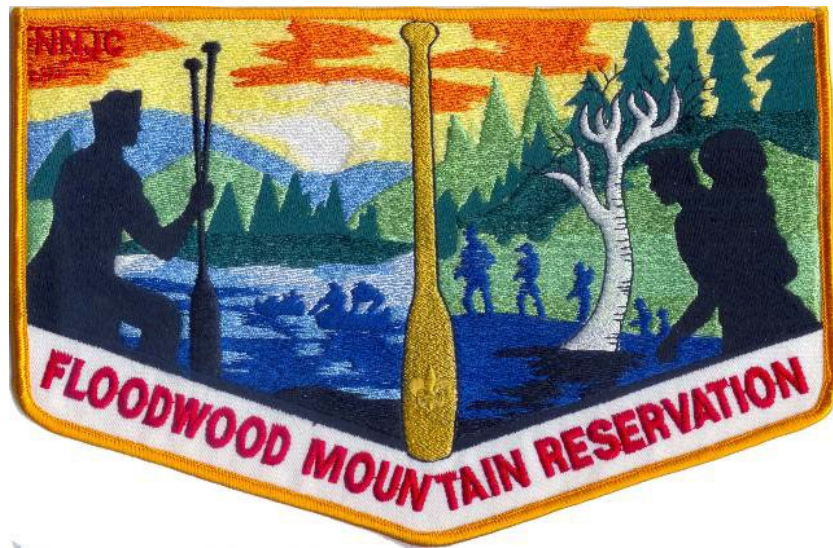


Floodwood Mountain Scout Reservation

Adirondack High Adventure Since 1965



2025 Leader's Guide

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Floodwood Mountain Reservation is a Scouting America Accredited Camp and is assessed annually



Floodwood Mountain Reservation is inspected annually as a Youth Camp by the NYS Department of Health

Contents

Letter from the Camp Director	4
About Floodwood Mountain Scout Reservation	
History and Mission.....	5
The Floodwood Trek Program	
About Adirondack Treks	7
Considerations when Planning your Trek	9
Camp Fees and Schedule	9
Check-in.....	9
Adult Leadership & Proof of Registration.....	10
FlexTrek opportunity described.....	10
Camp Policies and Procedures	11
Medical Forms, Medications and Allergies	12
Emergency Procedures	14
FMR Program in Camp	15
Local Activities	16
Advancement	18
Departure and Check-out	18
Trek Policies and Procedures	
General Trek Policies	19
Emergency Procedures on Trek	20
Liquid Fuel and Stove Policies	21
Canoeing Trek Policies	21
Lightweight Canoes	22
Backpacking Trek Policies	22
Food and Water	23
Equipment	24
Tips about the Gear List in Appendix	24
Treks Camping on Middle and Lower Saranac Lakes	26
Treks Camping in the St Regis Canoe Area	26
The Floodwood Staff	26
Contact Information	27

Recommended Canoe Trek Maps	28
Appendix: Forms	
Scouting America Unit Swim Classification Record.....	30
Trek Itinerary and Program Form	32
Food Allergy & Diet Restrictions.....	33
Trek Roster.....	34
50 Miler Award	35
New York State Required Information	36
Children’s Camps in New York State	
Suggested Gear Checklists	
Participant Gear Checklist and.....	38
Troop Gear Checklist	
Maps and Directions	
West Pine Pond Campsites	40
Overview Map of Floodwood Mountain Scout Reservation	42
Directions to Floodwood	43



Dear Scouts and Scouters,

Welcome to Floodwood Mountain Scout Reservation, where we hope you will have one of your most memorable experiences in Scouting. Floodwood has been providing an Adirondack experience since 1965, and now you too will get to see firsthand what it is all about. I hope you take a little time, and read the leaders guide thoroughly prior to your arrival at camp to better understand what to expect, and what the process is.

Some of the topics included in the guide are a packing checklist, the check-in/check-out procedure, and some general information about the camp. If you have any questions, please email me at floodwood.director@scoutingnj.org.

With sales and consolidations of Scout Camps in many councils, Floodwood is one of the three last Adirondack Scout Camps. Specializing in trekking, Floodwood launches canoes into some of the best canoeing waters and is close to excellent High Peaks backpacking. We are excited to be open another year, continuing to bring the same great program to NNJC troops and many out of council units.

Looking forward to seeing you “Up North”

Yours in Scouting,

David Bock
Floodwood Camp Director, 2022 to 2025
floodwood.director@ScoutingNNJ.org
201.788.8977 – cell or text

About Floodwood Mountain Scout Reservation

Floodwood History and Mission

Floodwood Mountain Scout Reservation was acquired by the BSA Bergen Council on November 22, 1963. Over the next year, plans were drawn up for an ambitious camping reservation with multiple camps on different parts of the property. As a first step, an outpost camp was established at Rollins Pond for the summer of 1965. Since the concept of wilderness camping offered by a local council camp was a new idea, attendance was by invitation and only units with the required depth of adult leadership were considered.

The initial experience was successful and for the next four summers the program continued and expanded. Problems with water supply led the Council to explore other areas of the reservation for a permanent camp site.

The initial expansive plan for multiple camps was already being reconsidered, and in the end West Pine Pond was chosen for development. West Pine Pond continues to be where units camp since the summer of 1970, while Rollins Pond continues as the launching point for canoe treks and for the water-skiing program.

What makes Floodwood unique is its location on Rollins Pond, which connects directly with the vast Saranac, St Regis, Tupper, Raquette, and Fulton Chain of canoe waters. As a result, out-of-camp canoe trips flow directly from our own waterfront. No other camp in the Adirondacks has this advantage and it transforms the Floodwood experience from “just another summer camp” into a seamless high adventure that continuously engages and tests each Scout’s capacity to prevail over constantly varying and ever-increasing challenges both in camp and on treks.



The **Mission** of Floodwood Mountain Scout Reservation is to promote the dignity of each individual scout, leader and staff member, helping them to develop to their full potential of character through a challenging outdoor adventure.

To accomplish these goals, Floodwood Mountain Scout Reservation will:

- **Provide a Highly trained and motivated staff to enthusiastically work with scouts and leaders.**
- **Develop and implement an exciting program designed to educate and challenge each scout, leader, and staff member.**
- **Encourage each scout, leader, and staff member to set and achieve the highest possible goals for physical, mental and moral fitness.**



The Floodwood Trek Program

Treks (multiday canoe or hiking trips) are the backbone of the Floodwood program. They can vary in length and difficulty, depending on the experience, comfort level, and skill of the scouts and the expectations and desires of the unit. Treks typically range from shorter 3 day trips up to six-day trips, many of which qualify for the 50 Miler Award.

All treks include a Voyager, who is a staff member and backcountry guide. Your voyager is trained in Wilderness First Aid and CPR. They know the area and will work with the scouts to teach the canoeing, hiking, and camping skills needed for a safe and enjoyable experience.

About Adirondack Treks

While many groups coming to Floodwood select one of the trips listed in the Trek Guide, *there are dozens of other possibilities*. Take advantage of the learning experience that can be provided to your youth by guiding them on a path to custom develop a trip. We can give you guidance with this BUT do not feel constrained by thinking you must select a trip that is outlined in this guide.

Canoeing in the Adirondacks can range from relaxing to exhilarating depending on the distances covered each day, the number of portages, and the strength and ability of trek numbers. When planning the number of miles for each day, use **5 miles a day for inexperienced canoeists, 10 to 15 miles a day for experienced canoeists, and never more than 20 miles a day for strong, expert canoeists.** Add time for portages, remembering two trips might be needed for large loads. Strong winds and white caps are common on larger lakes, and such conditions can easily cut your effective travel rate.

Backpacking in the Adirondacks is a challenging experience. It is unlike backpacking anywhere else. The average rate of travel is 1.5 miles per hour, adding an additional half hour for every 1,000 feet of elevation. These figures assume trek members are physically fit and able to carry a full pack. Members that are younger or not as fit might take longer.

All campsites in the Adirondacks are first-come-first-serve, except those on Middle and Lower Saranac, which require specific permits AND have lower group sizes. **Refer to p. 26** on how to reserve these sites, **it is your responsibility**. You must reserve all permits for Middle and Lower Saranac Lakes. The camp is **NOT** responsible for obtaining these permits. Long days of paddling or late starts can result in additional mileage while looking for a site. Your voyageur will have a good idea of what sites might be difficult to get and can help tailor the trek to avoid extra paddling while looking for a site. Sites can be reserved at www.reserveamerica.com

FMR secures all other permits for travel in the backcountry. Permits will be in unit leader's name and unit will be responsible for any infraction of NYS DEC and DOH rules.

Considerations When Planning your Trek

In an effort to help crews with trek planning, as well as to satisfy state regulations, we require that itineraries **MUST** be filed in advance, before crews arrive at camp. They can be handed in during a pre-season Leaders' meeting or emailed by June 15 to the camp director.

To help us schedule your pick-ups, drop-offs, and to arrange for the proper permit, we will ask you for the basic outline of your trek at the end of the Leaders' Meeting you will attend, which will include where your trek is headed and where you plan to stay each night. This gives us enough time to make the proper arrangements. *You will be asked to fill out an Itinerary Form (included in Appendix)*. We will have knowledgeable staff members at the meeting to assist in your planning. If further assistance is needed, please email/call the camp or trek director. Your voyageur can help fine-tune these treks to your crew's specific needs once you are at camp.

Camp Schedule and Fees

A deposit of \$250 per trek deposit when making your reservation. The Early Bird discount applied before April 15th is \$615 per camper. After April 15th, the cost per camper is \$660.

The dates for camp 2025 are:

Week One: July 6th – July 12th
Week Two: July 13th – July 19th
Week Three: July 20st – July 26th
Week Four: July 27th – August 2rd
Week Five: August 3th – August 9th

Turn in Itinerary Forms by mid June!

Check-in

A typical week at Floodwood begins Sunday afternoon with arrival (see ***FlexTrek*** option just below), check-in procedures and an opening barbeque. Treks typically leave early Monday morning and end Friday morning. Fridays are typically spent on in camp activities.

The camp week starts on Sunday afternoon UNLESS **FlexTrek** scheduling has been arranged. You should plan to arrive between 1:00 and 3:00 on Sunday. Crews arriving later than 3 pm will find it difficult to complete the preparations necessary prior to leaving on trek.

Each trek is assigned a Voyageur. Voyageurs guide you through the check-in procedures, medical rechecks, swim test, pre-trek orientation, and assignment to a campsite for Sunday night. The site you are assigned will be the site you will be in when you return. The camp will store any equipment you do not take on your trip.

Floodwood provides meals starting Sunday night dinner through breakfast on Saturday morning. Please eat lunch before you arrive at camp on Sunday and make your own plans for Saturday lunch. *Contact the Camp Director if you are unable to meet this schedule.*

Adult Leaders and Registration

Everyone attending Floodwood must be registered with Scouting America, including youth, adults (over 18), and adult leaders (over 21 and registered in a leadership position). Proof of registration must be brought to camp.

All units must bring their own 2 deep (21 years or older) Leaders who are registered in Scouting America.

- Female units and co-ed units requires two 21-year-old leaders, at least one of whom is female. They must be registered with their unit – not a “brother” or “sister” unit.

Units will need to bring proof of registration, which can either be copies of the membership card, or a current troop roster with all the leader’s and Scouts names listed. This is a Scouting America requirement!

Leaders must be registered and on the roster for the unit they are attending with. It can take up to 1 week for background checks to clear and a leader to be considered registered with Scouting America.

How to print your roster: Go to my.Scouting.org and on the left menu under organization select your unit, click export roster on the blue bar and print out roster of all registered youth and adult.

***FlexTrek** — Custom Design the duration and calendar days of your trek to best fit the specific scheduling requirements of your group. Rock Climbing is planned for on Fridays. Water Skiing/Tubing/Tomahawk Throwing/Hiking/Fishing/Canoeing maybe possible Monday through Friday, however this must be coordinated with the Camp Director.

Check-out

Check-out is Saturday morning by 10 am. There is a cold breakfast available before departure. Please collect your medical forms before leaving.

Some units will check out Friday afternoon to get home for the weekend. Please alert the camp director or your voyager if this is the case so numbers can be adjusted for dinner.

Procedures and Policies while in Camp

General Rules in Camp:

- Campers must be within sight and sound of adult leaders at all times!
- Campers are not permitted in any buildings other than during the posted hours of the Program Building, Trading Post, and Showers
- Do not cut or push over standing trees, living or dead: dead trees are full of life. Do not feed or touch any animals. Please follow Leave No Trace principles
- Weapons, fireworks, chain saws, firearms, and archery equipment, are prohibited
- If leaders chose to allow their scouts to bring electronic devices into camp they assume responsibility for those devices
- The “No Flames in Tent” policy is strictly enforced in all tents
- The Scout Fireguard Plan is to be used in each site
- Firefighting equipment must be kept nearby, usually at the latrine
- Flammable materials must be stored properly
- All Scouting policies and rules of Guide to Safe Scouting must be observed

Swim Classification Record – Swim Tests

Every participant (youth and leaders) going out in a canoe must complete a **yearly** Scouting America Swim Test. Floodwood can run swim tests on Sunday, but it can take up a great deal of time better used for trek preparation. If it is a cold and rainy Sunday afternoon, you will still need to get into the water for a swim test.

If possible, please complete swim tests before you arrive at camp. Please observe the following:

- Please use the official Scouting America Swim Classification Record. (see appendix or this link: www.scouting.org/wp-content/uploads/2022/03/Swim-Classification-record-430-122.pdf)
- Make sure you attach a copy of the certificate of the lifeguard who administered the test. This is usually a Red Cross Life Guard.
- If you attended another camp before coming to Floodwood and completed a swim test, ask the Aquatics Director to fill out the Swim Classification Record. Please get a photo of certification documentation. **Just bringing a**

buddy tag from another camp is not acceptable proof of taking a swim test.

Medical Forms, Medications, Allergies

Be sure to have everyone's medical form before you leave home. All forms must be signed by both the parent (for those under 18) and a physician. Anyone without a complete medical form cannot be in camp.

All participants, youth, and adult are required to have a physical within the past year.

Please bring two copies of each medical form as one copy needs to go out with your trek and one copy stays in base camp. Please attach a copy of each scout or leader's insurance card (if available) to medical form.

The Scouting America 3 part medical form (part A,B, and C) must be filled out entirely and signed by the parent and physician. Also make sure to have the bug spray/sunscreen permission page signed by a parent or guardian. It is required by New York State and without it, the medical will not be considered complete. Do not send the medical forms to Council ahead of time. The unit leader should collect them in advance and check them over for completeness and signatures. Scouts who arrive in camp without medical forms must be sent home according to New York State Health regulations.

Medications must be labeled with the name and clear instructions for use and administration and must be in their original packaging. On the trek, medications (includes over the counter medication) will be given to the Unit Leader and supplied to the scout by the Unit Leader. When in camp, all medications are to be kept at our Health Lodge. Any allergies should be noted on the medical form and the Scoutmaster should be informed. **FMR staff cannot administer/supply/distribute any additional medications (including over-the-counter medications).**

Special diet requirements have to be made known to the camp in advance so that we are able to accommodate for in-camp and trek meals. This information should be included on the Itinerary Form and submitted by the end of April. We will do our best but cannot promise every special need can be accommodated and you may need to bring supplemental food.

You can find the medical form at the bottom of this Page:

<https://scoutingnnj.org/wp-content/uploads/2024/12/NNJC-Medical-Form-Fillable.pdf>

Leaders must check medical forms for parents and doctors' signatures

Trek Leader

Each crew decides upon a Youth Trek Leader within the unit prior to arriving at Floodwood. The Trek Leader is responsible for important decisions before and while on trek. Following the patrol method, the Trek Leader assigns cooking and cleaning duties, assigns a navigator for each day, and ensures the entire crew is working together to complete its trek. The Trek Leader will work closely with both adult leaders and the Voyageur.

Facilities

While at camp your crew will be staying in patrol sites with a pit latrine, canvas tents with wood platforms, and picnic table. A full utensil cook kit with soap and sanitizer tablets are available upon request. Hot showers are available in the Shower House. *Hours are posted on the Shower House door.* The Program Building is available by request for crew meetings or indoor programs, like billiards and ping-pong, during bad weather. Adult Leaders must accompany Scouts while in the Program Building. The Trading Post is open per posted hours and as needed.

The Health Lodge is open at all times for any emergencies. Non-emergency medical issues as well as prescription medicine dispersal are available during normal camp operating hours. The camp employs a Health Officer, and there is a fully-stocked Health Lodge at the camp. In addition, the camp works closely with the Adirondack Medical Center in Saranac Lake, NY, when medical service is beyond first aid is required.

Commissary Procedures

Any special dietary requirements must be arranged in advance. Be sure the Commissary has the correct number of crew members to ensure that your crew receives the right quantity of food. There is a Sunday evening barbeque and a

Friday evening barbeque. Lunch is available upon on Friday afternoon after coming back from trek. For any meal needs while in-camp, please speak with the Commissary or Camp Director on Sunday.

Cooking and Cleaning

All cooking gear is provided for each crew, along with a picnic table and patrol box. If patrol cooking is requested while in camp, follow the three-bucket method for washing dishes. Upon request, sanitizing tablets are provided.

Emergency Procedures in Camp

Emergency Signals

The following emergency signals in camp will be used:

Continuous Siren Blast	Lost Camper / Lost Bather - gather at Flagpole
Three Long Blasts	Weather or Other Emergency, gather at flagpole
Three Short Blasts	All Clear

Lost Camper / Lost bather

- Staff Report to Flag Pole – Trek Director takes attendance, Report to Camp Director
- Units Report to Flag Pole – Leaders takes attendance, Report to Camp Director

Severe Storms on Trek:

At the first sign of a possible electrical storm, canoes will immediately be beached at the nearest shore point. Take appropriate cover from lightning – avoid high grounds, trees and open fields.

Severe Storms in Base Camp:

In case of weather emergency, unit leaders will assemble at the flagpole unless given other directions. Each unit will take attendance and ensure all scouts are accounted for. Unit leaders will report these camper counts to the Camp Director. Instructions, such as “Weather Storm in Program Building” will be given by the Camp Director.

Forest Fire in Base Camp:

In case of a fire emergency, unit leaders will assemble at the flagpole unless given other directions. Each unit will take attendance and ensure all scouts are accounted for. Unit leaders will report these camper counts to the Camp Director. Instructions, such as “Walk down road and out of camp” or “Walk to West Pine Pond” will be given by the Camp Director.

The Floodwood Program in Camp

While the treks get most of the glory, there is still plenty to do while at base camp!

When you plan your trek, please give equal thought to what your scouts will do while in camp. Unlike other camps we do not have specific times set aside for merit badge classes. Instead we work with each crew individually to fulfill their goals. If you have a merit badge in mind, please let your voyageur know at the beginning of the week and if possible, we can include it in your itinerary.

Water Tubing and Water Skiing

The opportunity to water tube water ski happens upon returning from your trek, usually on Friday. However, for those units taking advantage of flex-scheduling the actual day may vary. Unit Leaders along with the FMR Trek-Director will schedule water skiing and tubing at the Sunday night leaders meeting. Water skiing and tubing are dependent on weather conditions. Will typically water tube all the scouts first, water skiing if there is time.

Rock Climbing and Rappelling

Certified staff members instruct you in the basics for climbing and rappelling on our natural rock face. We provide harnesses and helmets. Please be aware, that since it is a natural rock face, it is weather dependent. We are unable to rock climb when the rock is wet. Please wear appropriate shoes, sneakers or boots, not sandals or flip-flops.

Hiking

Units can hike to the top of Floodwood Mountain, a one-mile climb with spectacular views during the day and night.

Leave from Rollins Pond and paddle or hike to Fish Creek and back or try the short hike from West Pine Pond to Floodwood Pond and back. Alternatively, day hikes to Ampersand Mountain, Long Pond Mountain, Heaven's Pond, and St Regis Mountain are popular destinations.

Activity Field

Units can visit the activity field when accompanied by an adult and a FMR staff member. Activities offered are archery, tomahawk throwing, two-man saw, pioneering (build a monkey bridge!), or fire building.

Fishing

New York State requires a fishing license for all persons fishing 16 years or older. For more information about New York State Fishing Licenses, visit the DEC webpage at www.dec.ny.gov/permits/6091.html

Ecology and Forestry Interpretive Trail

The Ecology and Forestry Interpretive trail is currently closed and has to be rerouted.

Local Activities

Once you have checked into FMR, we are all bound by NYS Department of Health Regulations and those of Scouting America. Beyond that of checking out, your group must have a Voyager or other Camp Staff member along for any excursion off FMR property.

The Adirondack Region offers several attractions worth exploring either as part of your stay at Floodwood or on your way to/from your High Adventure trek. Here are just a few of what's available:

The Adirondack Experience

Explore the history, environment, and culture of the Adirondack region from the early 1800s. Indoor and Outdoor exhibits include logging, mining, boating and recreation as well as film presentations about the history of the region and the on-going environmental debate between the residents and preservationists.

Route 28-N & 30, Blue Mountain Lake, NY (518) 352-7311

The Wild Center

The Wild Center concentrates on the natural world with many hands-on exhibits illustrating and explaining the unique nature of the Adirondack region. Exhibits include aquatic life, birds, and many animals that inhabit the region.

45 Museum Drive, Tupper Lake, NY (518) 359-7800 The museum is on the left, a short distance down the road about 40 minutes from Floodwood

Lake Placid and the Olympic Tradition

Lake Placid is the major tourist and commercial center of the Adirondack region. It boasts of hosting the 1932 and 1980 Winter Olympics games. There is a museum as well as the Olympic center and the MacKenzie - Intervale Ski Jumping Complex, which comprises a 90- and 120- meter ski jumps tower. The sky deck on the 120-meter jump offers views of nearby John Brown's Farm and the surrounding High Peaks of the Adirondacks. The Freestyle Aerial Training Center is located near the base of the jump towers as is the Lake Placid bobsleigh, luge, and skeleton track. Downtown Lake Placid has many stores, restaurants, and a theater.

John Brown Farm State Historic Site

High in New York State's Adirondack Mountains is the home and grave of abolitionist John Brown. Many Americans know the song "John Brown's body lies a-mouldering in the grave," but most do not associate the words with this simple farm at North Elba, New York.

115 John Brown Road Lake Placid, NY 12946. The historic site is near the Olympic ski jumps, about a 50 minute ride from camp.

Advancement

Although having adventure and fun at Floodwood is your main reason for coming, advancement is a natural part of the experience. Most advancement flows from the program your troop plans. When a Scout cooks all his meals, builds the fires and camps away from the base camp, for example, advancement is second nature and can be fun.

Each Scout is encouraged to bring their Scout Handbook with them to camp; prior planning at home is important if the Scouts want to accomplish their advancement goals. A survey of your scouts and the advancement they wish to obtain at camp should be done before your arrival.

Departure and Check-out

Closing Campfire

On Friday night a camp-wide closing campfire may be held at the campfire site overlooking West Pine Pond. Each trek is asked to participate. Often groups are too tired, and a small fire will be had near the program building.

Check-out

Before leaving your site, make sure all trash has been collected and dropped off at the Commissary.

Plan on departing camp before 10 am on Saturday. Floodwood will not provide meals or services after breakfast on Saturday until dinner on Sunday. This is the only day the staff has off. Therefore, units should not arrive before 1 pm on Sunday or depart after 10 am on Saturday. Contact the Camp Director if you are unable to meet this schedule.

General Trek Policies

- No two Floodwood trek groups may camp in the Adirondack Park area within one mile of each other.
- The unit is responsible for providing appropriate 2 deep leadership consisting of 2 Adults 21 years of age or older who are registered members of Scouting America. The gender of the adults must match the requirements of the unit type Scouts BSA or Venturing. Voyagers cannot be counted on as 1 of the 2 deep as not all are 21 years of age. All Scouting YPT policies must be followed.
- Tenting- Youth Tentmates must be within 2 years of age of each other. It is up to the unit leadership to ensure this policy is followed.
- Campers must be within sight and sound of adult leaders or staff at all times!
- Leave No Trace camping is practiced.
- Campfires are allowed only at designated campfire rings.
- A list of emergency phone numbers and procedures will be held by your Voyageur.
- All treks will carry a group first aid kit.
- All injuries, no matter how small, must be reported as soon as possible to the Voyageur.
- All food must be suspended off the ground overnight in a “bear bag” or in a bear-proof-canisters (required in the High Peaks and supplied by Floodwood). A “bear canoe” can also be used.
- All water must be purified by two methods of purification: water purifiers and chlorine as required by the New York State Department of Health
- The “buddy system” is always required
- Wilderness Swimming on trek is strictly prohibited by NY State Law. This includes cliff or rope swing jumping.
- All trek leaders and Scouts will have completed a physical examination by a qualified physician within the past year. Additionally all trek members will complete a medical re-check at base camp before departure
- No Cliff/Rock Jumping – this is strictly prohibited by NY State Law
- All Scouts and Leaders will complete a swim test before being allowed on a canoe trek

Emergency Procedures on Trek

Follow the Buddy System!

The Boy Scouts of America offers Hazardous Weather Training, a useful course for leaders to review prior to coming to camp. Online training is available at my.scouting.org.

Electrical Storms

At the first sign of a possible electrical storm, canoes will immediately be beached at the nearest shore point. Take appropriate cover from lightning – avoid high ground, trees and open fields. Treks must wait 30 minutes after the last sound of thunder before proceeding.

High Winds

In the event of high winds, avoid unsteady or dead trees. Secure gear and tents, dropping canvas if necessary. Seek natural, secure cover.

Injuries

The Voyageur or Unit Leader will administer the necessary and appropriate first aid. The FMR EMT will be contacted and/or NYS Forest Rangers may be contacted as determined by the Voyageur. If required, the Scout or Unit Leader will be extracted from the trek in order to receive advanced medical care.

Hypothermia

Voyageurs and trek leaders should keep close lookout for the signs of hypothermia among trek members. In case of hypothermia, remove wet clothes and wrap in a dry sleeping bag or thermal blanket. Warm liquids should be administered. Do not get in the sleeping bag or thermal blanket with them.

Animals

Under no circumstances should any campers or staff approach a wild animal. This includes anything from chipmunks to bears. Deliberately leaving food out for the animals is dangerous and a violation of New York State law.

Bears

If you see a bear – stop immediately. If the bear starts to approach or if you become uncomfortable, blow a whistle, clap your hands, and shout. Walk away slowly and leave the area. Move away from any food or cooking areas; the bear is most likely to be interested in the food and not you. Do not attempt to attract, feed, annoy or provoke the bear. Keep your distance. Do not come between a mother and her cub.

Liquid Fuel and Stove Policy

- All use of stoves and liquid fuel will be accordance with the National Scouting America policy
- Adult supervision is required when using all stoves, and liquid or compressed fuels
- Do not overload a stove with heavy or unstable pots. Make sure all pots are stable and well balanced. Use stoves only on stable, level surfaces that will not be affected by heat
- Never leave a lit stove unattended
- All excess or bulk fuel must be stored in a storage area reserved for flammable fuels and materials
- Fuel must be stored in approved, aluminum-spun container bottles of no more than 48 oz. Bulk fuel containers will not be permitted on treks or in campsites.
- Do not leave excess fuel in parked vehicles in camp

Canoeing Trek Policy

- Follow all general trek policies (above) and always keep together on the water
- Check the conditions of all equipment before departing each morning
- Follow the Scouting America Lightning Safety policy
- The maximum size is allowed by New York State regulations of canoe treks is 12 including the Voyageur, except otherwise noted. You must have two adults, both of whom must be over 21 (Scouting America registered with background check and YPT)
- Campsites on all other lakes are on a first serve basis and require no reservations, except as noted for Lower and Middle Saranac Lakes
- Personal flotation devices (PFD) must be worn while afloat

- Wear sneakers, sport sandals, aqua-socks, or other soled footwear when embarking or disembarking from the canoe to the shore, and while in the site. Enter and exit canoe while it is still floating, not half on land and half in water
- Canoes must leave the water and seek shore at any sign of thunder, lightning, or severe storms
- Kneel or sit in the canoe. Never sit on the gunwales or thwarts or stand while in the canoe
- Do not drag canoes
- Sign in at all Ranger Checkpoints and Registers (normally located at canoe carries)
- Take precautions to avoid sunburn, heat exhaustion, and heat stroke
- On large lakes crowded with people and power boats, be sure to cross their wakes head on (perpendicular to the wave)
- All canoes in your trek must stay together to ensure easy communication between canoes
- All canoe treks will abide by all National Scouting America policies, including Safety Afloat, Safe Swim Defense, and Paddle Craft
- All canoe treks will be led by a Voyageur

Lightweight Canoes

Floodwood has a limited supply of light weight Kevlar canoes (12). These canoes are available only to crews going into the St. Regis Canoe Area because of the longer portages in this area. They are available to groups going to the St. Regis Canoe area on a first come first served basis. There is an additional charge of \$10.00/canoe/day. Floodwood can accept payment via cash, check or credit. Units are responsible for any damage to lightweight canoes.

Backpacking Trek Policy

- Follow all General Trek Policies listed previously
- High Peaks: the maximum group size is 8, including Voyageur and adult leaders, two of whom must be over 21 (Scouting America registered with background check and YPT)
- High Peaks: Permits are required for groups over 6, but these are self-issued at the trailhead

- Non-High Peaks: The maximum size allowed by New York State regulations of backpacking treks is 12, including a Voyageur. You must have two adult leaders, one of whom must be 21 or older
- Campsites in the High Peaks are on a first come first serve basis requiring no reservations
- Proper footwear is required. All trek members must wear waterproof, ankle supporting boots with two pairs of socks. Boots must be well-fitted, broken-in, and of a type appropriate for the trek
- Take proper care of your feet. Keep them clean and dry, change socks daily or when wet
- Be aware of possible changes in temperature, especially cooler temperatures at higher elevations resulting from sudden weather changes. Dress and bring clothing appropriate for expected conditions. Be alert to potential hypothermia conditions
- Carry plenty of water to prevent dehydration (2 liters per person minimum) and know the location of safe backup sources along your route of travel. Dehydration can lead to hypothermia
- Each hiker should be able to see the hiker in front and back of him
- Never plan to hike after dark
- Be alert when climbing steep, rocky, or mountainous slopes
- Never throw anything, especially from cliff tops
- Watch your footing; always step on solid ground
- If you need assistance, go to a ranger's station marked on your map
- All hiking and backpacking treks will make use of any registers available, signing in, listing trek plans (where applicable) and signing out upon departure
- Campfires are prohibited by New York State regulations in the High Peaks

Food and Water

A variety of trail food/meals are provided by Floodwood. Your Voyageur will meet with you before departure to discuss your menu. The Commissary will issue trail food for the entire duration of the trek. If there are any special dietary concerns of any members of your trek please let us know before you arrive in camp so we can accommodate you.

Water must be brought with you and found on the way. While most Adirondack lakes and streams are free of pollutants, many water sources have become

contaminated with a parasite known as Giardia Lamblia, a cyst known commonly as “Beaver Fever”. It can be spread by any warm-blooded mammal when infected feces wash into water. The safest protection for water is boiling. The New York State Department of Health requires two methods of sterilization for the treatment of unpurified water: chemicals and purification. Your Voyageur will be equipped with water purification equipment.

Equipment – Pack Lightly

Your Voyageur will stress low-impact camping techniques and will conduct an equipment “shakedown” prior to your departure. Floodwood provides every trek with cook kits and utensil kits. For canoe treks, we supply canoes, paddles, and PFDs. Crews are responsible for personal gear, packs, tents, and stoves. If your unit does not have the proper gear, camp will be able to outfit with certain gear. First Aid kits are also the responsibility of each crew, although Voyageurs will carry some First Aid items.

Tips about the Gear List

For canoe treks: Bring 2 pairs of footwear. Shoes, sneakers, or closed-toe boating shoes that can get wet (to be worn in the canoe) and shoes or sneakers that stay dry (to be worn in the campsite).

For backpacking treks: Good, sturdy hiking boots with ample ankle support will protect ankles from the rigors of Adirondack trails. When boots get wet or muddy, a pair of light sandals or sneakers, kept dry in the pack, are comfortable in the campsites. Wool or “Thorlo” type blend socks combined with a light polypro inner sock will significantly reduce the likelihood of blisters.

Although backpacks claim to be waterproof, water always finds a way in. Clothes should be packed in plastic bags. The heavy Zip-lock freezer bags are the easiest and most compact. Can also line entire inside of pack with a large garbage bag.

Clean, dry clothing is important. Scouts should be encouraged to properly keep their tents in order and protect their clothes from getting wet. Scouts should change into clean and dry clothes at night for sleeping. Damp clothes from the day’s activities can make sleep uncomfortable and can lead to hypothermia.

Long pants and Shirts (Lightweight): To keep mosquitoes off at night, for unusually cold mornings, and for hiking through prickly vegetation; prevent sunburn while canoeing

Scout wool jacket, shirt, fleece, warm parka, or sweater: preferably with long sleeves; important for chilly evenings and early mornings; for retaining body heat after a cold rain

Important: Cotton clothing should be avoided. Cotton absorbs water and takes a long time to dry out. A sweatshirt or pair of jeans soaked by a sudden rain makes the body over two hundred times colder than it would be in dry clothes. *Wool, fleece, polyester, and other nylon materials are strongly recommended.*

Sleeping bag: Sleeping bag stuff sacks should always be lined inside with a plastic garbage bag. Polarguard sleeping bags are preferred. Be careful with down bags – when down gets wet, it stays wet for a long time. A compact stuff sack will make portages easier because more things can fit into your backpack.

Sleeping pad: makes sleeping much more comfortable and insulates the body against the cold and rocky ground

Bowl and spoon: Is all you need to eat the average trail meal

Sunscreen: Sitting in a canoe for several hours at a stretch on a sunny day exposes you to potentially dangerous sunburn. Sunscreen is required for all trekkers. If you burn easily, wear long sleeves and pants that are lightweight and vented.

A small flashlight with new batteries: A small, pocket sized light, or headlamp, is recommended.

The suggested personal gear list in the Appendix is offered so that each Scout will remember those items that will keep him comfortable. Equipment for the trek, such as tents, tarps, and cooking gear also must be provided. Your Voyageur, along with the unit leaders, will make final decisions on gear to be included on your trek during the gear shakedown on Sunday evening.

Middle and Lower Saranac: Campsite Reservation

Reservations are required for Middle and Lower Saranac. They can be made up to 9 months before your trip and at least 2 days before your trip. For more information, contact the Saranac Campground at (518) 891.2841, or

<https://www.dec.ny.gov/outdoor/24496.html>

One can also go to reserveameria.com and search for Saranac Lake Islands to make the reservation

Group Campsites:

There are a two (2) Group Campsites on Middle Saranac Lake that can accommodate up to 12 people; they are campsite numbers 65 and 71 (Shaw Island). They cost about \$20 per night with a \$2.75 registration fee (one time).

For more information, contact the Saranac Campground at (518) 891.2841, or <https://www.dec.ny.gov/outdoor/24496.html>

Special Information for Camping in the St Regis Canoe Area:

The St. Regis Canoe Area is the largest wilderness canoe area in the Northeast and the only designated canoe area in the New York state. It is closed to motor vehicles, motor boats and aircraft. There are 58 ponds and the headwaters of the West and Middle Branch of the Saint Regis and the Saranac Rivers. The maximum group size for a camping party in the St Regis Canoe Area is eight (8) people. Permits will need to be issued for groups with eight (8) or fewer people that want to stay on one location for more than three (3) nights. No additional permits are required to camp in the St Regis Canoe Area. Larger groups that split into smaller groups to meet these size restrictions would be required to: a) be a one mile apart AND b) not camp or travel on the same pond at the same time

Floodwood Mountain Scout Reservation Staff

Each trek is assigned a Voyageur to act as guide, teacher, leader and friend to the trek and each member of the unit. They are not substitutes for a unit's natural leadership, but serve as a resource for your trek. Throughout the week, they teach Leave No Trace camping, good wilderness ethics, and specialized outdoor skills.

Our Voyageurs are chosen for their recognition of what a wilderness experience can offer young people. *They have a deep respect for and act as custodians of our environment.* They undergo an intense evaluation and training period that

includes Wilderness Backpacking and Canoeing, Leave No Trace Ethics, Navigation, Wilderness First Aid, Hazardous Weather Recognition and Response, CPR, Safety Afloat, and Safe Swim Defense.

The **Climbing Director** and rocks staff, aside from the typical Voyageur certifications, also undergo training through Scouting America National Camp School or train under the direction of Scouting America Climbing Instructor and are fully qualified to safely provide rock climbing and rappelling opportunities to your unit. They will spend the time with each scout to ensure that they develop the knowledge and techniques to successfully conquer our natural rock face.

Our **Aquatics Director** will serve your unit at the waterfront conducting swim tests, which are necessary for canoe trek participation.

Our **Health Officer** is a certified medical practitioner who will assist with any medical issues or emergencies your crew might have while on base. Besides conducting the medical recheck after arrival at camp, the health officer also helps train and equip the voyageurs for the treks.

We are constantly looking for staff members who will be an asset to our camp staff. There also is an active and exciting Voyager in Training program. If you know of any scout from your unit who is looking for a summer job, please contact the camp director for an application.

Contact Information:

Camp Director

David Bock

201-788-8977

floodwood.director@ScoutingNNJ.org

david.bock@gmail.com

Camp Address (summer only)

Floodwood Mountain Scout Reservation

Post Office Box 251

Lake Clear, NY 12945

Phone : 518-891-4460 (Main)

518-891-6443 (Rollins)

Camping Administrative Assistant

Kathy ALbergo

201-677-1000 ext. 126

Kathryn.Albergo@scouting.org

Promotions Chair

David Stuhr

201-445-1637

stuhr@fordham.edu

NNJC Director of Camping

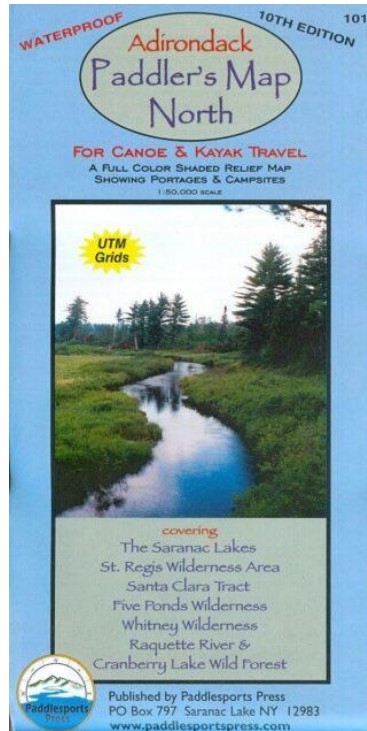
Ann Murphy

201-677-1000 ext. 148

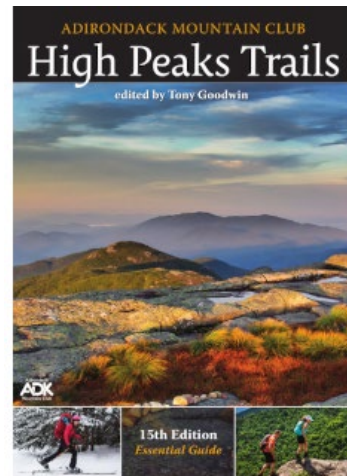
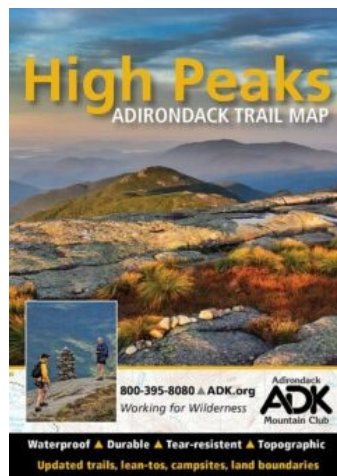
ann.murphy333@scouting.org

Recommended Canoe Trek Maps

The Paddler's Map- Waterproof map with updated campsites. There are different maps for various canoe routes. Maps may be purchased at FMR Trading Post, when available. There are "Close-Up Series" maps available for particular areas.



Recommended Backpacking Trek Maps



Appendix : Forms & Information

- Unit Swim Classification Record (For offsite swim tests.)
- Trek Itinerary and Program Form
- Food Allergies/Dietary Restrictions Form
- Trek Roster
- 50 Miler Award
- Children's Camps in NYS, info for parents
- Suggested Gear Lists
- Maps
- Directions

Swim Classification Record

(Changes and/or corrections to the following chart should be initialed and dated by the test supervisor.)

Unit Number _____ Date of Swim Test _____

	Full Name (Print) <small>(Draw lines through blank spaces)</small>	Medical Recheck Parts A-B	Swim Classification		
			Non-Swimmer	Beginner	Swimmer
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

The swim classification test performed at a unit level should be conducted by one of the following council-approved resource people: Aquatics Instructor, BSA; BSA Lifeguard; BSA Swimming & Water Rescue; or other lifeguard, swimming instructor, etc. Test administrators should utilize chapter 5 of the [BSA Aquatics Supervision Guide](#).

NAME OF PERSON SUPERVISING & FACILITATING THE SWIM TEST:

Print Name

Signature

Type of Authorization/Training
(Attach a copy of certification if required by council procedure)

Expiration Date if applicable

SWIM CLASSIFICATION PROCEDURES

The swim classification of individuals participating in a Boy Scouts of America activity is a key element in Safe Swim Defense and Safety Afloat. These swim classification tests are a foundational unit of the Aquatics Continuum.

All persons participating in BSA aquatics are classified according to swimming ability. The classification tests and test procedures have been developed and structured to demonstrate a skill level consistent with the individual's circumstances in the water.

SWIM TESTS FOR COUNCIL ACTIVITIES

Swim tests for **council activities** are conducted following procedures approved by a council-level committee, preferably the Council Aquatics Committee. The council committee should use the guidance contained in *BSA Aquatics Management Guide*. SPECIAL NOTE: When swim tests are conducted away from camp, the camp aquatics director retains the right to review or retest any or all participants to ensure that standards have been maintained.

REGARDLESS OF WHERE OR WHEN THE SWIM TEST IS GIVEN THE FOLLOWING PROCEDURES APPLY:

- The test is given one-on-one.** The test administrator and the swimmer are buddies during the administration of the test.
- Each component of the test is important.** The test must not be changed either to assist the Scout or to expedite the process.
- The test must be completed without aid or support.** Aid includes lifejackets, wetsuits, fins, etc. Swim goggles may be used to avoid eye irritation.
- Swim tests must be renewed annually,** preferably at the beginning of the outdoor season.

TO THE SWIM TEST ADMINISTRATOR

SWIMMER'S TEST:

Jump feet first into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: side stroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy resting back stroke. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.

BEGINNER'S TEST:

Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resumeswimming as before, and return to starting place.

Anyone who has not completed the beginner or swimmer tests is classified as a nonswimmer.



Floodwood Mountain Scout Reservation

Adirondack High Adventure since 1965

2025 Trek Itinerary Form

(one form per trek)

The purpose of this form is to help you plan your trip: where you will depart, where you will stay each night, and where you will finish your trek.

This form MUST be submitted in its entirety BEFORE you arrive at camp to allow time to obtain the necessary permits for your trip. Please contact Camp Director for help.

As always, trek itineraries can be fine-tuned at camp, but for the sake of securing permits for your group, you should have as accurate an itinerary as possible.

Unit # & Town: _____ Floodwood Week: _____

Scouts/Venturers: _____ # Adult Leaders: _____

Trek Contact Person (preferably the same name as on reservation form)

Name: _____ Email: _____

Phone(s): _____

TREK NAME: _____

Please list the campsite/location you will be camping at each night

SUNDAY (leave blank unless leaving Sun)	MONDAY (Day 1)	TUESDAY (Day 2)	WEDNESDAY (Day 3)	THURSDAY (Day 4)	FRIDAY (Day 5)

Starting Location (circle one): Rollins Pond or Other: _____

Ending Location (circle one): Rollins Pond or Other: _____

Merit Badge Interest? (YES or NO) IF YES, please list _____

We request the usage of ____ Kevlar canoes for our trek (additional \$10/day/canoe). Note: We have a limited number of these light-weight canoes and cannot guarantee availability. They are to be used by crews traveling in the St. Regis Canoe Area or extremely long treks only.

Is this first time at Floodwood for this group?: _____

Special Requests: _____

How did you hear Floodwood: _____



Floodwood Mountain Scout Reservation

Adirondack High Adventure since 1965

Food Allergies, Dietary Restrictions, and Religious Restrictions

To help plan your crew's food menu and stops while on trek, the Floodwood Commissary would like to be aware of any food allergies, dietary restrictions, or religious restrictions amongst your crew participants. This information is strictly used to inform Floodwood Staff of any changes that need to be made for individuals or for an entire group.

Please fill out the boxes below with information on food allergies, dietary restrictions, or religious restrictions that need to be accounted for while on trek. (please be specific).

PLEASE DO NOT WRITE NAMES.

Unit # & Town: _____

Week attending Floodwood (circle one): 1 2 3 4 5

List Any Food Allergies, Severity & Number of Crew Members

List Any Dietary Restrictions & Number of Crew Members

List Any Religious Restrictions & Number of Crew Members

Trek Roster 2025

(use separate rosters for each trek)

Trek Requirements:

- Must have at least two adult leaders 21 or older
- Must follow Youth Protection Guidelines (i.e., co-ed leadership for co-ed crews, etc.)
- Canoeing crews have a maximum size of 12 people – including the Voyageur
- St Regis Wilderness Canoe Area has a maximum size of 8 people – including the Voyageur
- Hiking crews, in the High Peaks Region, have a maximum crew size of 8 people - including the Voyageur

You must fill in adult leader's date of birth and a parent's email address for each youth in BlackPug. This is to comply with New York State Department of Health Guidelines.

Unit # & Town: _____ Floodwood Week: _____

Leaders (please print and write legibly)

Name
1.
2.
3.
4.

Scouts / Ventures (please print and write legibly)

Name
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Return Completed Forms To: Camp Director – David Bock (floodwood.director@ScoutingNNJ.org)

THE 50-MILER PROGRAM



The primary objective of this program is to stimulate Boy Scout, Varsity Scout, and Venturer interest in the ideals of the movement and to promote activity that will result in personal fitness, self-reliance, knowledge of wood lore, and a practical understanding of conservation.

Chartered unit participation is most desirable; however, provisional groups are eligible. This award does not apply if any other award is available for a trip.

The Boy Scout, Varsity Scout, or Venturing unit or provisional group must follow these rules for a 50-Miler trip:

- Select a suitable trail or waterway.
- Adult leaders 21 or older must make the entire trip.
- If the trip is 500 miles or more from homes of group members (local council camp excepted) or crosses national boundaries and into the territory of other nations, a National Tour Permit Application, No. 4419B, is necessary. For trips and overnight camps less than 500 miles, use a Local Tour Permit Application, No. 34426B.

Award Requirements

The 50-Miler Award is presented to each qualifying individual for satisfactory participation in an approved trip. In order to qualify for the award, the group of which the individual is a member must fulfill all of the following requirements:

1. Make complete and satisfactory plans for the trip, including the possibilities of advancement.
2. Cover the trail or canoe or boat route of not less than 50 consecutive miles; take a minimum of five consecutive days to complete the trip without the aid of motors. (In some areas pack animals may be used.)
3. During the time on the trail or waterway, complete a minimum of 10 hours each of group work on projects to improve the trail, springs, campsite, portage, or area. If, after checking with recognized authorities, it is not possible to complete 10 hours each of group work on the trail, a similar project may be done in the unit's home area. (There should be no unauthorized cutting of brush or timber.)
4. Unit or tour leader must then file the 50-Miler Award application with the local council service center.

Detach and send the report below to your local council service center.

50-MILER AWARD APPLICATION

(Note: This award does not apply if any other award is available for this trip.)

To: Local Council Only (Do not send to national office.)

Unit No. _____ Tour Permit No. _____
 Provision group _____ (check)
 District _____
 Local Council Action
 Approved _____ Disapproved _____

1. Name of trail or waterway _____
Give state and nearest town.
 From _____ to _____ (minimum of five consecutive days required)
Date Date
2. Trip was (check appropriate terms) by boat by canoe on foot by bicycle
3. Trail or waterway covered: from _____ to _____
Starting point Finishing point
 Total mileage _____ (must be at least 50 continuous miles)
4. This group completed 10 hours of trail work, as follows. (Give details as to type of Good Turn, such as clearing trail, repairing bridges, cleaning up campsites and springs, leaving wood supply, etc.) _____

5. Total Boy Scouts, Varsity Scouts, Venturers, and leaders eligible for the 50-Miler Award _____
6. Enter our order for _____ decals, No. 33490 _____ embroidered awards, No. 00191 _____ leather awards, No. 00241 _____ Staff Shield, No. 14131
(Contact your local council service center for current prices.)

Approved _____
Unit or tour leader

(NOTE: Embroidered and leather awards are not worn on uniforms but may be attached to tents, packs, or blankets. Decals may be used on canoes, paddles, or plaques.)

34408A 2004 Boy Scouts of America Address Phone

- the camp is required to be inspected twice yearly; and
- the inspection reports and required plans are filed (address of state, county or city health department) and available for their review.

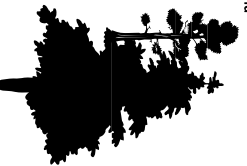
Responsibilities of Local Health Departments

- To review and approve the required written camp plans for compliance.
- To inspect camps to assure that: (1) all physical facilities are properly operated and maintained; and (2) adequate supervision exists to provide a healthy and safe environment in accordance with the New York State Sanitary Code.
- To issue a permit to operate when the required plans and inspection results are satisfactory.
- To investigate reports of serious incidents of injury, illness and all allegations of abuse or maltreatment.
- When requested, to provide parents or guardians of prospective campers an opportunity to review inspection reports and required plans.

The time and effort spent in selecting the camp your youngster will attend is important. Keep in touch, especially if it is your child's first camp experience. If possible, visit the camp before and during the camping season.

Information

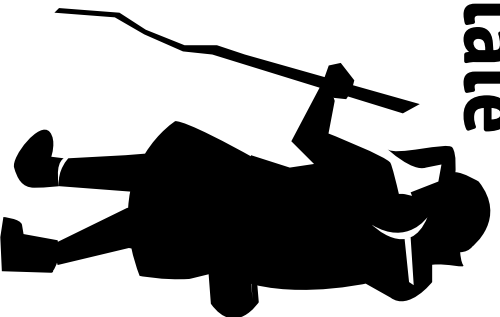
For further information about New York State health laws relating to summer camps, call the State Health Department's Bureau of Community Environmental Health and Food Protection in Troy at 1-(800) 458-1158, ext. 27600.



State of New York
Department of Health

6/08

Children's Camps in New York State



In New York State, summer camps must have a state, city or county health department permit to operate legally. These permits are issued only if the camp is in compliance with the state's health regulations. The permit to operate must be displayed in a conspicuous place on the premises.

The camp must be inspected twice yearly by a health department representative. At least one inspection must be made during the time the camp is in operation. Each camp is checked to make sure that the physical facilities are safe and that supervision is adequate.

When choosing a summer camp for your child, consider the following:

Staff Credentials/Supervision

What are the qualifications of the camp director?

The New York State Health Code requires that the director of an overnight camp be at least 25-years-old or hold a bachelor's degree; a day camp director must be at least 21-years-old.

All directors must have experience in camping administration or supervision. Camp directors' backgrounds are screened by the Office of Children and Family Services Central Registrar Database for reported incidents of child abuse and maltreatment. Their backgrounds are also screened by the Health Department for criminal convictions. Only individuals who are considered to pose no risk to campers are accepted by the Health Department as camp directors.

What are the qualifications of the camp counselors and how are campers supervised?

Counselors must have experience in camping and supervision of children or have completed an acceptable training course. Stringent counselor-to-camper ratios and staff qualifications are mandated for supervision of swimming, archery, riflery and camp trip activities.

At overnight camps, 80 percent of the camps' counselors must be at least 18-years-old; up to 20 percent may be 17-years-old. There must be at least one counselor for every 10 children aged eight years or older; and one

counselor for every eight children younger than eight years old.

At day camps, counselors must be 16 years of age or older. There must be a minimum of one counselor for every 12 children.

Camps that must provide at least 10 counselors may choose to use counselors-in-training (CITs) to meet 10 percent of the required number of counselors. These CITs must be at least 16 years of age at an overnight camp and 15 years of age at a day camp. They must work with senior staff, have had previous experience as a camper and complete a training program. Ask the camp operator if any of their counselors are CITs and how they are used to supervise campers.

Ask about the camp's staff and supervision procedures, including discipline policies. Do they meet your expectations?

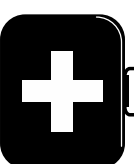
Health

Ask about medical coverage and when you will be notified if your child becomes ill or injured. Is a doctor or nurse in residence or on call for campers at all times?

Physicians or nursing services must be available. All summer camps in New York State are required to have a health director and a written medical plan approved by the Health Department. The written plan must include, among other things, provisions for medical, nursing and first aid services. Injuries and illnesses must be reported to the Health Department and are thoroughly reviewed.

Does the camp require medical records for campers?

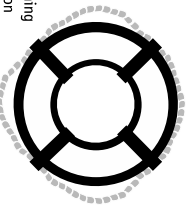
Camps must keep current medical history reports on file for all campers. Be sure to detail your child's history of immunization, illness, disability or allergy. Specify special diets and activity restrictions. Provide instruction for any medication your child must take.



Camp Safety

Are the camp facilities and activities safe?

The camp operator must develop a written plan to include maintenance of facilities, provisions for training staff members and orientation of campers, supervision of campers, campsite hazards, emergency procedures and drills, safety procedures and equipment for program activities.



Swimming

Are waterfront personnel qualified?

Are campers always supervised while in the water?

All waterfront activities at camps in New York State must be supervised by an experienced certified lifeguard or water safety instructor. On site, one qualified lifeguard is required for every 25 bathers. All aquatic staff are required to be trained in cardiopulmonary resuscitation (CPR).

Camps that use off-site pools or beaches operated by others must make special arrangements to provide a safe activity. Even off site, the camp remains responsible for supervising campers.

Some children's camps use sites for swimming that are not inspected by local health departments. Parental permission is required in these instances, and the camp must follow established guidelines to protect campers.

While campers are involved in aquatic activities on site, there must be one counselor for every 10 campers eight years or older; there must be one counselor for every eight children aged six and seven; and one counselor for every six children younger than six years old.

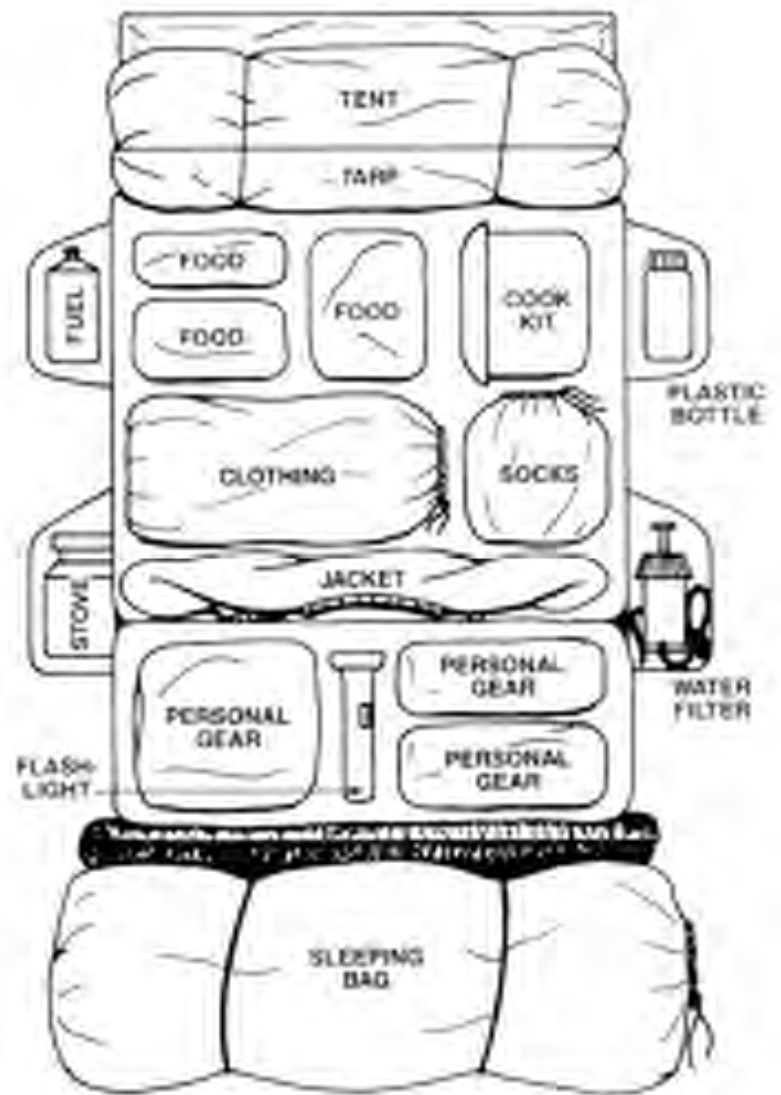
When swimming off-site, there must be one counselor for every eight campers six years or older and one counselor for every six campers younger than six years.



ate from
the New York State Department of Health or the
designated permit-issuing official.

Suggested Gear Checklist for Each Participant

Backpack – lightweight
Sleeping bag stuffed in plastic bag and in a waterproof stuff sack
Sleeping pad
Swimming shorts; Long Pants; T-shirts
Underwear
Wool Socks
Hiking Boots
Day shoes and wet shoes or sport sandals
Hat, with brim
Wool jacket, Shirt, Fleece, warm parka or Sweater
Rain gear: jacket (required) and pants (optional)
Bowl and Spoon
Mug or cup
Nalgene: **two 1-quart bottles**
Pocket knife – no sheath knives
Insect repellent
Flashlight with new batteries
Small ditty bag for all personal items
Toiletries – feminine products as needed
Bandanas
Sunscreen
Sunglasses (optional)
Wool hat and warm layers (for nighttime)



Crew Gear

Tents, lightweight/Hammocks
Collapsible water containers (2.5 or 5 gallon size)
Water Filtration System – chemicals and pump (supplied by FMR)
Backpacking stoves and fuel bottles (supplied by FMR)
Two sets of maps (supplied by FMR)
Ropes for “bear bags”, 50 feet length each (x2) (supplied by FMR)
“Bear bags” or “Bear canister” (supplied by FMR)
Bathing soap
Plastic bags (storage and trash) (supplied by FMR)
Compass
Trek First Aid Kit (supplied by FMR)

Floodwood Packing List from Troop 5 - Ridgewood (2025)

All gear for the trek must be able to fit in, or on, your backpack. The troop gear will be divided up between participants to carry. All personal gear and troop gear must fit in your back. (**Reserve room for troop gear.**)

Troop needs: (many of these items can be provided by Floodwood and are noted as such with *FMR)

<ul style="list-style-type: none"> • Maps (*FMR) • Water purification system (*FMR) • Water Jugs or Water Bags (*FMR) • Stove and fuel (Windscreen) (*FMR) • Bear bag ropes (50 to 100 feet) & carabiners (*FMR) • Garbage bags (*FMR) • 1-2 medium-size pots with tops for boiling water (*FMR) • Cooking spoon and ladle (*FMR) 	<ul style="list-style-type: none"> • Additional cooking gear if we want to eat something that requires it (*FMR) • Fire starter / matches / lighter (*FMR) • Hand sanitizer (*FMR) • Trowel & Toilet Paper (*FMR) • Troop first aid kit (*FMR) • Tarp/rope (rain shelter) (*FMR) • Steel wool/scrubbing pad (*FMR)
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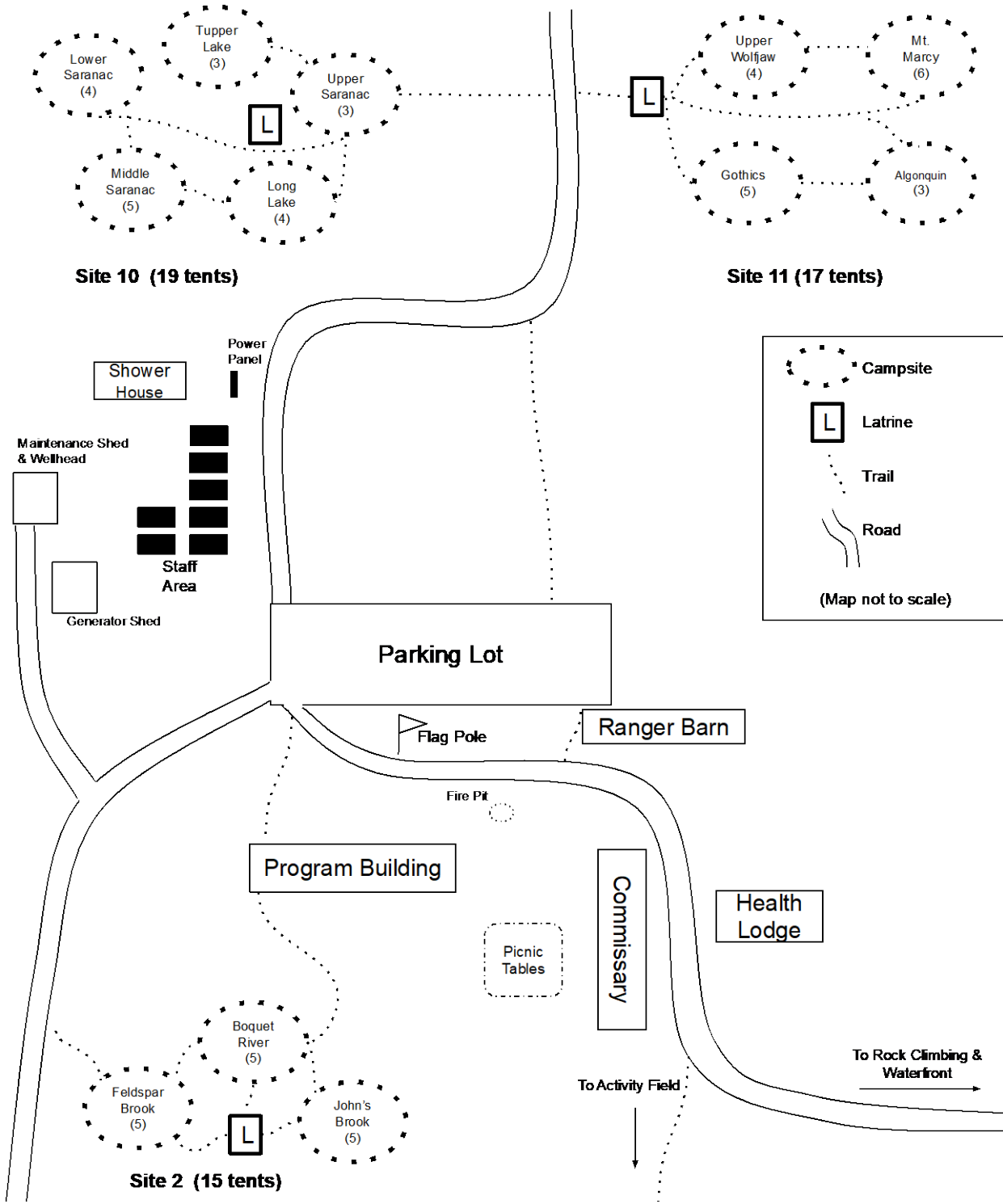
Personal gear for trek: (packed in plastic bags or waterproof bags)

<ul style="list-style-type: none"> • Camping Backpack • Pack cover • Tent (to be shared) – 2 or 3 person tent with ground cloth (<i>MAKE SURE YOU HAVE ALL THE TENT PARTS</i>) or Hammock (fly, straps, carabiners). Sleeping bag (note it can get cold in August, down to the 30s overnight). Another option is a summer sleeping bag and bag liner or long underwear to sleep in. • Sleeping pad or air mattress • 1 – 2 T-shirts (quick-dry preferred) • Lightweight long sleeve shirt (for sun protection) • 1 swimsuit (which will be worn for most of the trek) • Long pants - Zip-off pants are recommended (lightweight material, not blue jeans) • Shorts • Warm top (mid-weight fleece/wool pull-over - not cotton sweatshirt) • Warm hat (wool or fleece) • Underwear – 1 or 2 pairs are enough • 1-2 pairs hiking socks (wool or synthetic wool) • Water shoes (Tevax or Keens or old sneakers – NOT flip flops or Crocs; you step out of the canoe into water and need shoes that will stay on in deep mud) • Hiking shoes or sneakers (possible hike during the trek) • Rain gear (rain jacket or poncho, rain pants-optional) • Sun glasses and lanyard (lanyard for regular glasses if needed - keep from losing in water) • Brimmed Hat for Sun 	<ul style="list-style-type: none"> • Headlamp w/new batteries (NOT a handheld flashlight) • Personal first aid kit (band-aids, cut ointment, duct tape, pain relief pills - ADULTS ONLY) • 2 x 1-liter water bottles • Bowl and spoon (plate, fork, knife not required) • Drinking Cup • Toothbrush & Toothpaste & Camping Soap • Bandanna (doubles as a camp towel) or small towel • Pocket Knife • Rope (laundry line, fix tent, etc.) - parachute cord • Bug Spray • Sunscreen • Toilet paper (in Ziploc bag) • Fishing Pole (optional – needs to fit in backpack) • Plastic bags (Compactor bags, zip lock bags, or garbage bags with twist ties to keep gear inside backpack dry) • Small amount duct tape • Compass (optional) <p>Brought but not taken on trek:</p> <ul style="list-style-type: none"> • Class A Uniform (worn at opening ceremony on Sunday night in basecamp...left at basecamp) • Class B T-Shirt (for traveling up and back to Adirondacks) • Bug net (optional – used in basecamp only) - clothes pins to put up • Money for 3 meals, trading post, and tips (\$30-\$40 for tip per individual on trek)
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Additional Personal gear and Notes:

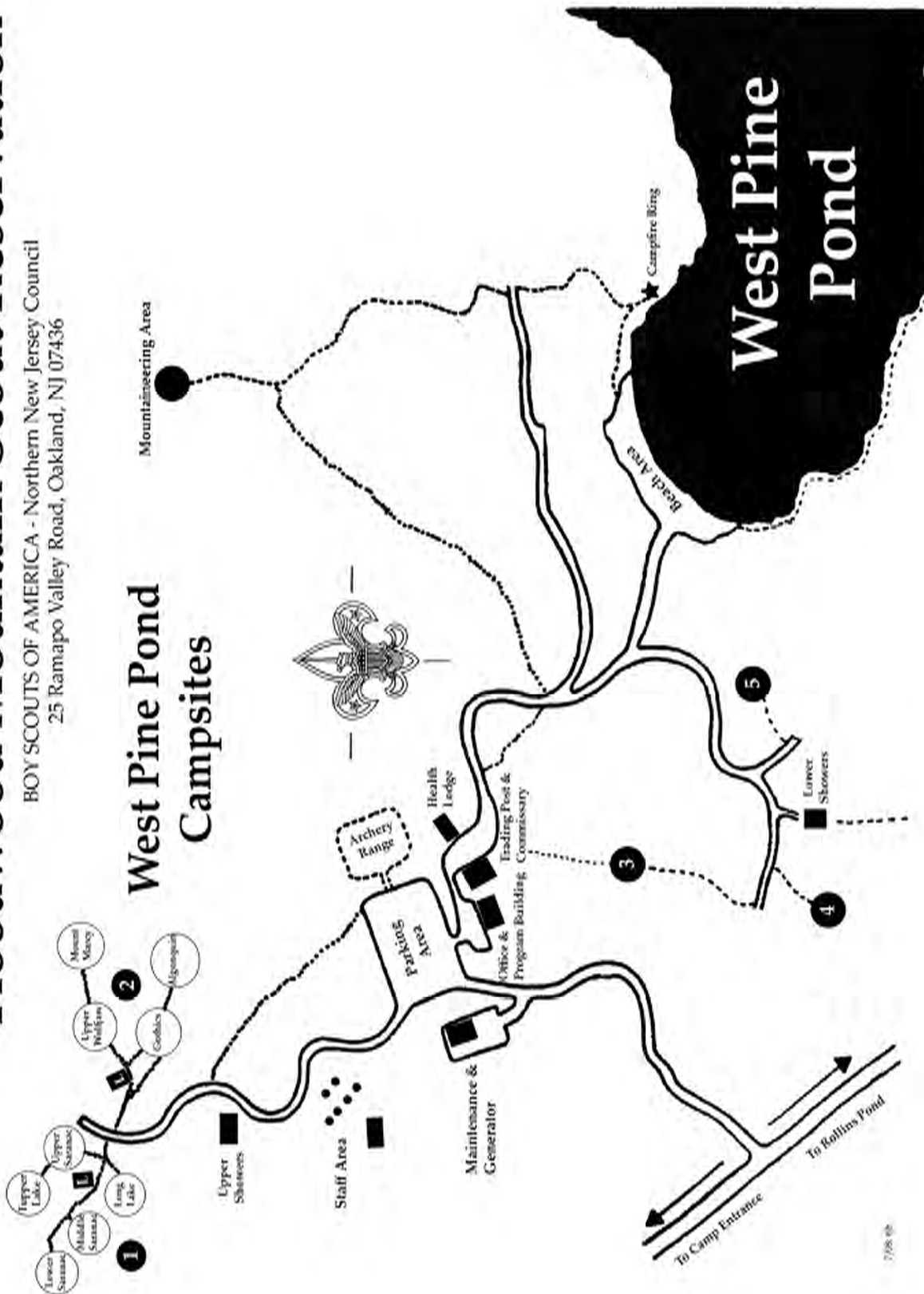
- Change of clothes for travel home, soap, and towel to be left at basecamp for after we return from the trek (packed in a separate small bag). Rock climbing gear (closed-toe shoes)
- NO COTTON - sweatshirts, hoodies, blue jeans - quick-dry synthetics only
- Scouts should leave Cell Phones in cars at base camp. Adults may want a waterproof bag or case for phone.
- Pack one set of clothes to wear canoeing during the day (swimsuit, sun shirt, water shoes) and dry clothes for the evening (shorts/pants, shirt, walking shoes/sneakers, fleece.) One set of each. That is all that is really needed.

Floodwood Mountain Scout Reservation Northern NJ Council



Floodwood Mountain Scout Reservation

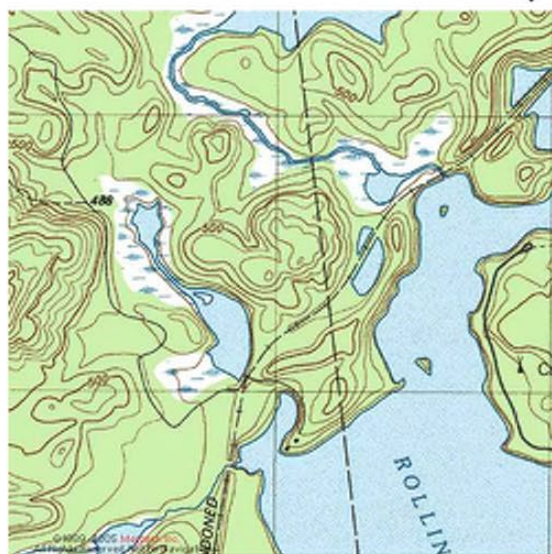
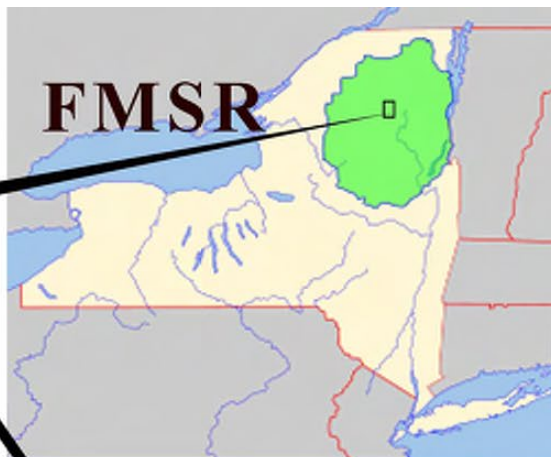
BOY SCOUTS OF AMERICA - Northern New Jersey Council
 25 Ramapo Valley Road, Oakland, NJ 07436



7/08 eb



FLOODWOOD MOUNTAIN
SCOUT RESERVATION



ROLLINS POND
CANOE BASE



WEST PINE POND
BASE CAMP

Directions to Floodwood

Floodwood is located in the town of Tupper Lake, NY on Floodwood Road. The directions below start with heading North on the New York State Thruway, Interstate 87

To use GPS, type in Lake Clear, NY as your destination and use the local directions below from Route 30, OR go to ScoutingNNJ/floodwood.org

Take the New York State Thruway (Route 87)

At Albany leave the Thruway, stay on I-87N which is now the Northway.

Continue along the Northway to Exit 30 (Route 73)

Follow Route 73 to its end at Route 86 in Lake Placid* (just under 30 miles); turn left on to Route 86. Follow Route 86 on through Saranac Lake for about 15 miles to a blinker light.....

Turn left on to Route 186 and go for about 4 miles until it ends at Route 30.

Continue south and west on Route 30 for a few miles to Saranac Inn. Just past the golf course turn right onto Floodwood Road. (Look for the FMR sign- it is a "Paddle sign" on a sign post with lots of other signs)

Floodwood Road forks to the left as it runs alongside the golf course and shortly becomes a gravel road. Keep on this road, crossing RR Tracks (removed) and St Regis Outfitters for about six miles and turn left on to a dirt road marked for Floodwood Mountain.

Shortly there will be a barrier gate. Open (and close) if necessary.

Continue on to a fork in the road take the left fork to the FMSR parking lot.

*There is a short cut that avoids Lake Placid. A few miles before Lake Placid just past the Olympic Ski Jump Old Military Road forks left off Route 73. Take it and continue on it to its end at Route 86. Turn left and continue through Saranac Lake as above

See you this Summer!

