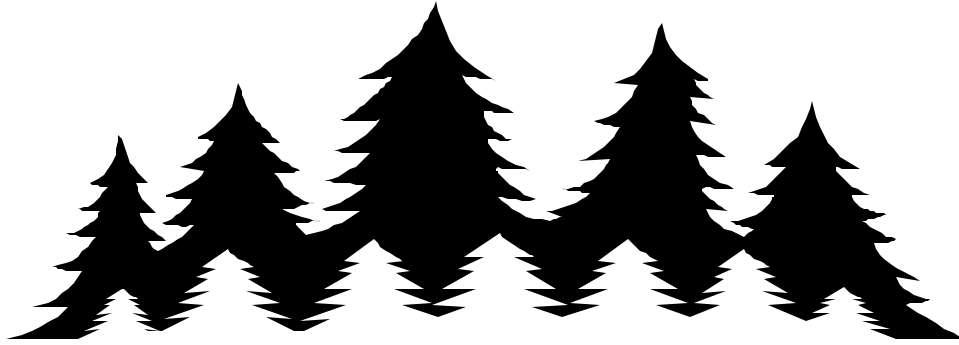


WELCOME TO THE



CAMP ARCADIA TRIP DEPARTMENT!

This information is designed to prepare you for your new role as a Counselor in the Trip Dept. at Camp Arcadia this summer. Please read carefully!

- Overview of the Trip Program at Camp Arcadia
- Role of the Trip Counselor
  1. Responsibilities of Hiking Trip Staff
  2. Hiking in Maine & New Hampshire
  3. Wilderness First Aid Certification
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  5. What to Pack! Gear, equipment, clothing

## Overview of the Trip Program at Camp Arcadia

The Trip Program at Camp Arcadia offers unique outdoor experiences for campers of all ages. We have designed safe yet exciting hiking, canoeing and camping adventures in both Maine and New Hampshire. These trips allow campers the opportunity to discover the beauty of the Wilderness as well as to develop self-confidence in the out-of-doors. We believe great memories and adventures experienced on these trips will encourage campers to continue hiking and exploring trails throughout their lives.

Instilling the value and importance of teamwork is a big part of our Trip Program. We hope campers will work together not only to 'reach the summit' or paddle challenging waters, but to learn the dynamics of a successful group trip. This includes ongoing communication; safety, camp set-up and sharing the responsibilities associated with cooking, unpacking and clean up.

The Trip program is also designed to encourage campers to actively engage in reading topography maps, weather patterns, trail orienteering and learning to read whitewater. Campers will discover the best methods to create proper shelters, build fires in adverse conditions, plan and prepare hearty meals and pack appropriate equipment. On all trips, our staff will demonstrate the importance of low-impact hiking and camping within the principles of 'leave-no-trace'.

Finally, Camp Arcadia provides opportunities for campers to integrate their skills and experiences from different activities. The Trip program thus provides an excellent chance for campers to utilize knowledge and skills gained in both our Campcraft and Nature & Conservation programs.

## Role of the Trip Counselor

Trip Counselors at Camp Arcadia have a unique role, in that you will not only be leading hikes or going on canoe trips 3-4 days a week, but also living in the lodge with your co-counselor and some campers.

Although you may be out of Camp for much of the day, or sometimes overnight, you will still be able to enjoy most lodge activities and cabin bonding. Trip Counselors must have plenty of energy to fulfill these two roles and be willing to work alongside your co-counselor to ensure the well being of your lodge campers, even when you are out of camp.

## 1. Responsibilities of Hiking Trip Staff

The Hiking Trip Dept. consists of a total of 7 staff members, including the Head of Trips. We have 2 equipment packers that oversee the details of all outgoing and returning trips, however everyone shares this responsibility in one form or another. Good communication skills, a positive attitude and a willingness to work hard are therefore essential qualities we require from each staff member. The teamwork of the Trip staff definitely sets the example for our campers!

You should also be flexible, willing to take initiative and have a good sense of humor...we definitely have a lot of fun together in the Trip Dept! By contributing your enthusiasm, experience and ideas to the Trip Dept., you will also be creating an atmosphere for memorable trips campers will talk about for years to come!

Some of the responsibilities of Arcadia Trip Leaders include: transportation logistics, following an itinerary, writing trip reports, trail orientation, group dynamics and ensuring the emotional and physical well being of all participants during your trip.

During Staff Orientation, the Head of Trips will familiarize you with all Trip procedures, equipment and schedules. You will be provided with a Training Manual, referred to throughout Staff Orientation. Staff will be expected to demonstrate their cooking and fire building skills. On Overnight trips, we use Coleman stoves, lightweight backpacking stoves and fires.

## 2. Hiking in Maine and New Hampshire

Moose, fox, eagles, bears, gorgeous sunsets, ridgeline vistas and fresh blueberries are just some of what our campers will discover on Arcadia hiking trips. Camp

Arcadia has a wide variety of hiking trips that provide campers of all abilities the chance to explore the beauty of the Maine and New Hampshire wilderness.

We hike 6 days a week and send out over 40 trips a summer. Most hikes are within the White Mountain National Forest in New Hampshire, about a 1 1/2 hour drive from Camp.

We also offer one 3-5 day Wilderness Pack Trip for more experienced, dedicated campers. In the past, we have hiked Mt. Katahdin in Baxter State Park, climbed in the Pemigewasset Wilderness in NH as well as sections of the Appalachian Trail.



The following is only a sample of the hikes you may be leading this summer:

Blueberry Mtn. (Maine) A 3-4 mile hike for younger campers with a interesting loop trail, a summit that offers excellent views and swimming at nearby Emerald Pool, a naturally formed basin.

Mt. Chocorua (N.H) A challenging, exciting and beautiful 8 mile hike. Climbing Mt. Chocorua requires campers to be fit and confident hiking on boulders and ramparts. This is a full day of hiking, so we often camp overnight nearby. You will also learn the 'Legend of Chief Chocorua'! To view, go to: <http://www.cs.dartmouth.edu/whites/chocorua/c01.jpg>

Mt. Washington (N.H) This 3 day, 2 night trip explores the Presidential Range around Mt. Washington, the tallest peak in the Northeast (6288 ft). We hike on an extensive network of AMC trails and ridgelines, through dense forest, over multiple summits, past waterfalls and into canyons. We stay in AMC huts, which offer great food, warm beds and shelter from the unpredictable weather...You will need your woolies for this trip! To view, go to: [http://www.mountwashington.org/rotating/above\\_treeline/index.html](http://www.mountwashington.org/rotating/above_treeline/index.html)

At Camp Arcadia, some of our overnight trips include stays at AMC huts. To learn more about the AMC philosophy and hut system, go to:

<http://www.outdoors.org/about/index.shtml>

<http://www.outdoors.org/lodging/huts/index.shtml>

### 3. Wilderness First Aid Certification

✍ As a Trip Leader, you will be responsible for the health and safety of the campers from the moment you leave camp until you return, sometimes days later. Rarely have we experienced serious injuries during hiking trips, but they can happen! Therefore, you must be properly trained to deal effectively with any health emergency in the wilderness. WFA is mandatory for all Trips staff.

✍ A Wilderness First Aid course will be offered for those who require training. The course will be run by an instructor from SOLO Wilderness Medicine in NH. Please visit <http://www.soloschools.com/wfa.html> for a complete description of the skills you will learn on the WFA course.

✍ You may also get WFA certification before arriving at Camp. Camp Arcadia will reimburse you for half the cost of a WFA course completed. Please bring your course receipt. We will need a photocopy of this certification when you are hired.

### 4. Pre-Camp Hiking Trip

Each year, we provide a fun, 3 day hiking trip that will take you to some of the locations you will be hiking this summer. Before the start of Staff Orientation you and fellow Trip staff will be given an opportunity to familiarize yourselves with Trip procedures, trailheads, maps and driving routes.

On this weekend trip, you will learn how day and overnight trips are conducted with as many as 10 campers. At this time, the Head of Trips will also assess your camping skills and fitness level in order to schedule you for trips you will feel confident leading.

This trip is also an opportunity to get to know each other, ask questions, cook some great meals together (new recipes are always welcome!) and finally, to prepare yourselves as the "Camp Arcadia Trips Staff"!!



## 5. WHAT TO PACK! Gear, Clothing and Equipment

The following is a list of what we believe will make your summer as a Trip Leader more enjoyable. Camp Arcadia has a small supply of extra water bottles, sleeping bags, etc, but we will need to provide these for camper use as well.

Camp will provide 2 Royal Blue Arcadia T-shirts for use over the summer (as well as a uniform provided for all counselors). If you wish, you may purchase extra T-shirts for \$12.00/ea during Staff Orientation Week.

### CLOTHING, GEAR and EQUIPMENT TO BRING:

- § Sturdy hiking boots
- § Polypropylene long sleeved shirts
- § Shorts (royal blue)
- § 2-3 pairs wool socks
- § 2-3 pairs liner or cotton socks
- § Fleece jacket (royal blue, navy blue or black)
- § Breathable, windproof jacket
- § Rain pants
- § Sleeping bag (backpackable)
  
- § Wool hat & gloves/mitts
- § Wool sweater
- § Thermarest or Ridgerest
- § Bandanna or hat
- § Sunglasses
- § Camping knife (for lunch and overnights)
- § Water bottle (Nalgene or Platypus/Camelbak)



## S Day pack and Full size backpack

Please be sure to read all of this information carefully!  
It is your responsibility to be familiar with the contents upon arrival at Camp. If you have any questions or concerns, please do not hesitate to contact us!

