

# TROOP 84

## Summer Camp 2010

# SPOKE

## AN IN-CAMP AND OUT-OF-CAMP ADVENTURE FOR CAMPERS 14 AND OLDER

In the new Spoke program, campers will go on two overnight treks throughout the week that will take them to the far reaches of the reservation and beyond – like spokes of a wheel. These spokes reach areas of beautiful and memorable sights that are not accessible to the average camper. Between each spoke trek, participants will stay with their troops in camp and share their experiences with the scouts and leaders. Then wrap up the week with a **IRONMAN TRIATHALON** including running, biking, and swimming all over camp!

The Spoke treks will include:

- \* **Peaks** ~ Climb as many mountains as you can in one trek!
- \* **Mountain Biking** ~ Explore the reservation on the camp's mountain bikes!
- \* **Rock Climbing** ~ Spend an intense overnight trek at the cliffs!
- \* **Kayaking** ~ Navigate Lake Winnepesaukee in sea kayaks for an island-hopping outpost!

### Schedule

<u>Sunday</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>
Arrive with unit; meet with Adventure	Meet early for first overnight adventure	→	Meet early for second overnight adventure	→	In camp all day: Ironman Triathlon

### **What to Bring**

- \* Daypack/Rucksack/Small frame pack
- \* Water bottle(s) – 3 liters
- \* Light hiking/biking clothes and long pants
- \* Rain/wind jacket
- \* Sturdy, waterproof shoes or boots
- \* Plastic/Tupperware bowl/mug and spoon
- \* Sleeping bag
- \* Pocket knife
- \* Flashlight with new bulb & batteries
- \* Sunscreen, bug repellent
- \* Swim suit
- \* Bread bags