



Frost Valley YMCA
2010 Adventure Trips

Wilderness Skill Builder Campstyle - Itinerary



**Sunday
July 11**

Participants should arrive at Frost Valley at 2:00 pm. We will spend the rest of the afternoon getting to know each other and setting up camp for the night in the woods at Frost Valley. Skills of the day include campsite selection, tent assembly, fire building with a match/lighter, and cooking.

**Monday
July 12**

Today we will learn lashing skills and shelter making*. After a day hike in the afternoon, we'll return for fire building, wooden bowl construction and foil dinners. After dinner, we'll test our new shelters for the night or sleep in our tents.

**Tuesday
July 13**

Skills of the day include water purification, water gathering/finding techniques, identifying edible plants, and no match fire building techniques. For dinner, we'll include some of our edible plants cooked over our fire!

**Wednesday
July 14**

Today, weather permitting, is our water fun day! We'll hike to the lake, swim for a bit and jump into the canoes to learn some basic water stokes, rescues and stream crossing techniques. We'll practice our tracking skills before we return to our campsite to continue those no match fire and cooking skills.

**Thursday
July 15**

Navigation day has arrived! We'll learn how to read and draw a map, use a compass, and find direction without a compass. Finally, we'll focus time on tracking animals (and each other!) through the woods and basic search and rescue techniques.

**Friday
July 16**

Today we'll put all of our new skills to the test by hiking up Doubletop Mountain. We'll use our map and compasses to reach the summit and then build our own shelters on the mountain for the night. In the evening, we'll share stories and sing some favorite campfire tunes to pass the time.

**Saturday
July 17**

We return to Frost Valley's Main Camp to clean up our gear before returning to our campsite for the evening. We'll spend our last night sharing stories of our adventures and enjoying the company of our new friends.

**Sunday
July 18**

We'll have the morning to finish any gear clean up and then it is time to head home. Parent pick up time is 11:00 am. There is no bus transportation for this trip.

****This itinerary is subject to change****

***Specific skills learned may change slightly, depending upon participant interest, although the emphasis will remain on primitive skills. The day each skill is learned may change due to weather or other scheduling considerations.*

If you have any questions about the trip, please feel free to call the Frost Valley Adventures office at (845) 985-2291 ext. 265.