

Trek Advisor Guide



Wak Treks 2026

**Your scout's epic
adventure just got one
step closer!**



treks@campwakpominee.org





RISK ADVISORY

Participation in WAK-TREK canoe trips involves a certain degree of risk and can be physically, mentally, and emotionally demanding. Participation in these activities is entirely voluntary and requires participants to abide by applicable rules and standards of conduct. Parents, guardians, and adults must carefully consider the risk involved and give consent for their child(ren) and/or themselves to participate in these activities.

They also must release Scouting America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from all claims or liability arising out of this participation.

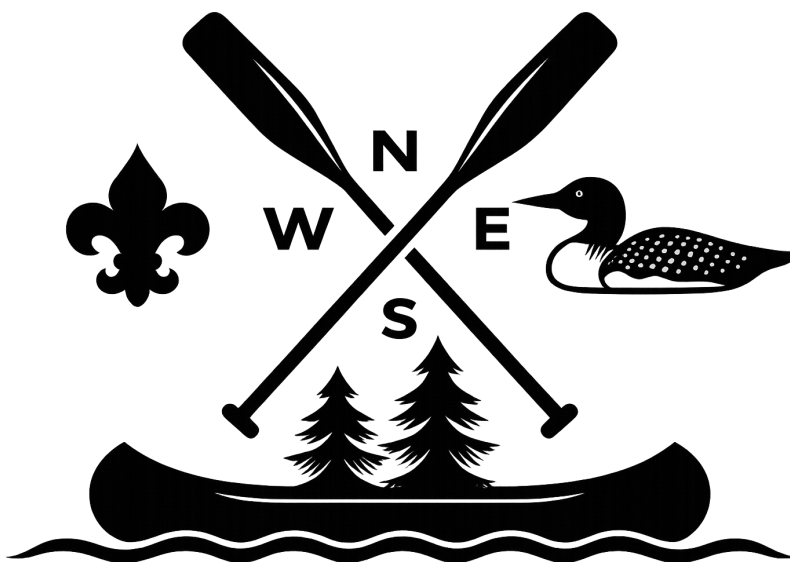
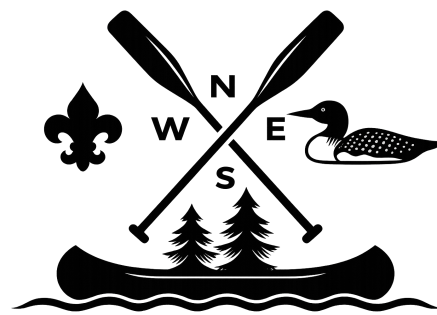


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Expedition Overview:



Treks start on Saturday at 1 PM at our basecamp at Camp Wakpominee. Here crews will meet their Trek Leader for the duration of our trip. Upon arrival, crews are provisioned with all necessary back country food and crew equipment including canoes, paddles, PFDs, first aid kit, GPS tracker, tents or hammocks and cooking equipment. Each participant must bring some basic high-adventure personal equipment. Saturday afternoon, crews will spend time setting up camp and exploring the camp lake. Crews will also sort and pack their food, enjoy a meal prepared by their trek leader, and overnight at base camp in their own tents. On Sunday, crews will prepare breakfast and begin trek preparation and shakedown, take a swim check, work on paddling and camping skills.

Monday through Friday have crews following their custom pre-planned itinerary through the pristine lakes and forests of the six million acre Adirondack Park, enjoying the incredible views, wildlife and camaraderie. Many treks include an opportunity for a day hike to a summit or fishing. Crews return to base camp on Friday afternoon, clean up, check in their crew gear and enjoy a hot shower. Crews should plan to depart on Saturday morning, depending on the length of their drive home.

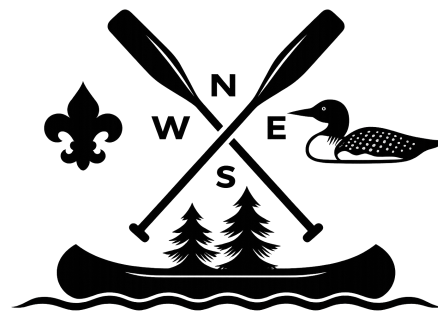
The program is open to Scouts and Venture Scouts at least 13 years old who have passed the swimmer check. Crews can range from 6 to 8 participants and must include at least two adults.

What's included:

- Base camp operations from Camp Wakpominee
- A full day of on-water and in-camp training
- 5-day backcountry canoe trek
- All in-camp and backcountry meals
- A full-trained and seasoned trek leader for the entire duration
- Use of a complete crew gear kit with tents, rain tarp, and kitchen gear
- Canoes, paddles, PFDs and required safety gear
- Souvenir tee shirt and water bottle
- A lifetime of memories and skills!

Why Wak-Trek

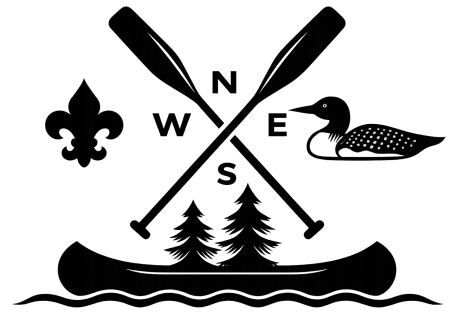
Even Baden Powell found it a challenge to keep older Scouts in the Scouting Program. It is particularly ironic, because we all know that teenagers thrive when challenged in an outdoor program. We believe **Wak-Treks** will appeal to a Scout's sense of adventure and provide a wholesome outlet for teenage energy.



- ✓ **Our Costs are Less / Travel times are Shorter.** Philmont costs over \$2,000 per person. Scouting America's Northern Tier Base in Minnesota costs more than a locally run program would, plus there is a 1,200-mile, two-day journey EACH WAY, adding greatly to the cost and time involved.
- ✓ **New York's Adirondack Park.** We are blessed that, in our area, we have access to the 6.1-million-acre Adirondack Park with over 1,000 lakes and 30,000 miles of rivers and streams.
- ✓ **We have local talent.** With extensive training, the WakTreks leaders have decades of experience canoe tripping in the Adirondacks.
- ✓ **Your trek leader will "make the program."** Crews who have participated in WakTrek have found that their trek leader—who accompanies them for the whole week—is a tremendous asset and resource for them. We have tapped into the extensive tripping experience of many local Scouters, to enhance the program. Our Trek Leaders are outstanding Scouters as well as veteran canoe trippers.
- ✓ **We Add Value.** Local pre-trip training by experts. With extensive preparation training at our base camp, crews will learn the craft of canoe tripping.

The Wak-Trek Voyageur Trek Leaders

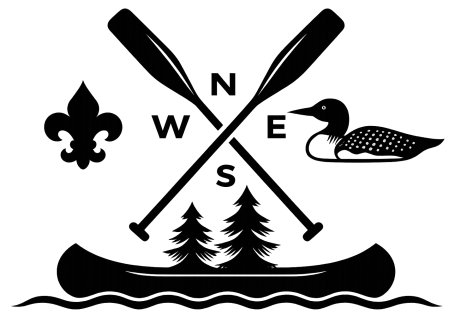
We're proud of our trek leaders. They have been individually chosen for their outdoors competence, ability to work with youth, and good judgment. Some have been Scoutmasters and adult leaders for years— even decades—and have an in-depth knowledge of Scout methods. Others are young, enthusiastic outdoor dealers who have been through rigorous trek leader training.



Our trek leaders are fully trained, friendly and easy to be with. Chances are you'll get along really well with your trek leader. Participants have told us that the trek leaders added great value to their trips.

For a complete list of trek leaders, visit: campwakpominee.org/treks/

Unit Trek Advisor Recommended “To Do” List



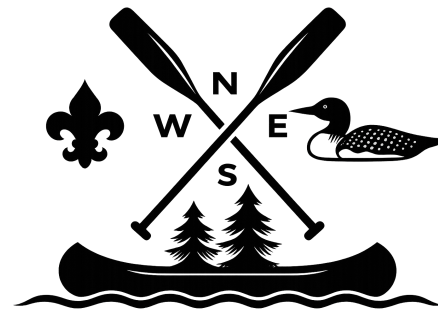
When	Activity
November – January	<input type="checkbox"/> Promote program in unit, recruiting crew members (6 scouts & 2 adults) <input type="checkbox"/> Collect \$100 deposit from every crew member <input type="checkbox"/> Secure crew slot(s) with a Reservation Request and a deposit/crew <input type="checkbox"/> Distribute Personal Gear List to crew members
January	<input type="checkbox"/> Crew(s) should meet and elect a Crew Leader and other crew positions <input type="checkbox"/> Crew members should make first payment
February	<input type="checkbox"/> Submit your preliminary Crew Roster (with Tee-shirt sizes)
March	<input type="checkbox"/> File your Crew Itinerary Worksheet <input type="checkbox"/> File your Food Selection Worksheet <input type="checkbox"/> Swim check at local pool or council-organized event
April	<input type="checkbox"/> Start collecting completed health forms. <input type="checkbox"/> Hold first Personal Gear Shakedown with crew, helping crew members make decisions about appropriate gear <input type="checkbox"/> Hold backcountry scout skills training sessions with your crew(s), using the Voyageur Handbook as a guide to instruct various required skills <input type="checkbox"/> Create duty roster <input type="checkbox"/> Crew members should make final payments (varies based on crew size)
May	<input type="checkbox"/> Continue backcountry scout skills <input type="checkbox"/> Take crew canoeing and practice basic strokes and canoe control skills <input type="checkbox"/> All payments made to TRC
June	<input type="checkbox"/> Final personal gear shakedown <input type="checkbox"/> All health forms should be collected and organized per car. <input type="checkbox"/> Make copies of all materials <input type="checkbox"/> Leave one copy of crew materials with a contact in unit/council <input type="checkbox"/> Pack a second set to take on expedition
July or August	<input type="checkbox"/> Depart for your WakTrek

WakTrek Training Calendar



When	What	
MARCH /APRIL Advisor Orientation Meeting	<i>A “Train the Trainer” event designed for crew advisors (adults) and crew leaders (youth) that will be overseeing the crew training and expedition planning. Covers the responsibilities and preparation process, paperwork and personal gear required to successfully participate in a WakTrek Expedition.</i>	Zoom or Google Meet
APRIL/MAY Trip Planning & Route Selection	<i>Crews have an opportunity to review their itinerary plans with a trek leader, then file their plans along with their menu and tee-shirt orders.</i>	Zoom or Google Meet
University of Scouting	<i>Attend Backcountry Skills, First Aid, Navigation and other sessions at regional University of Scouting</i>	University of Scouting
MAY /JUNE Advisor Led Crew Training	<i>On their own time crews should work on the back-country skills as outlined in the training materials, practicing their skills</i>	Crew-planned
JULY or AUGUST Final Personal Gear Shakedown	<i>A final opportunity for crews to check their personal gear and pack their food in canoe packs, ready to head into the Adirondacks.</i>	WakTrek Basecamp in Camp Wapominee

Advisor Orientation Meeting



Meeting is for:

All Adult Advisors, interested Parents,
and Youth Leaders from each crew.

Date and Time:

TBD

Zoom for out-of-town crews

<https://trcscouting.org/camp-wakpominee/>

Please Bring with You:

- Notebook
- Questions

References to be available at Meeting:

1. *Advisor Handbook*
2. *Canoe Routes Booklet*

Topics:

- ☐ Training Outline: Goals and objectives of the training sessions
- ☐ Overview Needed materials and resources
- ☐ Medical Forms
- ☐ Red Cross Wilderness First Aid Course
- ☐ Travel Itinerary to Camp Wakpominee
- ☐ Physical Conditioning Issues for adults & youth
- ☐ Swimming Skills: Training and testing your crew members
- ☐ Safe Swim Defense & Safety Afloat On-line
- ☐ Equipment & Personal Gear instruction
- ☐ Food Menu, Allergies & Concerns
- ☐ Finances
- ☐ Online Roster/Payment Process (10 minutes)
- ☐ Canoe Trip Itinerary Selection
 - Overview on how to design / select a route, resources, and maps.
- ☐ Travel Binder Preparations
 - Roster
 - Medical Forms
 - Permission forms
- ☐ Future Training
 - University of Scouting Sessions
 - Wilderness First-Aid
 - Water Shakedown
- ☐ Leave No Trace Tripping (Whole Group) (10 min)
 - The 7 Principles
- ☐ Questions & Answers

Outdoor Canoe Trip

Shakedown



Date and Time:

First Weekend of Your Trek at
Basecamp

<https://campwakpominee.org/treks/>

Please Bring with You:

- Pack - completely packed. You will throw it into the lake for a 1-hour waterproofing test.
- Rope – 8-foot shank for knot tying
- Compass
- Medical Exam, completed
- Parental permission form, completed
- Water shoes. Your water shoes will get wet. An old pair of sneakers is fine.
- Change of clothes. We are NOT planning on swamping, but it is wise to have a change.
- Lunch
- A hearty snack.
- TARP and ropes for your troop/crew

Topics:

- ☐ Welcome and Meet the trek leaders
- ☐ Canoe Skills Part I – “The Magic of Paddling” Strokes: Forward, Bow Draw, Cross Bow Draw, Sweep,

Sculling, Back Stroke, Reverse Sweep, J-Stroke, Stern Draw, Stern Pry

☐ Canoe Skills Part II – “Let’s Paddle” Pivots, Sideslip, J-Stroke, Changing positions while afloat. 100-yard paddle.

☐ Camp Skills – “Pack Dunk, Bear Bag, Tie the Fly” Gear Dunk Test, Duluth Packs, Packing personal equipment. Tarp pitching. Bear bags.

☐ Portaging – “Lake to Lake” Landing at a portage; The “Gear Pile”. Portage Yoke. One-man carry: two-man carry. Launching at the next lake. Voyageur knots

☐ Safety Issues in Canoe Tripping Rough Water Canoeing; Safe Swim Defense; Safety Afloat

☐ Wilderness Camping Techniques, Emergencies, signaling, evacuation. Water purification, filters and chemicals, Steri-Pens. Paddling tips: kneeling pads, rubber bands, hats, sunglasses, nylon-blend clothing. Permethrin and DEET.

☐ Personal Gear Shakedown
An opportunity to review your personal gear and make final adjustments.

Training Your Crew at Home



A UNIT CANOE TRIP TRAINING PROGRAM

Canoe Tripping is a sport that can become a lifelong avocation. It can lead you to places only accessible to true wilderness adventurers. We have assembled here a solid training program that your Unit can use at home to prepare for a Northwoods trip. This *Training for Adventure* program is designed to take many months to complete. Enjoy the process; you'll probably find out that no matter how experienced you are, there is still room to improve!

	Date	Location		
1.			Canoe Lore	Canoe types, Duluth packs, food packs, slide show, Presentation by WakTrek trek leader
2.			Equipment	Personal equipment list, tents, sleeping bags, Crew equipment.
3.			Knots	Tie the 8 ½ Voyageur Knots blindfolded and behind your back. Practice one knot each week. Test at the end. Bear Bag. 50' Rope toss.
4.			First Aid	Red Cross WILDERNESS First Aid Course, emergency protocols, evacuation planning
5.			Route Selection and Safety	Remoteness. Always safety first. Safe Swim Defense. Safety Afloat. PFDs. Importance of following the Wilderness Leader.
6.		Inside / outside	Map & Compass	Orient a map; map symbols, take degree readings, measuring pace, take a back azimuth to find position, bushwhack off trail for 1 mile.
7.		Inside / outside	Woods Tools	Tote-n-chip, split a 3-inch log, knife, ax and saw safety.
8.		outside	Fire building	Finding tinder. Lighting fires. Liquid fuel stoves. Kelly Kettle. Techniques and safety.
9.		pool	Swimming	Use a community pool for practice. 100-yard swim test.
10.		Inside / outside	Tent Pitching	Pitch the tent in daylight-one person. Pitch in darkness-two people
11.		outside	Trail Tarp	Rigging a trail tarp "lean-to" style. Rigging a "James Bay Tarp," Bowline, taut line hitch, sheet bend, Pierre's slippery hitch, daisy chain
12.			Food	Nutrition for canoeing, supermarket shopping for the trail, can/bottle ban
13.		pool	Water Skills	PFDs. Paddle Practice. Swamping.
14.			Trip Planning	Time frame and deadlines. Transportation. Campsite reservations. Food costs. Fee schedule. Medical Exams. Dental Exams. Canoe Rentals.
15.			Personal Equipment Shakedown	Thorough and final check of all your personal equipment for size and appropriateness.

Get Your Credentials!

To Do:
Set Up Wilderness First Aid

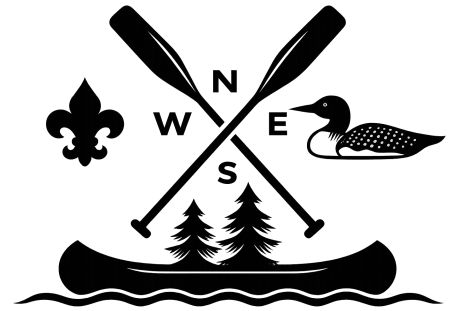
Now that you are planning a canoe trip, it is a great time to bring your training up to date. The purpose of the training is to prepare you for traveling safely in the woods.



Held in March every year at various locations, the University of Scouting event is an excellent resource to augment your training.

American Red Cross Training

- ☐ Cardio-Pulmonary Resuscitation (CPR) and Automatic External Defibrillator (AED) (one adult should be currently trained in CPR/AED)
- ☐ Wilderness First Aid (recommended)



Scouting America Training

- ☐ Youth Protection (mandatory for all adults)
- ☐ Safe Swim Defense (offered online)
- ☐ Safety Afloat (offered online)
- ☐ Hazardous Weather (required online)
- ☐ GFC Liquid Fuels (may be offered at University of Scouting)
- ☐ Scouting America Paddle Craft Safety (recommended)
- ☐ Scouting America Swimming and Water Rescue (recommended, but not required)

Check out the following websites for Scouting America online training:

<https://trcscouting.org/>
<https://www.scouting.org/training/>

Personal Gear List

Wear in the Canoe

- ☐ Hat with brim
- ☐ Wicking T-Shirt
- ☐ Light Long Sleeve Shirt (bugs, sun)
- ☐ Wicking Underwear
- ☐ 1 Pair Shorts (nylon)
- ☐ Belt (nylon)
- ☐ Wool Socks
- ☐ Water shoes – (closed toe sandals)
- ☐ Bandanna
- ☐ Watch (optional)
- ☐ Eyeglasses w/ Sport Strap
- ☐ Bag for organizing clothes to wear on Day 1

Extra Clothing

- ☐ 20L Dry Bag for packing clothing
- ☐ Long Pants (nylon blend)
- ☐ Fleece Jacket
- ☐ Knit Cap
- ☐ 1 Wicking T-Shirt
- ☐ 1 Wicking Undershorts
- ☐ 1 Bandana (also use for first aid)
- ☐ 2-Good Pairs Wool Blend Socks
- ☐ Camp Shoes (pair of old sneakers)
- ☐ Swim Trunks

Fanny Pack/Day Pack

(1/person for essentials)

- ☐ Sunglasses w/ Sport Strap
- ☐ Small Notebook w/ pencil*
- ☐ Medication* (give to leader)
- ☐ Sunblock #30 or #45
- ☐ 1/2 roll Toilet Paper*
- ☐ Water bottle-1 quart (Nalgene)
- ☐ Rain Jacket (NO PONCHOS)
- ☐ Drinking Cup (12-ounce size)
- ☐ Spoon and Bowl
- ☐ Pocket Knife
- ☐ Matches/Lighter*
- ☐ Chapstick
- ☐ Whistle
- ☐ Bug repellent
- ☐ Head Net (optional)
- ☐ Small map*
- ☐ Camera (waterproof)*
- ☐ Extra battery for camera*
- ☐ Headlamp (waterproof)
- ☐ ...with extra Batteries
- ☐ 10' piece of paracord
- ☐ 2 heavy duty 30-gal plastic bags

* Protect these items from wetness with a sturdy zip-lock bag or other water-tight containers.

Wash Kit

- ☐ Small bottle Camp Suds- (biodegrades)
- ☐ Toothpaste (sample size)
- ☐ Desenex Powder
- ☐ Hand Sanitizer (sample size)
- ☐ Comb or brush
- ☐ Small Pack Towel-microfiber sports towel or "Sham-Wow"

Sleeping

- ☐ Sleeping Bag (Hollofil dries well) (Warm to 35 Degrees Fahrenheit)
- ☐ Nylon Stuff Sack or Dry Bag -10" x 18" for sleeping bag-Compression Sack is best
- ☐ Sleeping Pad (super thin & compact)

Travel / Night Before

(leave in car)

- ☐ Gym Bag for Gear
- ☐ Uniform (wear on Saturday)
- ☐ Clothes for the ride home
- ☐ After-trek towel, shaving kit & toiletries
- ☐ \$40 cash for souvenirs, meals
- ☐ Sharpie permanent marker

DO NOT BRING

- ☐ Aerosol Cans (danger of puncture)
- ☐ Ponchos (dangerous in water)
- ☐ Illegal Drugs / Alcohol
- ☐ Fireworks
- ☐ Firearms or Weapons

YOUR CREW SHOULD BRING:

First Aid Kit, 2 compasses, 1 pair leather gloves, 200 feet of Nylon Parachute Cord, Extra Zip-lock Bags, duct tape, 6 x Extra heavy duty 39-gal plastic bags, & stick lighter.

WAKTREK PROVIDES THE FOLLOWING:

Canoe packs for personal gear, Tents, Dining Fly, Stoves, Fuel, Fuel Bottles, Saw, Food packs, Cook Kits, Chef Kits, Water Purification System, Canoes, Paddles, Lifejackets, and Bailers

Hints On Packing Gear

The Duluth Pack

The favorite pack of canoe trippers is named for the city in Minnesota where it was first manufactured. A *Duluth Pack* is made large, to carry lots of gear. It has soft sides to conform to the hull of your canoe; and it is frameless, so it won't puncture the canoe body. WakTrek uses a high-quality nylon version of the famous Duluth pack.

Space Limitation

The Voyageurs of old were limited to a small pack of personal items, the size of a modern-day airline carry-on case. Space in the canoe was needed for hauling trade goods. If a man was taller than five feet six inches, he could not become a Voyageur. His legs took up too much space! Today, tall Scouts are welcome on trips, but gear still must pass the size test.

Dry Bags

Bring one 20L or two smaller compressible dry bags. All your belongings should fit into the dry bag(s). Compression dry bags are very helpful for packing.

Dry Bag #1 - Your Sleeping Bag

Put your sleeping bag and any sleeping clothes in one of the dry bags.

Dry Bag #2 - your Clothing

To keep your gear dry, follow this foolproof method:

1. Pack your clothing in sets in separate plastic bags. Each bag has one set of clothes. Squeeze out all the air. Zip-lock bags work well.
2. Put the dry bag(s) inside your Duluth Pack.

Fanny Pack/Day Pack

Many trek leaders like to bring a fanny pack for their water bottle, sunglasses, raincoat and sundries. The loaded fanny pack should weigh just a few pounds, because you will carry it with a Duluth Pack on the portages. A lightweight carabiner will allow you to clip the fanny pack to a thwart while canoeing.

Watch out for "Dangles"

All items should be packed inside your packs. Tying items onto the outside of a pack makes it difficult to load and unload your equipment in the canoe and may damage the equipment.

Hold a personal equipment shakedown

A few days before your canoeing trip, lay out personal equipment so everything can be seen at once. Check against the checklist. Make sure you have all the essential items; there is no store on the trail. Remember that extra unnecessary items carried by one person put an additional burden on everyone else.

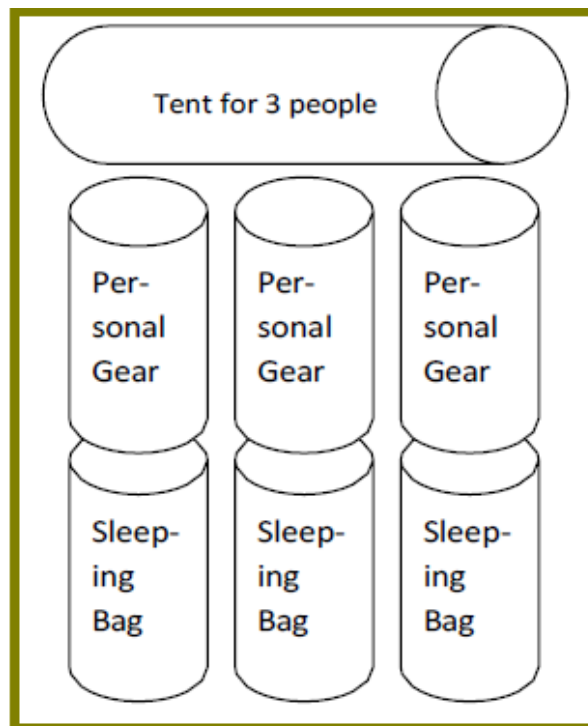
Travel Clothes

In one bag, place your backcountry gear - a fabric grocery bag works well for this. In a separate bag, pack your travel-home clothes, shower sundries and towel. This keeps them dry and minimizes mix-ups prior to the trip. Bring extra plastic bags. Heavy duty bags are best.

Packing the Duluth Pack for Three (3) Persons.

Approximate weight: 50 pounds. 30"W by 36"H.

Stuff Sacks or Dry Bags for personal gear and sleeping bags each measure 10" x 18" or less.



Crew Gear

Specialized Canoe Tripping Equipment

It is our intention to provide all crews participating in WakTrek state-of-the-art equipment. All equipment has been extensively field tested, and we believe it to be of the highest quality and durability. We hope the equipment issued to you enhances the enjoyment of your trip. The value of each crew's equipment is over \$6,000, and we appreciate your taking good care of it, so the next crew can also find it in excellent shape.

Crew-supplied Crew Gear
(*not supplied by WakTrek*):

- ☐ Crew First Aid Kit
- ☐ 200' Nylon 1/8-inch Parachute Cord (for tying tarps and camp use)
- ☐ Lightweight Ax (optional)
- ☐ Cell Phone in waterproof case (optional)

To Do:

- ☐ Decide on additional equipment to bring (left column).

Equipment Provided by WakTrek

- \$4,500 17' Old Town Penobscot Tripping Canoes (3)
- \$ 300 Paddles (11)
- \$ 400 Life Jackets (8)
- \$ 750 Eureka 3-man Timberline Tents (3)
- \$ 150 12' x 12' Dining Fly (1)
- \$ 100 Gas Stoves (2)
- \$ 20 Stove Grate (1)
- \$ 50 Fuel Bottles (4)
- \$ 20 Folding Saw (1)
- \$ 100 Cook Kit - pots and pans (1 kit)
- \$ 20 Chef Kit – spoon, ladle, spatula (1 kit)
- \$ 80 Water Purification System
- \$ 15 50' Bear Bag Ropes (2)
- \$ 15 5/16 Bear Bag Pulleys (3)
- \$ 5 Messenger weight and line

~ \$6,000 TOTAL VALUE OF CREW EQUIPMENT

NOTE: Equipment Agreement

Each crew is asked to return equipment in good condition. A crew may be charged for abuse of equipment (other than normal wear and tear).

Crew First Aid Kit

Certain medical emergencies should be carefully prepared for;

- Medications. All the leaders will want to be aware of prescription medications taken by everyone, including the other leaders.
- Diabetes must be monitored carefully. High energy consumption due to intense physical activity may cause blood sugars to drop more than at home.
- Allergic Reactions. The person allergic should carry an *unexpired* EpiPen, and the adult leader should also carry a spare. The allergic person should consult his doctor about the advisability of also using an antihistamine in conjunction with the EpiPen.

First Aid Kit Supplies

(*Not supplied by WakTrek*): Your crew first aid kit should weigh less than 4 pounds. Here are items other crews have carried with them. You may want to adapt the items for your own crew.

Common Prescription Medications used:
The leader may (but is not required to) carry and dispense all prescription and over the counter medications.

- Asthma inhalers
- Bee-sting kits (EpiPens) carry two (2)
- ADD / ADHD medications
- Anxiety medication
- Diabetes medication
- Blood pressure medication
- Cholesterol medication

MEDICAL INFORMATION

- Health Forms for each participant
- 1...Small first aid handbook and Pencil
- 2...Patient assessment form
- 2...Evacuation forms

MEDICATIONS (OVER THE COUNTER)

- 20...Ibuprofen (anti-inflammatory)
- 20...Tylenol (headaches)
- 20...Aspirin (blood thinner for suspected strokes)

- 1...Glucose Paste (glucose) for diabetics
- 1...Afterbite sting and itch relief wipe
- 2...Packets powdered Gatorade (electrolytes- for cramps / heat exhaustion)

ESSENTIALS

- 1...Sam splint 4" x 36"
- 1...CPR face shield
- 1...EMT shears
- 1...Tweezers
- 1...Nail Clippers
- 1...Nail File
- 1...Magnifying Glass
- 1...Duct tape 2" x 5 yards
- 3...safety pins

WOUND CARE

- 1...Triple Antibiotic Ointment
- 2...Gloves
- 2...Hand wipes
- 1...Syringe or plastic bag (for wound cleaning)
- 1...Small bottle hand sanitizer
- 20.Bandaids assorted

BANDAGE MATERIALS

- 1...Trauma Pad 5" x 9"
- 1...Trauma Pad 8" x 10"
- 8...Sterile Gauze Dressing 4" x 4"
- 8...Sterile Gauze Dressing 2" x 2"
- 1...Sterile Conforming Gauze Roll 3"
- 1...Sterile Eye pad
- 1...Triangular Bandage
- 1...Tape 1" x 10 yards
- 1...Ace Elastic Bandage 3"

BLISTER / BURN CARE

- 1..."Second Skin" dressing 3" x 4"
- 1...Molefoam 5" x 6"
- 1...Moleskin 4" x 7"

LEECHES

- 1...Saltshaker-small (salt removes leeches)

Tips on Food

Do We Have Enough Food?

That is a question that arises on every canoe trip. What should a good leader do?

Menu selections are designed to be more than adequate. We provide both lightweight trail food and food that can be cooked over stove or fire, paying attention to known allergies and dietary restrictions.

For most of the WakTrek crews, meals are generally more than sufficient in quantity. It's common for crews to return to basecamp with un-eaten snacks and side dishes.

Beware! Extra food adds weight very quickly. So, think twice about adding another food pack to your crew gear.

How Do We Get Our Food?

Your crew's food will be available at basecamp when you arrive.

If any of your crew members have special dietary needs or allergies that we cannot easily accommodate, please bring your own food to supplement that which we can provide.

How Do We Pack Our Food?

Checking and packing your food is one of the activities on Saturday evening at base camp (see photo). The process starts by laying out the food in the order that you will consume it, starting with Saturday morning, working through to the next Saturday morning. We recommend spreading the snacks throughout the week, usually packed with breakfast for each day. All the dry goods, spices and cleaning supplies go with Monday's dinner.

Once everything is layout and checked, it's time to start packing: Since Sunday's lunch, Sunday dinner, and the two Saturday breakfasts are eaten in basecamp, they should be put in a box, clearly marked with your crew number and set aside.

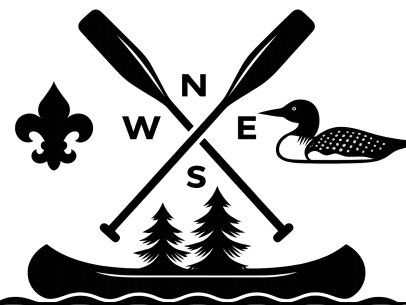
All the cans of dehydrated food need to be opened (removing the oxygen absorber) and the contents of each are put into a supplied roaster bag and zip-tied closed. Remove the label from each can and put it and the respective roaster bag into a large zip-lock bag.

You will be provided five color-coded food pouches and two food canoe packs. Each of the pouches should be marked with a day of the week (Monday – Friday) Each day's food should be put in the respective pouches and loaded into the food canoe packs starting with Friday on the bottom. All the dry goods and cleaning supplies go in toward the top with Monday's dinner.

Once all the packs are loaded use a piece of tape and marker to label your packs with your crew number and which day's food is in which pack.

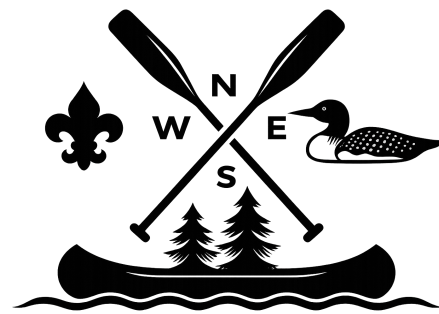
Congratulations! Your food is ready for the trail!

Day by Day Schedule



<p>Day 1 Saturday</p> <p>Destination: Wak-Trek Basecamp Camp Wakpominee</p> <p>1:00 pm Check-in and meet trek leader</p> <p>1:30 pm Get crew gear, set up tents, change into bathing suits</p> <p>2:30 pm Meet at waterfront – PFD and paddle sizing, on-water training</p> <p>5:30 pm Trek leader-prepared Dinner</p> <p>6:00 pm Food Packing</p> <p>7:00 pm Personal Gear Shakedown (just the critical items)</p> <p>8:00 pm Advisor/Trek leader Meeting – InReach procedures</p> <p>9:00 pm Campfire</p>	<p>Day 4, 5, 6 Tuesday, Wednesday, Thursday</p> <p>Destination Interior Canoe Campsites (Jot down planned itinerary here)</p>
<p>Day 2 Sunday</p> <p>Destination: Wak-Trek Basecamp</p> <p>7:00 am Breakfast in crew site</p> <p>8:00 am Medical Screening by Staff / Final</p> <p>Prescription Drug packing</p> <p>9:00 am Depart for cultural activity/hike</p> <p>12:00 noon Trail lunch</p> <p>3:00 pm Camp set-up, Bear Bags, Water</p> <p>Purification training</p> <p>6:00 pm Trail Dinner</p> <p>8:00 pm Campfire</p>	<p>Day 7 Friday</p> <p>Destination Wak-Trek Basecamp</p> <p>12:00 noon Showers, Lunch</p> <p>1:00 pm Hand out Tee-shirts and Crew</p> <p>gear photo</p> <p>2:00 pm Crew gear cleaning / check-in</p> <p>3:00 pm Additional Program</p> <p>8:00 pm Closing Campfire, Patches, Baptism</p>
<p>Day 3 Monday</p> <p>Destination Adirondack Interior</p> <p>6:00 am Trail Breakfast</p> <p>8:00 am Boats in the water!</p>	<p>Day 8 Saturday</p> <p>Destination HOME!</p> <p>6:00 am Trail Breakfast</p> <p>7:00 am Head for Home</p> <p>12:00 noon BUY LUNCH ON THE ROAD</p>

Friday in the Adirondacks

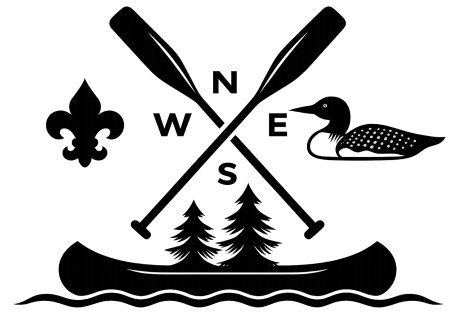


Importance of Friday

Leaving for home on Saturday, after a day of rest on Friday, provides many advantages for your crew.

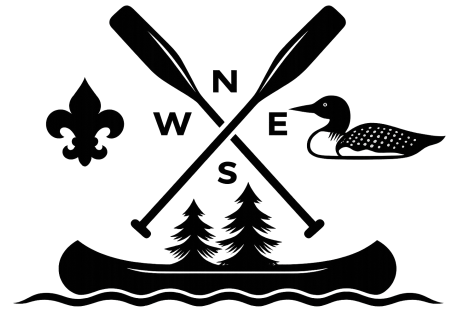
- Hot Showers are welcome after a week in the Northwoods. The shower house at Camp Wakpominnee has plenty of hot water and is a chance to get cleaned up for your group picture!
- Avoid the Risk Zone. It is not prudent to drive six hours of mountainous / expressway traffic if you are physically exhausted. Wait till early Saturday morning to leave and enjoy the Adirondacks for one more day!
- Opportunity to add a cultural trip. Instead of returning immediately to camp, units may have the option for a terrific program day at the Wild Center/Six Nations Museums, or at the Adirondack Experience Museum on the way back. It is a great opportunity to spend an extra day in the park interior, because they have a place to land and camp Wakpominnee on Friday night.
- Equipment Cleanup. Each crew should take 1 hour to wash out the canoes, hang the life vests, tents and packs out to dry. A thorough cleaning of the crew gear is required, making it ready for next week's groups.
- Closing Campfire. At the closing campfire patches are presented to the participants and the Voyageur Baptism is performed.
- Conservation Good Turn. Friday may be a good time to perform a 1-hour service project for the Camp Wakpominnee. Make arrangements ahead of time with your trek leader.

Crew Roster Worksheet



CREW INFORMATION WORKSHEET										
UNIT NUMBER										
UNIT CITY & STATE										
EXPEDITION ADVISOR										
TREK DATES										
PARTICIPANTS										
#	First Name	Last Name	Adult/ Youth	Tee Shirt Size	Email	Phone #	Emergency Contact (Name & Phone #)	Medications (Y/N)	Special Diet	Experience Level
1										
2										
3										
4										
5										
6										
7										
8										
VEHICLES										
#	Make	Model	Color	State	License Plate #	Driver Cell Phone #	Address			
1										
2										
3										
4										

Crew Position Descriptions



Crew Leader

The Crew Leader is a youth with overall leadership responsibility for the crew before, during and after the expedition. Leading up to the expedition, responsibilities include choosing crew members and roles, organizing skills training meetings and reminder calls. During the expedition, responsibilities include setting and managing the duty roster, making decisions along the expedition on camp site organization, layout and other camping details.

Assistant Crew Leader

Acts as the “right hand man” for the Crew Leader, working closely to implement decisions and able to step in as needed if the crew leader is absent or needs a break. Ideally the Assistant Crew Leader would take the lead for one day during the trek.

Quartermaster

Responsible for designing the crew menu, organizing and inventory of the food stores, bear bag procedures and the contents of the “kettle pack” along with other crew gear.

Navigator

Responsible for designing the crew back country itinerary (with help), creating the crew map set, and navigation during the expedition.

Medic/First Aider

Responsible for reviewing and refreshing the crew first aid kit, keeping the first aid kit readily accessible while in the back country, managing the crew hydration and dealing with small injuries or other first aid requirements. Your trek leader and adult advisors will manage any significant injuries.

Chaplain's Aid

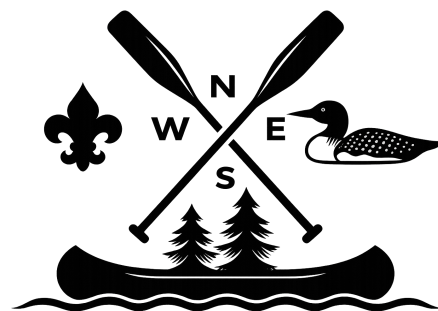
Before the expedition, Chaplain's Aid is responsible for choosing a set of readings for use at the nightly “thorns and roses”. During the expedition, Chaplain's Aid is responsible for nightly “thorns and roses”, crew morale, songs, games and entertainment during down times.

Adult Advisors

Adult Advisors are Scouting America Registered adults, overseeing the safe execution of the crew expedition, providing advice to the Crew Leader and his/her assistants. As the name suggests, adult advisors are to support and advise the crew, not direct/lead.

Duty Roster

"A happy crew is a prepared crew"

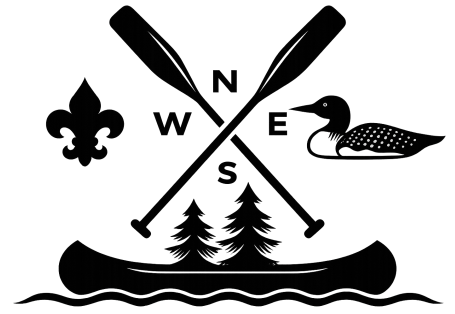


Completing a duty roster before departing on your expedition allows the crew leader to save a lot of time trying to remember who did what and when, avoiding the inevitable "I already did that" or even worse the "hey, how come Bobby hasn't done dishes yet?"

Take a few minutes to pre-assign the various camp tasks, sharing this information with the crew before your back country departure:

Day	Bear Bags	Tarp Set-up	Water Purification	Prepare Meals	Clean-up after Meals
Sunday (in Basecamp)					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

Crew Swim Certification



TROOP/CREW _____

☐ PRINT LEGIBLY

☐ COPIES TO: Leaders, Home, WakTrek

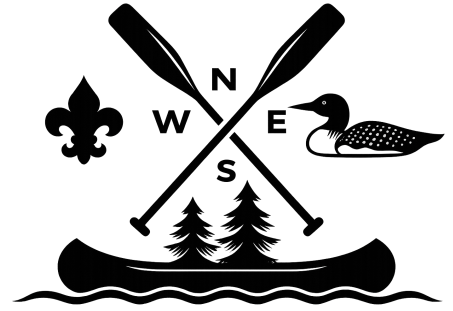
Please attach a current copy of the Lifeguard's certificate/credentials

My signature after each name certifies that the following Adults and Youth have passed the Scouting America 100-yard swim test.

(Signature of Scouting America Lifeguard or Equivalent - Date)

Name	Adult/Youth	Date of Birth	Passed Swim Test Scouting America Lifeguard Signature - Date
<i>Jim Scoutmaster</i> SAMPLE	A	01-01-2020	<i>Joe Lifeguard</i> <i>(Signed)</i> <div>01-01-2020</div> <i>(Date)</i>

Crew Trip Itinerary Planning Worksheet



TROOP / CREW _____

Trip Dates _____

Adult Leader _____

Phone _____

E-mail _____

NAME/NUMBER OF ROUTE _____

Put in Point _____

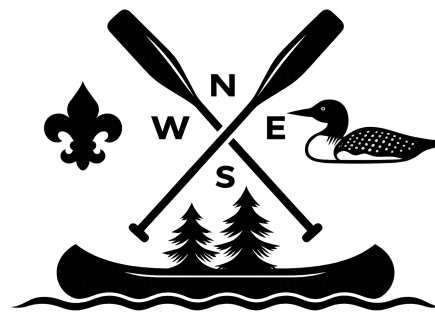
Take out Point _____

Day	Date	Lakes Travelled During Day	Evening Destination Lake /Site	Portages	Miles Travelled
Sunday			Base Camp		
Monday					
Tuesday					
Wednesday					
Thursday					
Friday			Base Camp		
Saturday					

Submit your itinerary plans at: February Route Planning Meeting

Or soon thereafter via email: treks@campwakpominee.org

Fishing in the Adirondacks



Most people fishing in New York need a New York State Fishing License. There are three ways to get a fishing license in New York. You can visit an official License Issuing Agent, order over the phone, or order online.

Types and Fees

License Issuing Agents (LIAs) have the option to charge a \$1 print fee for all printed transactions carried out in DECALS to help cover the cost of supplies. Transactions made online or over the phone are subject to a \$2 printing/mailing fee if those items are printed and mailed. These additional fees can be avoided by choosing to have your item emailed to you so you can print it at home.

General Fishing Licenses (View [residency qualifications](#))

Type	Resident Fee	Nonresident Fee
Annual <i>valid one full year (365 days) from the date of purchase or renewal</i>	\$25 (ages 16-69) \$5 (ages 70+)	\$50
7-day	\$12	\$28
1-day	\$5	\$10

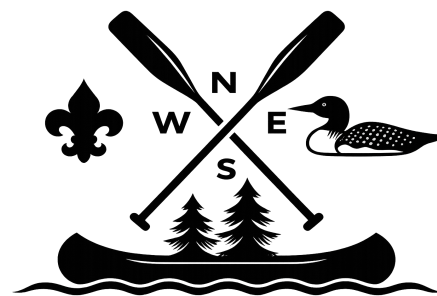
License Requirements - You need a fishing license if you are 16 years and older and fishing for:

- Freshwater fish species by angling, spearing, hooking, longbow, and tip-ups.
- Frog species by spearing, catching with the hands or by use of a club or hook.
- Freshwater baitfish for personal use.

For more information go to the website [Fishing Licenses - NYSDEC](#)

Directions to Camp Wakpominee

Address: 185 Sly Pond Road, Fort Ann, NY 12827



Camp Wakpominee is centrally positioned in the Northeast, just 1 hour north of Albany.

From Albany to Camp Wakpominee - approximately 60 miles

- Take I-87 North to Exit #20, at the exit turn left on Rte 9 for 0.8 miles to Rte 149
- Turn right on Rte 149 north east for 5.9 miles to Buttermilk Falls Road
- Turn left on Buttermilk Falls road for approximately 4.0 miles. Camp entrance is on your left. Check in at the Ranger Station, located on your left as you enter camp.

From New York City to Camp Wakpominee - approximately 215 miles

- Take the NYS Thruway I-87 North to Albany. Exit at the junction of NYS Thruway I-90.
- Continue north on the Adirondack Northway I-87. Refer to Albany directions.

From Boston, MA to Camp Wakpominee - Approximately 231 miles

- Take the Massachusetts Turnpike West I-90 to the state border. At that point it becomes the NYS Thruway I-90. Continue west to the junction of I-87 North.
- Continue north on the Adirondack Northway I-87. Refer to Albany directions.

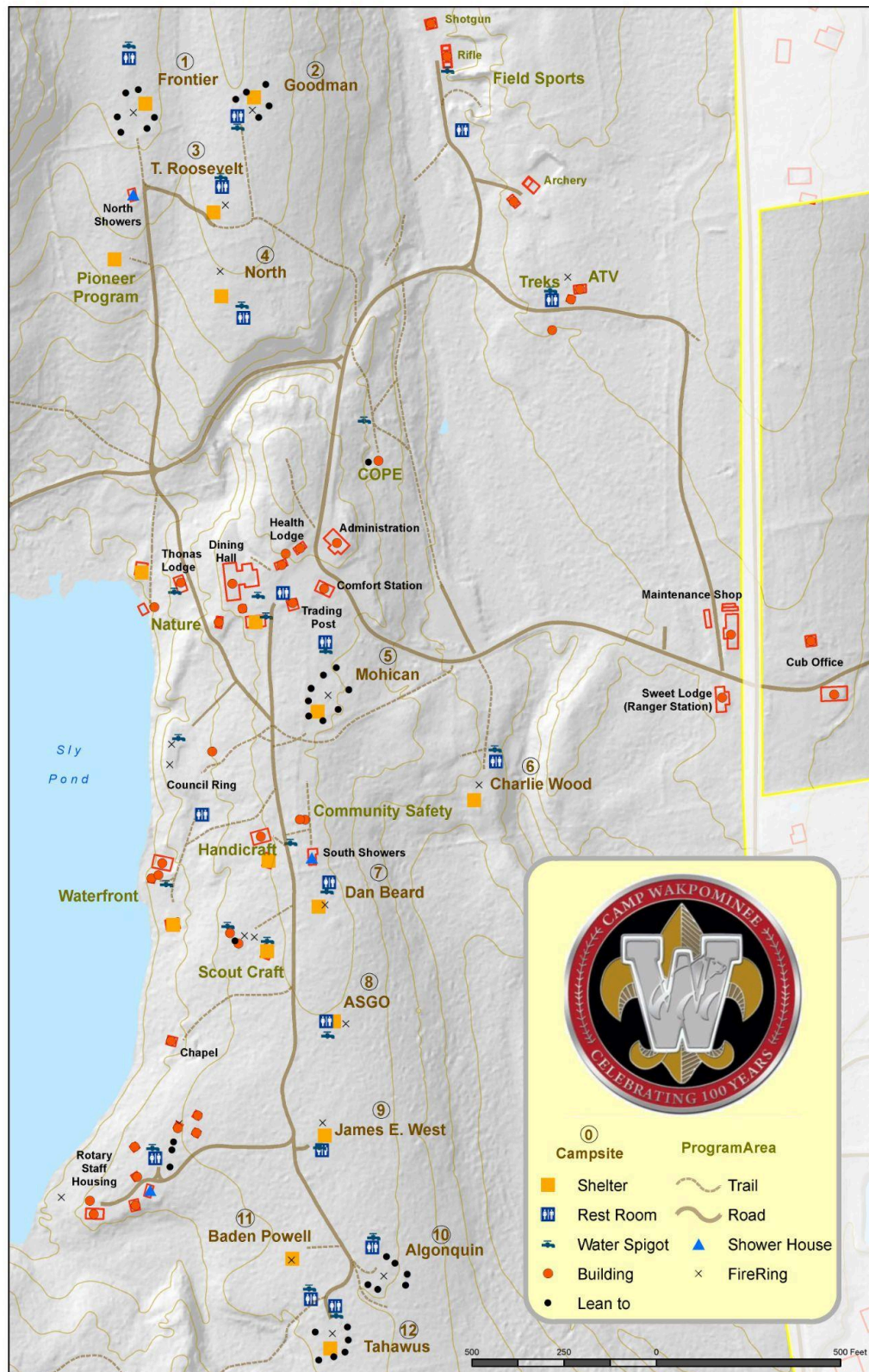
From Syracuse, NY to Camp Wakpominnee - approximately 175 miles

- Take the NYS Thruway I-90 East to the Albany exit, junction of I-87 North.
- Continue north on the Adirondack Northway I-87. Refer to Albany directions.

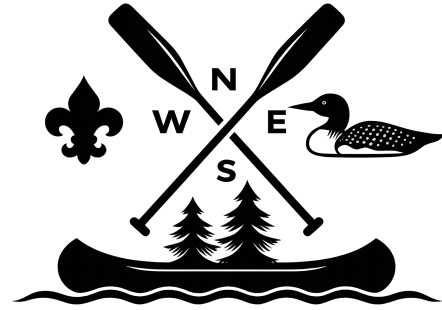
From Montreal, Quebec to Camp Wakpominnee - Approximately 283 km. (176 miles)

- Take Hwy 15 south to the US Border. Once through customs this road turns into the Adirondack Northway I-87. Continue south to Exit #20. Take a left at the end of the exit, go to Rte 9. Turn left on Rte 9 for 0.8 miles to Rte 149.
- Take a right on Rte 149 north east for 5.9 miles to Buttermilk Falls Road.
- Turn left on Buttermilk Falls road for approximately 4.0 miles. Camp entrance is on your left. Check in at the Ranger Station, located on your left as you enter camp.

Camp Wakpominee Site Map



Phone Numbers & Addresses



☐ Keep this phone list in your wallet

☐ Give a copy to each parent

Twin Rivers Council
253 Washington Ave., Ext
Albany, NY 12205
518-869-6436

Camp Wakpominee
185 Sly Pond Road
Fort Ann, NY 12827
518-869-6436

Camp Ranger: Bob McPherson Cell #315-403-0474
E-mail: robert.mcpherson@scouting.org

Camp Director: Bob Clark Cell #518-265-6495
E-mail: campdirector@campwakpominee.org
Trek Specific questions: Treks@campwakpominee.org

Camp Website:
campwakpominee.org/treks/

In Case of Emergency in the ADK



Important Phone Numbers:

- ☐ For Most Emergencies: Dial 911
- ☐ NY Department of Environmental Conservation Forest Rangers 1-833-697-7264
- ☐ Twin Rivers Council: 518-869-6436, Camp Wakpominee: 518-792-0897
- ☐ Parents of Scout involved

Emergency Procedures

While in Basecamp

For emergencies that require immediate assistance while in basecamp, call 911 – the best cell phone coverage at Camp Wakpominee is by the waterfront. Then notify the WakTrek Staff.

While in the Park Interior

At times during your WakTrek Expedition, you might be a day or two from help. Please exercise sound judgment and take the prudent course of action.

- Cell phones generally do not work in the park interior, because of the mountainous terrain and lack of transmitting towers. *Sometimes* they do work. Try using your cell phone first. You can improve cell phone coverage by moving to higher ground or closer to a highway.
- Use the InReach satellite communication device. The InReach has an SOS button, hidden behind a sliding or protective panel. Turn the unit on, wait for it to power up, then press and hold the button. Wait for the SOS countdown to begin (30 seconds from start to finish) The InReach sends a default message to the Garmin IERCC with details about your location. Reply to the confirmation message from the Garmin IERCC.
- Non-urgent telephone numbers are pre-programmed into the InReach devices, allowing you to send text messages to other crews or basecamp staff.
- If your crew becomes lost STOP and use your cell phone or InReach device to call for help. The GPS on your phone or InReach can pass location information to outside help.
- If an individual becomes lost STOP and use your whistle with three short blasts.
- Call the DEC Forest Rangers at their 24 hour response center at: 1-833-697-7264
- Trek leaders and Crew Leaders can provide routine first aid. Be sure to document treatment with provided incident forms.
- Note the locations of Youth Camps and cottages. They may be able to help. Get additional help from other groups.

Then call the Twin Rivers Scout Council to explain your situation: 518-869-6436.

- If an air evacuation is required If an evacuation is necessary, it is best to be near the shore of a body of water large enough to land a float plane or an open area for helicopter rescue. You will need to use good judgment about deciding to transport an injured party with your crew, or to wait until professional help arrives.

Adirondack Route Selection Options with References



Route #	Route Name	Paddle Mileage (Est)	# Portages	Portage Mileage (Est)	Wilderness Rating	Additional Activities Available
BEGINNER						
1	Cranberry Lake	30-50	0	0	5-7.0	Hike Cat Mtn or Cathedral Rock Firetower, Fish in inlets
2	Long Lake to Tupper Lake	44 - 46	1	1.3	5 - 6.0	1/2 day at Raquette Falls
3	Long Lake to Upper Saranac Lake	~50	2	2.5	6 - 8.0	1 day exploring Fish Creek/Follensby Clear Loop (WR 6)
4	Oswegatchie River	~40	0	0	10	Hike Cat Mtn from High Falls
INTERMEDIATE						
5	Raquette Lake to Tupper Lake	51 - 53	5	4	5 - 8.0	Visit Buttermilk Falls
6	Raquette Lake to Upper Saranac Lake	56	6	5.1	6 - 8.0	Visit Buttermilk Falls. Opportunity to explore Fish Creek or Follensby Clear Loop (WR 6)
7	Oswegatchie & Cranberry Lake	~50	1	2.4	5 - 10.0	Hike Cat Mtn or Cathedral Rock Firetower
8	Old Forge to Long Lake	46	7	5.4	6 - 8.0	Paddle & hike to Great Camp Sagamore (www.sagamore.org). Visit Buttermilk Falls. Possible hike Owls Head Mtn Friday on way to Long Lake
ADVANCED						
9	Blue Mtn Lake to Tupper Lake	64 -66	6	4.4	5 - 8.0	Visit Buttermilk Falls
10	Blue Mtn Lake to Upper Saranac Lake	59	7	5.5	6 - 8.0	Visit Buttermilk Falls
11	Oswegatchie Traverse	45	4	3	10	Hike Cat Mtn from High Falls
12	Shorten Arc of the Rainbow	47	8	3.5 - 4.5	5 - 7.0	Hike St Regis Mtn Firetower. 1 day exploring Fish Creek/Follensby Clear Loop (WR 6)
13	Long Lake to Lower St Regis Lake	60	9-10	3	6 - 8.0	Hike St Regis Firetower

Useful References:

1. Adirondack Paddler's Guide by Dave Cilley
2. Adirondack Paddling by Phil Brown
3. Adirondack Paddler's Map (North)
4. Adirondack Paddler's Map (South)
5. Other Adirondack Maps:
 - a. The Raquette River
 - b. The Saranac Lakes
 - c. St. Regis Canoe Wilderness
 - d. The Whitney Wilderness
 - e. Newcomb Area & Upper Hudson Watershed
 - f. Lows Lake & Bog River
6. Leave No Trace Guide

High-Adventure Risk Advisory to Health-Care Providers and Parents



WakTrek Experience. Participation in any unit high-adventure backcountry/wilderness activities can be physically, mentally, and emotionally demanding. Each high-adventure base offers a unique experience that is not risk-free. Knowledgeable staff will instruct all participants in safety measures to be followed. Be prepared to listen to and carefully follow these safety measures and to accept responsibility for the health and safety of yourself and others.

WakTrek Requirements. Each person must be able to carry a 50- to 85-pound pack or canoe from a quarter mile to 2 miles several times a day on rough, swampy, and rocky portages and paddle 10 to 15 miles per day, often against a headwind. The portage trails can be very muddy, slippery, and rocky, and those conditions can potentially lead to tripping and falling. All participants must wear boots that cover their ankles while on the trails. Climatic conditions can range from 30 to 100 degrees in summer.

Be Prepared. While participating in WakTrek Expedition's canoeing and camping backcountry/wilderness areas, life jackets must be worn at all times when on the water. Crew members travel together at all times. Emergency communications via mobile phone, and in more remote locations by satellite phone, are provided by WakTrek. Communication and/or emergency evacuation can be hampered by weather, terrain, distance, time of day, equipment malfunction, and other factors, and are not a substitute for taking appropriate precautions and having adequate first-aid knowledge and equipment.

Seizures (Epilepsy). The seizure disorder must be well-controlled by medication. A well-controlled disorder is one in which a year has passed without a seizure. Exceptions to this guideline may be considered on an individual basis and will be based on the specific type of seizure and likely risks to the individual and/or other members of the crew.

Diabetes Mellitus. Both the person with diabetes and one other person in the group need to be able to recognize signs of excessively high or low blood sugar and adjust the dose of insulin. An insulin-dependent person who was diagnosed or who has had a change in delivery system (e.g., insulin pump) in the last six months is advised not to participate. A person with diabetes who has had frequent hospitalizations or who has had problems with low blood sugar should not participate until better control of the diabetes has been achieved.

Asthma. Asthma must be well-controlled before participating. This means: 1) the use of a rescue inhaler (e.g., albuterol) less than once daily; 2) no need for a rescue inhaler at night. Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You may not be allowed to participate if: 1) you have asthma not controlled by medication; or 2) you have been hospitalized/gone to the emergency room to treat asthma in the past six months; or 3) you have needed treatment by oral steroids (prednisone) in the past six months. You must bring an ample supply of your medication and a spare rescue inhaler that are not expired. At least one other member of the crew should know how to use the rescue inhaler. Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trek. If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate.

Allergy or Anaphylaxis. People who have had an anaphylactic reaction from any cause will be required to keep appropriate treatment with them. You and at least one other member of your crew must know how to give the treatment. If you do not bring appropriate treatment with you, you will be required to buy it before you are allowed to participate.

Recent Musculoskeletal Injuries and Orthopedic Surgery. Participants will put a great deal of strain on their joints. Individuals who have significant musculoskeletal problems (including back problems) or have had orthopedic surgery or injuries within the last six months must have a letter of clearance from their treating physician to be considered for approval, and WakTrek should be contacted in advance of participation. Permission is not guaranteed.

Psychological and Emotional Difficulties. Parents and advisors should be aware that no high- adventure experience is designed to assist participants in

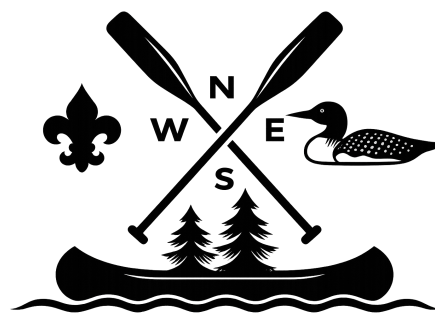
overcoming psychological or emotional problems. Experience demonstrates that these problems frequently become worse when a participant is under stress from the physical and mental challenges of a remote wilderness setting. Medication must never be stopped prior to participation and should be continued throughout the entire experience.

Cardiac or cardiovascular disease. Adults or youth who have a history of chest pain, myocardial infarction (heart attack), a family history of premature heart disease, or heart surgery including angioplasty may consider a physician-supervised stress test. Even if the stress test results are normal, the testing is done without portage packs or canoes and does not guarantee safety. If the results are abnormal, the individual is advised not to participate.

Medication. Each participant who needs medication must bring enough medication for the duration of the trip, as well as enough to store two supplies in two separate locations. Due to the possibility of packs and equipment getting wet, every attempt is made to store medications in two separate packs in different canoes while travelling.

Weight Limits. Each participant in a WakTrek should not exceed the maximum acceptable weight for height in the table shown in Part C of the Annual Health and Medical Record. Those who fall within the recommended weight limits are much more likely to have an enjoyable trek and avoid incurring injuries and other health risks. Extra weight puts strain on the back, joints, and feet. No participant's weight can exceed 295 pounds.

Frequently Asked Questions



Q: How are special food requirements handled?

A: If a scout has special dietary requirements, please let us know at the time of registration. We'll work to accommodate any special needs.

Q: Is the program open to girls/women?

A: WakTrek is a co-ed program, open to boys, girl, men and women. The program strictly adheres to the Scouting America Youth Protection and Adult Leadership policies.

Q: What's needed for transportation?

A: Crews will need to provide their own transportation to/from basecamp and within the park. Most crews use two personal vehicles or a single large van/bus per crew. If you would like to use any other arrangement, please contact us to accommodate alternate logistics.

Q: Why does WakTrek recommend three people per canoe?

A: By traveling with two scouts and one adult in each canoe, we can usually execute "one trip portages", moving the canoe and two canoe packs over the portage in one trip. This dramatically reduces the portage carry distances and makes for a much more enjoyable experience. An additional benefit is that we can use larger expedition canoes that travel faster and with less effort (especially when dealing with windy conditions)

Q: What are the portage trails like?

A: The very busy and popular portage trails are somewhat improved, but most portages are simple foot paths that have been cleared of downed trees/branches. They vary in length from a few meters to well over 2 kilometers. Your itinerary planning will include the portages that your crew will have to traverse and their difficulty.

Q: Can we bring our own canoes/tents/crew gear?

A: While it's possible, it's often not practical. WakTrek provides a complete set of crew gear that includes expedition-grade Eureka tents that are similar to the tents used by many troops, new "Pocket Rocket" stoves and fuel, water purification system, a set of nesting pots, a tarp, utensils and much more. Drop a note to one of the WakTrek trek leaders at WakTrek@wnyscouting.org and we'll discuss your situation and specific needs.

Q: How extensive of a first aid kit does our crew need for the expedition?

A: It's recommended that each crew bring a backcountry first aid kit with supplies for up to eight people for five days. In most cases, this should be no larger than a loaf of bread. Like all other gear taken on the water, it should be packed in a waterproof zip-lock or dry bag.

Q: Is there cellular phone coverage in the Adirondacks? How do you reach out in an emergency?

A: While at the base camp in Camp Wakpominnee, there is usually a mobile phone service. Once in the back country, there is no cellular service, however your WakTrek Expedition trek leader will have a satellite communicator that can be used to summon help in emergency situations.

Q: Will we see a Moose? Beaver? Bears?

A: Moose sightings are common, usually found in grassy bays and quiet parts of the park where beaver sightings are not as common, but you will see plenty of beaver dams and their houses. We rarely see bears in the backcountry, but they have become a problem in and around the public campgrounds.

Q: What is a 'portage'?

A: Taking a "portage" or the process of "portaging" is moving from one body of water to another over land. This usually occurs when there is a dam, white water or rapids that would otherwise prevent paddling directly from one lake to another. Portages can vary from a few feet to close to 2 miles, depending on the itinerary selected by the crew. Most are rocky trails and can have steep ascents/descents. The best practices for making a portage are taught during the Shakedown training session, including tips to ensure each portage is walked only once.

Q: What 'special' personal gear would a participant need?

A: Participants are provided with a complete list of personal gear that is recommended for a WakTrek Expedition, which includes a few canoeing-specific items: a very compact 40 degree sleeping bag with waterproof compression sack, closed-toe sandals (Keens are an example), and a medium-size dry sack. Most of the remaining items are common with the needs for backpacking/hiking.

Q: What "facilities" are provided in the park interior?

A: While in basecamp, you will have access to flushing facilities and showers. In the park interior (aka the backcountry), each campsite provides a "thunder box" set back some distance in the woods. A thunder box is latrine made from a 1-meter square wooden box with a hole and a wooden lid. The name comes from the sound of the lid slamming after each use. For mixed gender crews, we recommend taking an additional tarp that can be hung to provide some privacy.

Q: Explain the "ideal crew" and what if we have more/fewer participants?

A: The ideal crew would be six youth and two adults, plus a trek leader making 9 participants (the maximum that the DEC allows in one camp site). Groups larger than this would be divided into two "sister" crews, which can shadow each other on the same trek or go their own way. We find that making two crews based on ability levels allows each crew to choose an itinerary that better fits their abilities. Small crews (5, 6 or 7 participants) can be accommodated, but with fewer people carrying canoes and crew gear, may require two-trip portages. Contact us at WakTrek@wnyscouting.org to discuss your specific situation.

Q: We have a lot of parents interested so is it possible if the crews have more than 3 adults?

A: Crews can have any number of adults, but we do recommend that the adults don't outnumber the scouts. Doing so, changes the dynamics of the group and often shifts the decision making away from the scouts. The trip is supposed to be led by the scouts with the adults acting as advisors to facilitate their expedition.

Q: How bad are the bugs in the Adirondacks during a WakTrek Expedition?

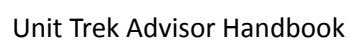
A: One of benefits of going to the Adirondacks in late July and August is that most of the bugs are done for the season. There are no Black Flies, and the mosquitoes are manageable with proper clothing and bug repellent.

Q: How about using a hammock instead of a tent?

A: Hammock camping is great in the park, there are plenty of trees!

Q: Can we fish during our trek, and do we need a fishing license?

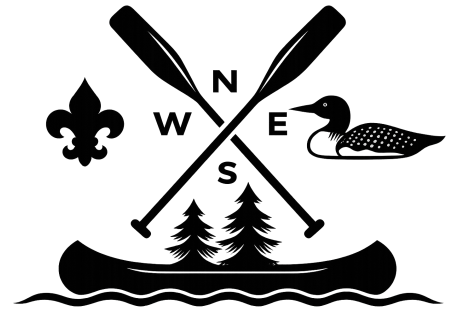
A: Yes, once you get to each night's camp site, there will be plenty of time to fish. Adults and youth 16 and older will need a license to fish in the Adirondacks – see: <https://www.dec.ny.gov/permits/6091.html>

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