

# WILDERNESS INFORMATION

Dear Wilderness camper and parents,

This summer will be the greatest memory of camp you will have for the rest of your life and we want to do everything we can to make this season as successful as possible.

The following is a more detailed list of special items for Wilderness. This does not include the “normal” items which are part of every camper’s clothing list. Please feel free to contact Mitch Goldman (Mitch@chateaugay.com), with any questions.

## Check out these websites:

www.campmor.com | www.rei.com | www.gearx.com | www.sierratradars.com |  
www.gandermountain.com | www.amazon.com

**Bike:** This is a road trip. You are welcome to send a road, mountain, or hybrid bike. If sending a mountain bike, please have the tires changed to be a road tires. There is a bike shop in Lake Placid, NY, High Peaks Cyclery (518)523-3764 (speak with Brian-Bike Rental Prices for 2025 including helmet and water bottle Full Summer \$350/Half Summer \$250) where you may purchase or rent a bike and have it delivered if you do not have access to one locally.

**Additional Safety:** Please order for your camper a Bike Light and Bell if you do not have one. Cycling gloves and sun glasses are strongly suggested.

**Bicycle Helmet Required:** Please do not forget this mandatory equipment.

**Cycling Clothing:** Included in the Wilderness fee there is a custom designed bike shirt with it’s main purpose being to increase visibility while on the road for safety.

The orders will be shipped directly to camp for distribution on arrival. The ordering process closes May 20th. Please provide your child’s shirt size and the style desired to place the order. If you decide to purchase any other cycling clothing it must be bright neon colored in order to be allowed for use.

Promo Code: Wilder25 for \$84.00

<https://www.podiumwear.com/team-storefront/camp-chateaugay-2025-reorder/>

Close on May 20th for a ship date of June 17th.

**Backpack:** The pack should be large enough to hold the gear for a 5 day trip. When shopping for a pack, ensure the capacity is approximately 3400+ cu. in. or about 55 liters. A great pack can be purchased for about \$150. We highly recommend you go to a gear store and try out various packs, and get the right pack sized for your camper, as there are different lengths.

**Sleeping Bag & Stuff Sack:** 30°-40° (Fahrenheit) rating, pack weight ~ 4-5 LBS, stuffs to around 11” x 22”; nylon or polyester outer shell, polyester/taffeta liner, poly or cloud loft fill. A stuff sack is needed to minimize the size of the bag in the backpack.

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**Ground Pad:** Thermarest closed-cell foam is practical. They are available for about \$25

**Hiking Boots:** There are several great hiking boots on the market. Mid-rise are Preferable with ankle support and a waterproof breathable lining/breathable. If your camper is only using them for the summer, then spend accordingly. Camper should try them on for fit in stores, and remember to break-in new boots before arriving to camp!

No Tennis Shoes/Sneakers on the Hike Trip!

**Water Shoes:** We suggest Chaco's, Teva's, etc. During the hike trip it is nice to get out of our boots after hiking all day, so having a pair of sandals (not flip-flops) to put on. The water shoes are taken and worn on all three trips, they will be used.

**Rain Gear:** Breathable Rain Gear is a must. NO PONCHOS! Campers should have a rain coat at the minimum, and rain pants are highly recommended as well.

**Dry Bag:** We recommend approximately a 30 LB bag.

**Mess Kit:** The mess kit should contain a plate/bowl, and you will need to purchase eating utensil(s) also. The Coleman Economy Mess Kit is available in most gear stores, as well as campmor.com. A "spork" works great for a utensil, and is only one piece for the camper to keep track of.

**Head Lamp:** A head lamp is required as campers should have both hands free. The headlamp is used at camp as well as on all the trips. Available in gear stores, online, Wal-Mart, etc. Usually about ~ \$15 and up.

**Water Bottle:** 2 water bottles recommended. Nalgene bottles are for sale at camp, but one that fits on the bike is good.

## Nice to have, but NOT mandatory items

**Pack-Towel:** A pack-towel is nice to have due to being smaller than a conventional towel and it dries much quicker.

**Polyester Fleece:** Great, warm jacket, that dries quickly if wet, to use at camp and on all trips.

**Wool Hiking Socks:** Wool hiking socks help keep blistering down, and keep feet warmer than cotton if wet. Any wicking fiber is better than cotton for trips.

**Polyester Shirts:** Gear such as the Under-Armor brand are great to have. The polyester will help to wick away the sweat, and dries quickly.


**Camel-Back:** The camel-back hydration system is really only used on the bike trip. The systems are available in a wide variety of styles, colors, and prices. Nalgene bottles are available for sale @ camp, so do not feel as if your camper needs a camel-back.

**We hope you are getting super psyched to start the season so please don't hesitate to contact Mitch via e-mail- [Mitch@chateaugay.com](mailto:Mitch@chateaugay.com), with any questions.**

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**"Wilderness is a group of people living and working together, sharing good times and bad times. Wilderness is what you make it to be."**

## BIKE TRIP




The bicycle trip has traditionally been the first of the three trips. The trip ranges from 100 - 250 miles in 5 days. Past trips have toured the St. Lawrence Seaway, Stowe, VT, Lake Placid and Lake Champlain. Wilderness campers can bring their own bikes or rent them through High Peaks Cyclery, and are permitted to use them throughout the entire summer.

## HIKE TRIP



The backpacking trip takes place either in the High Peaks region of the Adirondack Park or in Vermont's Green Mountains. Once again, campers plan their trip including routes to hike, meals and selecting campsites. Wilderness campers are encouraged to bring a frame pack, hiking boots and sleeping gear (a sleeping bag and ground pad) suitable for the challenging conditions hiking provides.

## CANOE TRIP



The canoe trip offers a variety of courses through Maine's rustic and beautiful Mooselookmeguntic Lake. The trip involves paddling 40 - 80 miles, and camping on the lake's shores. All Wilderness campers receive canoe safety instructions, testing and skills prior to their actual trip.



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## Packing List

- 2x Wool Hiking Socks
- 1x Hiking Boots: Low-rise or Mid-Height
- 2x Waterproof jacket and pants (ponchos are not appropriate)
- 2x Polyester Shirt (helps wick sweat away; dries quickly)
- 2x Bike Shorts
- 1x Water shoes (Chaco's or Teva's - better than flip flops)
- 1x Fleece Jacket
- 1x Head Lamp (allows hands free) or good flashlight (with extra batteries)
- 1x Canteen or Water Bottle with Camelback attachment for your bike or hydration pack
- 1x Headgear for sun protection on hikes (ex: baseball caps, head wraps, sun visors)
- 1x Fiber-filled down sleeping bag with stuff sack (20-35 degree rating)
- 1x Ground Pad (Therma-rest, closed-cell foam is a practical choice & doesn't leak)
- 1x Road Bike or Hybrid Bike (Not a mountain bike, rental available. See mailed Wilderness info)
- 1x Bicycle Helmet (required to be worn at all times while riding bike, on or off camp grounds)
- 1x Mess Kit (should include plate, bowl & eating utensils)
- 1x Pack Towel
- 1x Frame Backpack (3400+ cu) (large enough for a 5 day trip.)

**\*\* Please label all items brought to camp by your campers**

## Additional Information

- Breaking in your hiking boots before you get to camp!
- Extra spending money will be necessary. We suggest an extra \$50 onto your camper's account.
- Please visit the [Podiumwear website](#) to order your shirt.

