

Sample Camp & Hike Trip Itinerary**

Sunday

Traveling to: Camp!

We're so excited to have you all arrive here today! When you get to camp we'll settle in, meet your trip leaders and get ready to play the day away! Tonight you'll be taking your swim tests after dinner and getting ready to head out for adventures this week!

Monday

Traveling to: Monument Mountain (Approx 5 Miles)

We'll be dropping you off at the Willow Trail trailhead as you start your hike today! The first route will take you to Flag Rock before you backtrack and take the Crossover Trail to the Mohican Mountain trail to the Peeskawso Peak and Devil's Pulpit (the highest points on the mountain!) before taking the trail to the second parking lot in the area across from Monument Mountain School! You're in for some great views today, this is one of my favorite hikes in the area!

Tuesday

Traveling to: Laura's Tower and Ice Glen (Approx 3 miles)

From the parking area you will cross a beautiful bridge over the Housatonic River. The trail crosses railroad tracks and immediately begins to climb into the woods. You will reach a split in the trail, a left will take you steeply up the slopes of the hillside. After less than a mile of climbing, you will see the 30 foot tower. The tower sits upon one of the many small peaks of Beartown Mountain at an elevation of 1465 feet!

After a short walk back down the trail from Laura's Tower, you again reach the earlier split in the trail. Turn left at the fork and proceed on the Ice Glen Trail. It is a fairly short walk to the base of this amazing spot. Each side of the trail is flanked with enormous boulders. Continue on the disarranged trail through the large boulders. Deep crevices can be seen all along the trail between the boulders. The glen itself is only about a quarter mile long, after which you'll head back to the parking lot .

Wednesday

Traveling to: Sunset Rock at Taconic State Park (Approx 3.9 Miles)

For the morning I want you all to gear up for a morning with MackMo on the Challenge Course over at camp starting at 10:00AM! We'll bounce around from the High Ropes Course to the Dangle Duo and don't forget the Leap of Faith - you'll decide as a group which of those you would be interested in.

We will be leaving for Bish Bash at 1:00PM! This hike starts in the same lot as Bash Bish Falls, but you cross the road to pick up the trail. Head up the Cedar Brook Trail to the Sunset Rock Trail. After reaching the summit of Sunset Rock and enjoying the view, return back to the parking area following the Sunset Rock Trail and the South Taconic Trail, where we will meet you at 8:00PM.

Thursday

Traveling to: Alander Mountain (Approximately 5.8 Miles)

Located right across the road from Camp Hi-Rock, today we're going to take a stroll up Alander Mountain! We will be leaving at around 10:30 am. The summit of Alander Mountain is just east of the Massachusetts/New York border. The trail is rolling for the first two miles before the more continuous climbing begins to the top. The route is mostly wooded and crosses a stream at the beginning before the views start to open up the closer you get to the top. We will meet you back at the trailhead to come back to camp at 4:15 PM.

Friday

Traveling to: Becket Quarry (Choose your own adventure mileage!)

Hosting an impressive number of things to see at the historic Becket Quarry, this site is home to a self-guided walk through the historic quarry machinery and sites, along with more beautiful nature trails along the way! We will be leaving camp at 10:00AM for this adventure and meeting you back at the parking lot at 5:00PM to return to camp. There is also great swimming at the quarry that you will be able to take advantage of today!

Saturday

Traveling to: Home

It's been so great to have you for the week with us, we'll miss you so much when you're gone! Pickup today is from 9:30-10:30AM - you'll go to share all of your adventures with your people and tell them about everything you learned!

We can't wait to see you back here next summer (We're already counting down the days!!)

****This is an example of what the trip may look like, but is not set in stone. Weather and other factors may create a need to change the itinerary from trip to trip.**

**YMCA Camp Hi-Rock BOLD & GOLD
Camp & Hike Expedition Packing List**



SAFETY: You will be living outside, so having the right clothing is important for your comfort and safety. There could be rain, hot sun, or strong winds on your course. Our clothing list reflects the importance of the “layering” principle. Dressing in several light layers rather than one heavy layer allows you more flexibility as the weather and workloads change. Please review this checklist carefully and make sure you have all the required items. There is very limited space in the vans and in your backpacks, so please bring only what is on this list.

SAVING MONEY: You do not need to buy all the gear at camping stores or specialty stores. You can find many of these items at a discount outdoor store or at thrift stores such as Goodwill. YMCA Camp Hi-Rock has limited quantities of most of the following gear to loan for personal use at no additional fee. If you don't have something, note it on the Gear Rental/Clothing Loan Form that will be sent out to all families.

GROUP GEAR: BOLD/GOLD will provide all of the following group gear

Tents	Tarps	Reference Books	Maps
All Food	Compasses	Cooking Stoves	Water Jugs
First Aid Kits	Water Purification System	Repair Kits	Safety Equipment

GEAR CHECK: We will check your gear before we depart to make sure you have everything you need and nothing you do not. We may ask you to leave something behind to be stored at camp if we think it will be unnecessary or inappropriate.

ALCOHOL/DRUGS/CIGARETTES: No alcohol, drugs, or cigarettes are allowed during any time of our course. If such items are found in a student's possession, it will be grounds for expulsion and immediate evacuation from the course at the family's expense.

Why NO COTTON? Cotton is not a good fabric for the outdoors because it will not keep you warm when it gets wet and it takes a very long time to dry. Also, avoid any blends with cotton. PLEASE CHECK YOUR TAGS! Wool, fleece (aka pile), capilene, and polypropylene (100% polyester) are good fabrics for the outdoors!

Please feel free to contact us with any questions you might have regarding gear!

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E: boldgold@camphirock.org

Camp & Hike Expedition Packing List

REQUIRED TRIP ITEMS

Item	Quantity	Comments	✓
Sun Hat	1	Baseball cap or wide-brim hats work well.	
Warm Sweater or Fleece Jacket	1	Should be polyester, fleece, or wool.	
Hooded Rain Jacket	1	1 Hooded Rain Jacket: 100% waterproof, not water resistant!	
Rain Pants	1	1 Pair Rain Pants: 100% waterproof, not water resistant! Coated nylon or waterproof/breathable fabric.	
Short-Sleeve Shirts	2	2 Short-Sleeve T-Shirts: Synthetic (aka any athletic material!)	
Warm, Long Pants	1	Synthetic materials such as fleece or wool are best.	
Shorts	2	Nylon athletic or running shorts work great.	
Underwear	2-4		
Tall Socks	2	Wool or synthetic, must reach above the top of your boot.	
Swimwear	1		
Pack Towel	1	Not your typical beach towel, something that dries quickly and packs down small.	
Sturdy Shoes	1	Boots WITH ankle support for hiking.	
Camp Shoes	1	Sandals or tennis shoes, something comfortable to wear at the campsite.	
Toiletry Kit	1	Includes: Toothbrush, toothpaste.	
Prescription Eyewear if Necessary	N/A	Don't forget your case and saline/cleaning solution.	
Personal Hygiene Products Such as Tampons or Pads	N/A		
Backpack	1	This should be able to fit all of your child's gear for the trip comfortably so that they can hike out to the campsite. It will also be used as a day pack.	
Synthetic Sleeping Bag with Stuff Sack	1	Should be rated to +25° or warmer.	
Sleeping Pad	1	A three-quarter or full-length open or closed-cell foam pad.	

Headlamp or Small Flashlight	1	Don't forget extra batteries!	
Water Bottles	2	Durable plastic or light-weight metal, at least a quart or liter each (Nalgene-type).	
At-Camp Clothes	2-3	You will have some days on-site at Hi-Rock, so feel free to pack a small bag that can be left at camp with clean clothes for when you return!	
OPTIONAL TRIP ITEMS			
Camera	1	Waterproof disposables work great!	
Watch	1	Recommended to be water resistant	
Journal & Writing Utensils	1	N/A	
Bandanna	1-2	A great alternative to a hat some days!	
Book	1		
Sunglasses	1	We recommend having a neck strap as well!	

PLEASE DO NOT BRING:

- Cell Phones, music players, or other electronic devices
- Pocket-knives, hatchets, or other sharps
- Lighters
- Jewelry or other valuables
- Make-up or perfume

Looking for ideas on where to purchase gear? There are a lot of options available which can be hard to sort through! As we mentioned above, buying used gear from places like Goodwill is a great place to start. Also consider:

- Looking at sites such as:
 - [REI Garage Sale](#), [Steep & Cheap](#), [The Clymb](#), and [Sierra Trading Post](#) to find discounted prices on brands with good reputations.
- Typically, clothing is labeled and distinguished by genders, but consider moving outside of those labels while purchasing clothing and gear for your trip. Products labeled 'women's' often have fewer styles available, often of lower quality, and aim to be fitted to the body. Products labeled 'men's' often have more styles that are technically focused, and easier to fit layers under. No matter your gender, shop through departments for a more well rounded idea of what's available to you.
- If you want more options, look through reviews at:
 - [Outside Magazine Online](#)
 - [Backpacker Magazine Online](#)
 - [Outdoor Gear Lab](#)

to get some great independent advice on what and how to buy gear! These sites use this stuff in the field to determine how it really works. This is especially recommended for gear such as **Hiking Packs and Shoes (both sandals and boots)** as they can help you find a personalized fit.