mi., turn left into parking lot, follow signs, park tight!

Campers, please participate in the packing process so you know where everything is in your pack. You should be able to carry your pack up to 1½ miles.

Sowing Seeds of Respect for Self, Others, and the Earth

Flying Deer Nature Center, 5 Abode Road, New Lebanon, NY 12125, 518 794 6687, flyingdeernaturecenter.org

Packing List

Sharp 2-3 in. blade knife (non-folding and non-serrated is best)

One backpacking backpack

Sleeping bag: preferable synthetic (wet down makes poor insulation)

Sleeping pad

Optional: Dry stuff sacks (we will be renting large dry bags, but having a personal dry bag for additional non-essential items that won't fit into communal bags could be convenient).

Clothing: Wet cotton is heavy and can chill the body dangerously. Synthetic clothing dries quickly and keeps you warm even when wet. Good camping synthetics include nylon, polypropylene, and fleece. Wool and silk are great. Dress and pack thoughtfully.

- 1 pair of shorts
- Bathing suit
- Clothes for sleeping in
- 1 pair of pants
- 2 T-shirts
- Winter Hat
- Long johns (top and bottom)
- 1-2 fleece or wool sweaters
- 1 light jacket
- fleece pants
- 3 pairs of socks (wool is good)
- Waterproof raingear (top and bottom)
- Sandals, or sneakers
- 2 sturdy 32-oz. water bottles
- Toothbrush, toothpaste
- 2 heavy-duty garbage bags (a.k.a. "contractor bags")
- 5 ziplocs (1-gallon, double zipper only)
- Bowl and spoon
- Cup
- Sunglasses
- Hat
- Sunscreen and mosquito/tick repellent

What not to bring:

- Electronics
- Books

Additionally, we will be travelling to the Adirondacks, and looking for parent chauffeurs. If you are interested, please e-mail josh@flyingdeernaturecenter.org. Thanks!

We are certified by the New York State Health Department, who requires an operating permit and two yearly inspections. Inspection reports and required plans (filed at the Columbia County Department of Health in Hudson, NY) are available for review.

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