



Camp Chingachgook YMCA Adventure Trips
ADK Leader In Training Program

The itinerary below describes the Leader In Training Program.

There is always the possibility that the itinerary will change during the trip to adjust for seasonal variables such as weather. Daily workshops in the focus areas will be detailed more in your journal.

Day 1 Sunday	Day 2 Monday	Day 3 Tuesday	Day 4 Wednesday	Day 5 Thursday	Day 6 Friday	Day 7 Saturday
<p>////////// Check in @ Camp Chingachgook</p> <p>Swim checks</p> <p>Teambuilding activities & Low Ropes</p> <p><u>Maslow's Hierarchy</u></p> <p>Camp Chingachgook</p>	<p><u>Map Reading & Navigation</u></p> <p>Demo Trip Planning (itinerary, distances, evac points)</p> <p>Identifying Hazards</p> <p>Camp Chingachgook</p>	<p>Early Breakfast and drive to the High Peaks.</p> <p>Backpack to John's Brook Lodge and Great Range</p> <p>Leadership Part 1 Archetypal qualities</p> <p><u>Framing Activity Closure</u></p> <p>Wilderness Campground</p>	<p>Backpack Saddleback, Basin and Haystacks</p> <p>Time Control Plan</p> <p>Develop Leadership Teams</p> <p>Students' Trip Planning</p> <p>Wilderness Campground</p>	<p><i>Leader Team 1</i></p> <p>Backpack Skylight, Gray, and Marcy</p> <p>Feedback Class</p> <p>Wilderness Campground</p>	<p><i>Leader Team 2</i></p> <p>Pack-less Hike Algonquin, Iroquois and Wright</p> <p>Group Development</p> <p>Wilderness Campground</p>	<p><i>Leader Team 3</i></p> <p>Backpack out Avalanche Pass, Possibly Colden (6½ miles);</p> <p>Return & Clean Gear</p> <p>Self- Assessment</p> <p><u>NOLS No-Doze Class</u></p> <p>Camp Chingachgook</p>
<p style="text-align: center;">Day 8 Sunday</p> <p>Rest and resupply day at Camp Chingachgook</p> <p>Leadership Part 2 Situational Leadership</p> <p>Camp Chingachgook</p>	<p style="text-align: center;">Day 9 Monday</p> <p><i>Leader Team 1</i></p> <p>Service project working with LGLC</p> <p><u>LNT Workshop</u></p> <p>Wilderness Campground</p>	<p style="text-align: center;">Day 10 Tuesday</p> <p><i>Leader Team 3</i></p> <p>Service project</p> <p>Decision Making/ Sense Making</p> <p>Wilderness Campground</p>	<p style="text-align: center;">Day 11 Wednesday</p> <p><i>Leader Team 2</i></p> <p>Service project</p> <p><u>(makeup lesson)</u></p> <p>Return to Camp</p> <p>Camp Chingachgook</p>	<p style="text-align: center;">Day 12 Thursday</p> <p>Lead Programs for Day Camp</p> <p>Formal Feedback With Leaders</p> <p>Camp Chingachgook</p>	<p style="text-align: center;">Day 13 Friday</p> <p>Prepare Group Presentation</p> <p>Clean Gear</p> <p>5:30pm Parent Pick Up; 6:00pm Slideshow; Family Dinner</p> <p>Home</p>	

Please contact the Adventure Trips Director at 518-656-9462, ext 6646 with any questions.