

*We are excited you will be joining us for a wilderness trip this summer!
Please review this information sheet, which includes many details about
Camp Cedarbrook in the Adirondacks wilderness trips.*

Wilderness trips provide challenges within the reach of the average, healthy camper. Each camper signs a Trip Covenant when she registers for a trip, asserting that she is in good health and will inform staff members of any change in her condition of health. Camper participants must have completed Canoe 1 and Swim 2 or have equivalent skills.

Backpack Trips travel through the High Peaks region or the mountains east of Lake George. These trips include hiking mountain trails with loaded backpacks and tent or lean-to camping for 2–4 days.

Canoe Trips travel on the Adirondack canoe routes along lakes and rivers. These trips include paddling, portaging canoes and equipment, and tent or lean-to camping for 3–5 days.

If you require a detailed itinerary for your camper's specific trip, please contact the camp office immediately before your camper's session.

We reserve the right to change our program or cancel trips if fewer than 4 campers register.

Before the Trip

Camper Training Campers participate in trip orientation prior to trip preparation. They practice skills necessary for the specific type of trip, view maps and emergency information, and are trained in the use of the cellphone and other ways to obtain emergency assistance. Campers prepare camping equipment as needed and pack for the trip.

Staff Training Trips are led by certified specialists who are at least 21 years old and trained in leading such groups. The trip specialist is accompanied by at least one other qualified staff member. Trip specialists are certified in Wilderness First Aid and CPR, and are trained to handle possible hazards. Canoe trip staff members are trained in canoe-over-canoe rescue. At least one canoe trip staff member is a certified Lifeguard, trained in water rescue skills. Trip specialists have traveled on each trip route prior to leading a trip with campers.

During the Trip

All trips take place away from the camp property in the beautiful Adirondack Park. Trip groups travel to trip locations in camp vans driven by certified camp staff drivers. Drivers carry complete maps and directions.

All trip groups carry the following trip materials:

- Maps marked with the campsite location for each night
- Emergency access points along trip routes
- Names and phone numbers for rangers along trip routes

A duplicate set of driver and trip materials is filed in the camp office.

Staff members carry cellphone(s) for communication in the event of an emergency. In some locations, payphones are available. Many trip routes pass near homes or along well-traveled routes so that others may offer emergency assistance if necessary. Rangers patrol these popular routes as well. Travel time and distance from formal emergency assistance varies by location.

Health, safety, risks, and hazards of the trip program are similar to those experienced at camp. Trip hazards include falls, capsized canoes, inclement weather, and encounters with animals. For injuries, staff members will administer first aid and the camper will be assessed as to whether additional care is needed. For inclement weather, trips may continue in the rain, but will stop and seek shelter in the event of lightning. Per New York State regulations, all trips carry "bear cans" to protect food supplies.

In the event that a trip cannot continue, the camp office is notified and camp staff drivers leave immediately to collect the trip group.

After the Trip

Campers help unpack and care for camping equipment as needed. They participate in the camp program as their remaining time at camp allows.