

Northern Frontier Out of Camp Trip Information

It will be a pleasure to have you at Northern Frontier Camp this summer. We are looking forward to your arrival and have been making plans for what we hope is going to be a great experience for you. Please find important information on the trip you have signed up for below. Please email or call if you have any questions (cstudley@northernfrontier.org, 215-493-2995).

Plan to arrive at camp between 11:00 AM and 12:00 noon and check in at the Administration Building. We will be doing a COVID19 screening upon arrival and we will be making sure all health practices and procedures are made known to you in order to keep you and/or your son as healthy as possible. Please feel free to bring your own PPE's, wipes, or hand sanitizer. We will have some for all trips if you do not come with any.

Northern Frontier "46er" Trip (Week 3-4)

The 46er Trip is led by two of Northern Frontier's trained staff, you will climb twenty- three of the Adirondack high peaks in two weeks this summer. In two years you will have earned the right to wear the coveted "46er Patch" recognized throughout the northeastern United States as a sign of skill and endurance.

You will enjoy fellowship with others learning to be outdoorsmen and the man God wants you to be.

Pre-requisite - good physical condition, strength and endurance. The better your physical condition, the more you will be able to enjoy this strenuous process of hiking in the Adirondack High Peaks. As a minimum, please be able to jog for 45 minutes without stopping.

Your group will have two counselors and not more than six campers. At least one of your counselors will be certified in First Aid and CPR.

Daily Bible exploration and informal sharing each evening around the campfire will be highlights of the day as you discover how the Bible speaks to your needs.

WHAT TO BRING

(WARNING - Cotton clothing, socks, etc. hold moisture severely. This results in chaffing, rubbing, poor insulation, long drying times, and increased pack weight. Non-cotton clothing, socks, etc. are greatly preferred, since they wick moisture away from skin, do not retain moisture, dry faster, and retain warmth even when wet.)

- Hiking boots - well broken in
- Hiking socks (wool/wool blend) - 6 pair
- Rugged sandals or running shoes
- Underwear (non-cotton compression shorts or performance boxers) - 6
- Pants - 2 pair (No jeans or cotton sweats; loose fitting is best)
- Shorts - 6 pair (non-cotton)
- T-Shirts - 6 - (non-cotton)• Shirt - long-sleeved - 2 (non-cotton)
- Sweater - wool or Polartec jacket - windbreaker
- Hat - 1 (fleece or wool)
- Toilet articles (Toothbrush, toothpaste, deodorant, nail clippers)
- Rainwear - lightweight
- Sleeping bag (20-40 degree rating, lightweight)
- Waterproof stuff bag (for sleeping bag)
- Whistle
- Bible - small
- Sunscreen - small
- Insect repellent - small

- Small flashlight - batteries (bring extra)
- Small backpacking towel - 1
- Handkerchiefs - 2 large
- Water bottles - two 1 liter (leak proof)

Optional:

- Any of your own camping gear
- Phone with waterproof case, camera.

If you'd like to submit your pictures for possible inclusion in Northern Frontier's brochure or newsletters, stop in at the Camp Office after the trip.

Northern Frontier "Explorer" Trip (Week 2)

On the Explorer Trip you will experience a week of fun and challenges in rock climbing, canoeing, and mountain hiking in the Adirondacks. This is an introductory trip designed to expose you to each of these skills and enable you to achieve more than is offered in the regular in-camp Battalion program.

The schedule for the Explorer Trip will be flexible primarily due to weather and the group's desires.

Rock climbing must be done in dry weather. Fishing may be a possibility on the canoe portion of the trip. Nearly all of this week will be spent out of camp.

Your group will have two counselors and up to six campers. At least one of your counselors will be certified in First Aid, CPR, and Life Guard Training.

A daily Bible exploration and informal sharing each evening around the campfire will be highlights of the day as you discover how the Bible speaks to your needs.

If you are 16 years of age or older and wish to fish on the trip, you must purchase your own NY State fishing license. Cost for a NY State resident is \$12.00 for a 7-day permit or \$25.00 for the season.

Nonresident

costs are \$28.00 for a 7-day permit or \$50.00 for a full season. Please purchase it before your arrival at camp.

WHAT TO BRING

hiking boots - well broken in
 socks - several pair
 shorts - 2 pair
 T- Shirts - 4
 shirt - 1 long- sleeve
 rainwear - lightweight
 flashlight w/batteries
 sun glasses
 towel
 waterproof stuff bag (sleeping bag)
 handkerchiefs - 2 large
 small Bible
 sneakers
 pants - 1 pair (loose fitting is best)
 underwear
 sweater - 1 light wool or Polarfleece
 jacket - windbreaker
 hat
 sunscreen

bathing suit
sleeping bag - lightweight
toilet articles
insect repellent
canteen or water bottle

Optional: Any of your own camping gear, phone, or camera. If you'd like to submit your pictures for possible inclusion in Northern Frontier's brochure or newsletters, stop in at the Camp Office after the trip.

Northern Frontier provides: packs, tents, food, cooking equipment and utensils, rock climbing ropes, helmets, canoes, paddles, life preservers, canoe bags, water filter/purifier

Northern Frontier Fishing Trip (Week 1)

As a participant on the Fishing Trip, you have the opportunity to become expert in basic fishing skills as you experience a week of fun and challenge on the lakes and rivers surrounding the camp's property. The schedule for the Fishing Trip will be flexible primarily due to weather.

During the course of the week you may fish several ponds and the Hudson River. It is possible you will catch Northern Pike, Bass, Trout, Perch and more. Northern Frontier fishermen have pulled 37 inch Pike, 22 inch Bass and 19 inch Trout from these bodies of water in recent years!

Your group will have two counselors and up to eight campers. At least one of your counselors will be certified in American Red Cross Responding to Emergencies, CPR, and Life Guard Training.

A daily Bible exploration and informal sharing each evening around the campfire will be highlights of the day as you discover how the Bible speaks to your needs.

If you are 16 years of age or older, you must purchase your own NY State fishing license. Cost for a NY State resident is \$12.00 for a 7-day permit or \$25.00 for the season. Non-resident costs are \$28.00 for a 7-day permit or \$50.00 for a full season. Please purchase it before your arrival at camp.

WHAT TO BRING

socks - several pair
underwear
T- shirts
long- sleeved shirt
shorts
pants - loose fitting
sweatshirt (hooded if possible)
sweater (wool or polarfleece)
windbreaker or jacket
handkerchiefs
fishing rod(s) and reel(s) and tackle
small Bible
bathing suit
towel
toilet articles
sunscreen
sleeping bag with waterproof stuff
bag

rainwear - lightweight
flashlight - batteries
old sneakers (for wading)
hat
sun glasses
NY State Fishing license

In addition to the articles you would normally bring to camp, you will want to bring any fishing equipment you have that is portable over woodland trails. You may want to bring a camera to capture some of the beauty and fun you will experience through the week. If you'd like to submit your pictures for possible inclusion in Northern Frontier's brochure or newsletters, stop in at the camp office after the trip.

Northern Frontier Kayaking Trip (Week 3)

The water routes on the Adirondack lakes and rivers as planned by the New York State Department of Environmental Conservation are adapted to the abilities, needs and desires of each group. There will be portages (carries) on the trip, which will require up to 1/2 mile of hiking with a pack. Please make sure you are in physical

If you plan to fish during the trip, a NY State fishing license is required for every one 16 years and older. Cost for a NY State resident is \$12.00 for a 7-day permit or \$25.00 for the season. Non-resident costs are \$28.00 for a 7-day permit or \$50.00 for a full season. If you need one, please purchase it before your arrival at camp.

A daily Bible exploration and informal sharing each evening around the campfire are highlights of the day as you discover how the Word of God speaks to you. The Kayak Trip will end after breakfast on Saturday.

What To Bring

(Some items will be left in camp - others will be taken out on the water)

Old sneakers
Water shoes or sandals (NO flip-flops)
Wool socks - 2 pairs (no all cotton socks)
Hiking pants or wind/rain pants - 1 pair
Hiking or athletic shorts - 1 pair
Moisture wicking short sleeve shirt
Long sleeve polypropylene shirt
1 or 2 bathing suit(s)
Underwear
T-shirts
Long sleeve shirt
Wool or wool blend sweater
Rainwear
Baseball hat or visor
Zip lock (gallon and XL and XXL)
Sun block (SPF 30)
Sunglasses (UVA/UVB protection)
Flashlight/batteries
Insect repellent
Daypack (optional)
Bible

Journal (optional)
Camping towel or shami
32 oz. water bottles - nalgene or lexar - 2
Toiletries (biodegradable soap)
Sleeping pad
Sleeping bag (polyfill or other synthetic material / NO
DOWN)
Small waterproof bag/container for money/keys/personal
items

Optional: fishing tackle, personal camping equipment you want to use, phone with waterproof case, or a waterproof camera. If you'd like to submit your pictures for possible inclusion in Northern Frontier's brochure or newsletters, stop in at the Camp Office after the trip.

Northern Frontier will provide: kayaks and paddles, life preservers, food, cooking equipment and utensils, tents, water bags, water filters/purifiers.

Northern Frontier Rock Climbing Trip (Week 5)

Rock climbing has been a favorite craft of Battalion campers for years. As a participant in our Rock Climbing Trip, you have the opportunity to become expert in basic rock climbing skills as you experience a week of fun and challenge in the Adirondack Mountains. The schedule for the Rock Climbing Trip will be flexible primarily due to weather. During the course of the week you will use Northern Frontier's Rock Climbing Wall, climb at areas close to camp, and then move on to greater challenges at well-known rock faces in the Adirondacks.

Your group will have two counselors and up to eight campers. At least one of your counselors will be certified in First Aid and CPR.

A daily Bible exploration and informal sharing each evening around the campfire will be highlights of the day as you discover how the Bible speaks to your needs.

In addition to the articles you would normally bring to camp, you will want to bring a pair of rock climbing shoes. You may bring whatever rock climbing equipment you have (harness, chalk bag, etc. – no ropes please), but the use of your personal equipment will be at the Rock Climbing Instructor's discretion. Northern Frontier's equipment has been purchased and inspected with safety as the primary concern. If the instructor shows any hesitation or has any question, Northern Frontier's equipment will be used. You may want to bring a camera to capture some of the beauty, challenge and fun you will experience through the week. If you'd like to submit your pictures for possible inclusion in Northern Frontier's brochure or newsletters, stop in at the Camp Office after the trip.

Northern Frontier Father and Son Fishing Trip (Week 3, 4)

Northern Frontier Father and Son Canoe Trips (Week 5)

The canoe routes on the Adirondack lakes and rivers as planned by the New York State Department of Environmental Conservation are adapted to the abilities, needs and desires of each group. Your leaders will be familiar with the route selected. Each father and son will share one canoe. There will be portages (canoe carries) on the trip, which will require up to 1/2 mile of hiking with a pack. Please make sure you are in physical shape to handle this amount of hiking.

If you plan to fish during the trip, a NY State fishing license is required for every one 16 years and older. Cost for a NY State resident is \$12.00 for a 7-day permit or \$25.00 for the season, \$5 for seniors (70+). Non-resident costs are \$28.00 for a 7-day permit or \$50.00 for a full season. Please purchase it before your arrival at camp.

A daily Bible exploration and informal sharing each evening around the campfire are highlights of the day as you discover how the Word of God speaks to you as fathers and sons.

The Canoe Trip will end after breakfast on the final day (Tuesday or Saturday).

Fathers and their sons who come only for the Father/Son Program do not need a physician's examination. However, we do require both of you to complete and sign the "Camper Health History Form 1" prior to coming to camp. Form 2 is not required. The NY State Health Department requires your son to have a complete, up-to-date immunization record. Please give the information requested on your family medical/hospital insurance. If needed, your policy will be used first since the camp provides only limited non-duplicative coverage.

WHAT TO BRING

sneakers - 2 pair (something you can get wet that has straps, something to use on portages (sneakers or light weight hiking shoe)

wool socks – 2-3 pairs

pants - 1 pair loose fitting

shorts - 1 pair

bathing suit

underwear

T-shirts – 4 (preferred non cotton shirts)

long -sleeved shirt (moisture wicking)

wool sweater or fleece

Hat

Rainwear

toilet articles (biodegradable soap)

towel - camping shami (light-weight towel)

sunscreen

Synthetic sleeping bag (preferred not down) with waterproof stuff sack
handkerchiefs - 2 large for PPE's
sunglasses
flashlight – batteries (headlamps work great)
insect repellent
Bible - small size
plastic bags for clothes

Optional: fishing gear

***Please do not bring portable gaming systems, dvd players, IPODS, IPADS, MP3 or music players with headphones. The permission given to bring a phone would be for picture taking and emergency use only.

***You can find off brand moisture wicking shirts at Target and Walmart that would be great for a trip like this.

Northern Frontier "Mountain Trip" (Week 6)

The Mountain Trip is led by two of Northern Frontier's trained staff, you will climb 6-10 mountains sometimes 2-3 in one day. There is not a set daily agenda like the 46r Trip, this trip is less intense, there is more time to explore, sit, talk, and talk around the fire. You need to be in great shape able to hike anywhere from 6-15 miles in a day. NF may choose to take the trip into the High Peaks region, the Northville Lake Placid Trail, the Long Trail in Vermont, or other areas depending on the leader's experience.

You will enjoy fellowship with others learning to be outdoorsmen and the man God wants you to be.

Pre-requisite - good physical condition, strength and endurance. The better your physical condition, the more you will be able to enjoy this strenuous process of hiking in the Adirondack High Peaks. As a minimum, please be able to jog for 45 minutes without stopping.

Your group will have two counselors and not more than six campers. At least one of your counselors will be certified in First Aid and CPR.

Daily Bible exploration and informal sharing each evening around the campfire will be highlights of the day as you discover how the Bible speaks to your needs.

WHAT TO BRING

(WARNING - Cotton clothing, socks, etc. hold moisture severely. This results in chaffing, rubbing, poor insulation, long drying times, and increased pack weight. Non-cotton clothing, socks, etc. are greatly preferred, since they wick moisture away from skin, do not retain moisture, dry faster, and retain warmth even when wet.)

- Hiking boots - well broken in
- Hiking socks (wool/wool blend) - 6 pair
- Rugged sandals or running shoes
- Underwear (non-cotton compression shorts or performance boxers) - 6
- Pants - 2 pair (No jeans or cotton sweats; loose fitting is best)
- Shorts - 6 pair (non-cotton)
- T-Shirts - 6 - (non-cotton)• Shirt - long-sleeved – 2 (non-cotton)
- Sweater - wool or Polartec jacket - windbreaker
- Hat - 1 (fleece or wool)
- Toilet articles (Toothbrush, toothpaste, deodorant, nail clippers)

- Rainwear – lightweight
- Sleeping bag (20-40 degree rating, lightweight)
- Waterproof stuff bag (for sleeping bag)
- Whistle
- Bible - small
- Sunscreen – small
- Insect repellent – small
- Small flashlight - batteries (bring extra)
- Small backpacking towel - 1
- Handkerchiefs - 2 large
- Water bottles - two 1 liter (leak proof)

Optional:

- Any of your own camping gear
- Phone with waterproof case, camera.

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