

Additional Information on Camp Cedarbrook Adventure Trips

Backpacking trips travel to the High Peaks or the mountains east of Lake George. These trips include hiking mountain trails and tent camping. Canoe trips take place on the Adirondack Canoe Routes. These trips include paddling, portaging and tent camping. All trips provide challenges within the reach of the average, healthy camper. Campers sign a *Trip Covenant* when registering for trips and agree that they are in good health and agree to inform staff members of any change in the condition of health.

All trips carry maps that are marked with the camping location for each night*, as well as emergency access points* along trip routes. Names and phone numbers for rangers* in each trip location are carried, too. Staff members carry cell phone(s) for communication in the event of an emergency. In some locations, pay phones are available. In addition, many of the routes either pass by homes or are on well-traveled routes so that others may assist the camp group in obtaining emergency assistance, if necessary. Rangers patrol these popular routes, as well. Time and distance from formal emergency assistance varies by trip location. In the event that a trip cannot continue, camp is notified and drivers are sent to pick up trip group. Travel to trip locations takes place in camp vans. Drivers carry maps* and directions*. (*Additionally, each of these pieces of information is posted/filed in the camp office.)

Trip hazards include falls, capsized canoes, inclement weather and encounters with animals. Staff members are certified in Wilderness First Aid and CPR and are trained to handle each of these situations. For injuries, first aid techniques would be applied and camper would be assessed as to whether additional care was needed. Canoe trip staff members are trained in canoe-over-canoe rescue and at least one of the staff members is a certified Lifeguard, trained in water rescue skills. Trips may continue in rainy weather, but will pull off the trail or water and seek shelter in the event of lightning. Trips carry “bear cans”, as per NYS regulations, in order to protect food supplies. Staff members have traveled on each of the trip routes prior to leading campers on them.

Campers participate in trip orientation prior to trip preparation. They practice skills necessary for the type of trip, view and maps and emergency information, and are trained in use of the cell phone and other ways of obtaining emergency assistance.

If you desire a specific itinerary of your child’s trip, please contact camp immediately before your daughter’s camp session.