

## Northern Frontier "46er" Trip

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.

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 men 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
- 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.

### WHAT NOT TO BRING

- Cleaning wipes
- iPod

Northern Frontier provides: packs, tents, food, cooking equipment and utensils

If you have any questions do not hesitate to call us.

If you should have to cancel, please notify us as soon as possible so someone else can have the opportunity to participate in this enjoyable adventure.

Off-Season Registrar Kelly Studley: 215-493-2995

Off-Season Director Chris Studley's Home/Camp Office: 215-493-2995, cell 609-468-4742

Summer Camp Phone: 518/251-2322

Summer Camp Address: Northern Frontier, P.O. Box 295, North River, NY 12856