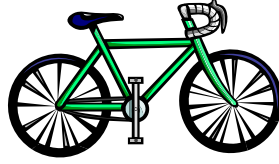


MANY OPTIONS SUMMER CAMP

OUTDOOR EXPLORERS



Hike, Bike and Swim!

Not sure what you'd like best in the outdoors? Hiking, biking, swimming and ropes course climbing make up an exciting week of outdoor adventure. Campers should come prepared to play hard in the outdoors while challenging themselves in many different ways. Campers must bring morning and afternoon snacks, lunch, extra drinks, bathing suit, and towel. Additionally your camper should be prepared for the weather and the day's activities, including warm clothing, raingear, and sturdy shoes. Campers can be dropped off at the Washington Street entrance at 9:00am and need to be picked up at the same entrance at 4:00pm. Please note that on Thursdays we will do an extended hike, drop off will be at 8:00am with pick up at 4:30pm.

Tentative Schedule

Monday

Low Ropes Course

Tuesday

Bike the Keene Trails • Swimming at Westmoreland Swimming Hole

Wednesday

Discover Quechee, Vermont and Swim the Gorge!

Thursday

Mount Monadnock hike

Friday

High Ropes Course

Dates

Session One: July 2-3, 5-6 (No camp on July 4th)

Session Two: July 9-13

Session Three: July 16-20

Session Four: July 23-27

Fees

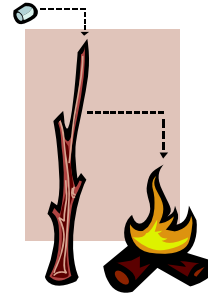
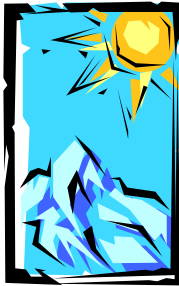
Session One: \$160.00

Session Two, Three, and Four: \$200.00

Ages and Gender

Boys and girls ages 10-13 are encouraged to sign up for Outdoor explorers. Please note that your camper must be 10 years of age by July 2, 2007

CHALLENGE CAMP WILDERNESS ADVENTURE



Description

From high ropes, to river swimming and wilderness search and rescue our Wilderness Adventure trips will prepare you with everything you need to take on the great outdoors, all while creating life long friends and memories. We'll start on our low ropes course followed by four action packed days on either the Monadnock Sunapee Trail or exploring the White Mountains. Participants should have an interest in exploring the outdoors and must be in good physical condition as we will cover between 30-40 miles of beautiful wilderness trails.

Tentative Schedule (Boys and Girls)

Monday

Low Ropes Course • Packing • Workshops • Overnight at Base Camp

Tuesday

On trail! • Wilderness Search and Rescues Skills

Wednesday

On Trail!

Thursday

On Trail!

Friday

Off trail • Unpack • Trip Debrief

*Monday workshops include: weather, nutrition/cooking, first aid, and layering

Dates

Wilderness Adventure (Boys): July 30-August 3

Fees

\$325.00/1 week session

Ages and Gender

The Wilderness Adventure is a new offering for us here at Challenge. We will be offering one session for boys between the ages of 13-16.

Equipment List for Wilderness Adventure Trips

The following equipment may not all seem like summer weather gear, but it is all very important. We may still experience cold temperatures in the evenings, and can never predict what mother-nature may send our way, so please follow the equipment list closely! If you have any questions regarding equipment please contact the Challenge Coordinator, Megan Taft, at 352-7393.

Some important information:

Fabrics: Please only bring synthetic (polyester, polypropylene) fabrics or wool where it is indicated on the list. These indicated items **CANNOT** be cotton or a cotton blend, as cotton **WILL NOT** keep you warm when it is wet. **Check all clothing tags prior to camp!**

Raingear: Your raingear is often the most important piece of equipment that you may bring to camp. We will be active in wet weather- make sure that your raingear is completely waterproof before coming to camp.

Layers: Make sure that you bring clothing that is able to be layered. Clothing that is too tight will not be able to be worn over several other layers. You should be able to comfortably fit at least three layers under your rain gear and one to two layers under your heaviest insulating layer. Clothing that is too tight will decrease the amount of air being held between your body and your insulating layers- which will make you colder!

Sleeping Bags: Sleeping bags must be synthetic filled (not down). Mummy style bags with a hood will keep you warmest. Bags must be rated at a minimum of 30 degrees. 10-20 degree bags are also great...and warmer!

Label, Label, Label!: Please make sure that all items brought to camp are **CLEARLY** labeled with your camper's name.

DO NOT BRING

Snacks • Soda • Any extra food

Hunting knives • Pocket knives • Axes • Hatchets

Lighters • Candles • Aerosol cans

Cell Phones • Radios • Tape Recorders • iPods • MP3 Players • Gameboys • Any other electronics

EQUIPMENT:

(**Gear can be rented through EMS for a nominal fee. See bottom for price list. Please contact the Keene EMS for availability on items. You must identify yourself as a participant of the Challenge Wilderness Adventure Program)

- | | |
|---|--|
| <input type="checkbox"/> 1 Sleeping Bag, 30° (synthetic fill) | <input type="checkbox"/> 1 Polypropylene/
Long underwear top |
| <input type="checkbox"/> 1 Sleeping Pad | |
| <input type="checkbox"/> 1 Framepack (5000 cu inches) | <input type="checkbox"/> 1 Polypropylene/
Long underwear bottom |
| <input type="checkbox"/> 1 Flashlight or Headlamp | <input type="checkbox"/> 1 Insulating jacket (fleece
Or polyfill) |
| <input type="checkbox"/> 1 Set of Extra Batteries | <input type="checkbox"/> 1 Fleece or wool pullover |
| <input type="checkbox"/> 2 One liter water bottles | <input type="checkbox"/> 1 Pair fleece or wool pants |
| <input type="checkbox"/> 1 Small daypack | <input type="checkbox"/> 1 Wool or fleece hat |
| <input type="checkbox"/> 1 Pair of Sunglasses | <input type="checkbox"/> 1 Pair wool or polypro
mittens or gloves |
| <input type="checkbox"/> 1 Small Handtowel | <input type="checkbox"/> 1 Waterproof raincoat |
| <input type="checkbox"/> 4 Heavy Duty Garbage Bags | <input type="checkbox"/> 1 Waterproof rainpants |
| <input type="checkbox"/> 1 Bowl, cup, fork, spoon | <input type="checkbox"/> 2 Pair quick dry shorts |
| <input type="checkbox"/> 1 Toiletry Kit (toothpaste, toothbrush,
Contact Lens kit if needed) | <input type="checkbox"/> 1 Long Sleeve Cotton T-shirt |
| <input type="checkbox"/> 12 Zip Loc type bags (for waterproofing) | <input type="checkbox"/> 2 Cotton or Synthetic
active T-Shirts |
| <input type="checkbox"/> 1 Non-aerosol Bugspray (less than 35% DEET) | <input type="checkbox"/> 1 Pair Sturdy Sneakers |
| <input type="checkbox"/> 1 Sunblock (SPF 15 minimum) | |
| <input type="checkbox"/> 1-2 Stuff Sacks | <input type="checkbox"/> 1 Pair Sturdy Hiking Boots
(break in boots for 2 months) |
| <u>OPTIONAL ITEMS:</u> | <input type="checkbox"/> 3 Pairs wool or synthetic
Hiking socks |
| <input type="checkbox"/> Sandals | <input type="checkbox"/> 7 Pairs of underwear |
| <input type="checkbox"/> Camera & Film | <input type="checkbox"/> 1 Brimmed Hat |
| <input type="checkbox"/> Book/ Cards | |
| <input type="checkbox"/> Nylon Wind Jacket | <input type="checkbox"/> 2 Pair synthetic sock liners |

EMS Gear Rentals

Backpack: \$5.00/night

Sleeping Bag: \$5.00/night

Sleeping Pad: \$2.50/night

WHAT CAN YOU EXPECT FROM CHALLENGE'S WILDERNESS ADVENTURE??

WELCOME AND CONGRATULATIONS!

By choosing to participate in our Wilderness Adventure Trip you are making a commitment to an exciting, challenging, and totally WILD experience. You'll meet new friends, make incredible memories, and challenge yourself in ways that will be brand new to you!

It is important that you prepare yourself for camp, so that you arrive in good physical condition, which will make your wilderness experience much more safe, comfortable and enjoyable! It is important that you are ready to be an **active participant** and are willing to work on being your best for yourself and the group.

HOW CAN YOU PREPARE?

Coming to camp in good physical condition is really important for your well-being and the well-being of the group. In addition to having a **thorough physical exam by your doctor** before coming to camp, you also need to take responsibility for your physical health.

Start by seeing your doctor for a physical examination. Be sure to share any concerns with your doctor that you may have about your pre-camp training.

TRAINING PROGRAM

Start by giving yourself a **Cardiovascular Endurance Test**. Run and/ or walk 1.5 miles (on a track or a course that you are sure is 1.5 miles). A desirable level of endurance is an elapsed time of less than 15 minutes.

Training: Start 4 weeks prior to camp

<u>Week</u>	<u>Cardiovascular Training</u>	<u>Strength Training</u>
1	3 Days, 30 Minutes	2 Days, 30 Minutes
2	4 Days, 30 Minutes	2 Days, 30 Minutes
3	4 Days, 30 Minutes	3 Days, 30 Minutes
4	4 Days, 30 Minutes	3 Days, 30 Minutes

Finish by giving yourself a second **Cardiovascular Endurance Test**. Again, your elapsed time for 1.5 miles should be less than 15 minutes.

**Cardiovascular activity can be anything that will get your heart rate up, such as biking, running, or run/walking