



Trek Leader Guide 2023

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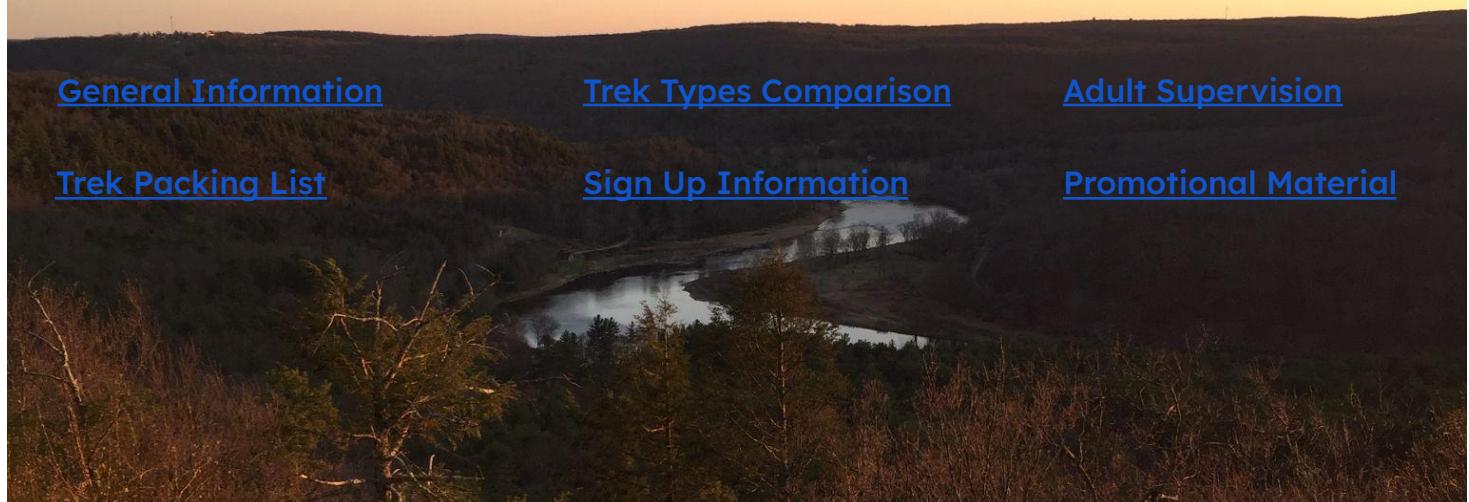
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Ten Mile River Scout Reservation invites you to step into the backcountry and challenge yourself mentally and physically while discovering nature's wonders. With two Trek types, our programs suit any unit's crave for adventure. Whether your unit is preparing for Philmont or wants an adventure with a little less walking, we have a trek for you!

This Trek program will offer your unit one of the most invigorating and memorable experiences in scouting. With a great sense of adventure, tradition, and history, our program is specifically designed for older youth in mind. Many units send a handful of older Scouts on a Trek while the rest of your unit stays in camp.

Check out why everyone is talking about the TMR Trek and why many units schedule a trek every summer for their older scouts. There's really no place like Ten Mile River Scout Camps. Let us know if you have any questions, and hope to see you on the Red Dot Trail this summer!

Scott Delloso

Camp Director

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Aidan Kearns

Trek Director

General Information

"Philmont of the Northeast"

While lots of places offer great trek programs, there just is not another property as beautiful, varied, and magical as the 12,600 acres that make up the Ten Mile River Scout Reservation and our famous Red Dot Trail.

Traverse the many creeks, discover hidden valleys, and admire the mighty Delaware River and iconic Indian Cliffs as you make your way through our property.

Consider encouraging your older scout patrol to take on this adventure. They can choose between the activity intensive High Adventure Trek or the hiking intensive 50 Miler Trek.

Age Requirements

All Scouts must be between the ages of 14-20 years old.

Scouts should be physically capable of:

- hiking and biking long distances
- passing the BSA Swimmer's test

Group Sizes

A minimum of 4 youth are required with a maximum group size of 8.

Units with more than 8 will be broken up into smaller groups to minimize impact and observe LNT and ensure programming options are available for all.

2023 Fees

Trek Youth (14-20): \$625

Trek Adult (21+): *FREE*

Forms and Preparation

<u>ATV Safety Institute e-course</u>	Scouts will not be permitted to ride ATVs without proof of completion.
Pre-camp Zoom meeting	Heading into the backcountry demands preparation. Once you are signed up, <u>schedule a Zoom meeting</u> with the Trek Director. Please ensure all youth planning to go on Trek attend.

Trek Types Comparison

Units can choose between the 50 Miler Trek (*hiking intensive*) or the High Adventure Trek (*activity intensive*). Both Treks will leave your base camp with our experienced Trek guides on Monday morning and return on Thursday evening. They will both conclude with a Delaware River whitewater experience on Friday. Scouts will visit the TMR museum and earn the [TMR Historic Trails Medal](#).

Trek Types: (choose one)		
	50 Miler Trek	High Adventure Trek
Gear	Scouts will be required to have internal or external frame packs and carry tents/hammocks, sleeping gear, cooking gear, and other essentials.	Scouts should bring a backpack that includes their sleeping bag and other personal items.
Food Service	Scouts will cook the majority of their meals on the trails with their own gear.	In the dining hall camps, Scouts will eat in the dining halls. In Aquehonga, Scouts will do patrol cooking with all food/gear provided. 1-2 meals will be on the trail during the Indian Cliffs overnighter.
Sleeping	Scouts will carry and pitch their own tents or hammocks.	Scouts will stay in primitive lean-to sites or camp provided tents.
Hiking	Monday - 7 miles Tuesday - 7 miles Wednesday - 9 miles Thursday - 6 miles on foot, 7 on mountain bike Friday - 4 miles (plus 10 on the Delaware River)	Monday - 3 miles Tuesday - 6 miles Wednesday - 5 miles Thursday - 4 miles Friday - 2 miles (plus 10 miles on the Delaware River)
Awards	Scouts will earn the 50 Miler BSA Award <i>and</i> the TMR Historical Trails medal.	Scouts will earn the TMR Historical Trails medal.
Friday Excursion	Delaware River whitewater trip (canoe, kayak, or raft). <i>*May be subbed out for horseback riding and Horsemanship Merit Badge at Rolling Stone Ranch (additional cost).</i>	
Activites	Natural rock-face rappelling at Indian Cliffs ATV riding Cowboy Action Shotgun Shooting Pool and waterslide Mountain biking	Natural rock-face rappelling at Indian Cliffs ATV Riding Cowboy Action Shotgun Shooting Pool and waterslide Mountain biking Kayak trip to Mud Pond Target paintball shooting War Canoe Low COPE team building Climbing and zip-line Mountain boarding Waterskiing or tubing

Adult Supervision

As a Troop or Crew:

We *highly* encourage each unit to send 2 adult leaders (21+) to help supervise your scouts. In fact, any adult who attends a full week trek will automatically become a free adult*!

*free adult is *in addition to* the unit's free adult ratio.

# of Youth	# of Free Leaders	# of Youth	# of Free Leaders	# of Youth	# of Free Leaders
5 - 9	2	20 - 24	5	35 - 39	8
10 - 14	3	25 - 29	6	40 - 44	9
15 - 19	4	30 - 34	7	45 - 49	10
And so forth					

Provisional/Without Adults:

If you have Scouts that want to come provisionally, or if your unit cannot provide enough adult leadership to cover both your Scouts at camp in addition to the trek group, we can provide the staff and leadership for you.

Trek Packing List

Personal Gear

Gear each person on the trek will need

Pack Equipment

- Internal or external frame pack
- Straps to attach sleeping bag to pack (ratchet straps, bungee cords, or rope), unless it fits in your pack
- 3-5 Liters of water (2-3 Nalgene bottles/Camelback)
 - If you think you have enough water, add another bottle

Clothes

- Fully Broken in hiking boots (preferably with ankle support)
- 3 pairs shorts (or as many as the person would like; remember, each pair adds weight)
- 4 T-shirts (moisture wicking preferred but not necessary)
- 1 pair sneakers, Crocs or other light comfortable shoes for boating activities and to relax in
- 1 bathing suit and towel (Backpacking towel/micro-fiber half towel)
- Socks (5 pairs hiking, 5 pairs athletic) Comfortable and worn in; **Not new**
- Underwear (6-7 pairs) Comfortable and worn in; **Not new**
- Long Pants (1 pair: sweatpants, worn scout pants or well worn-in jeans)
- Cool Night Gear (Long Johns or sweatshirt and sweatpants)
- Poncho or Rain Suit
- Good belt with small buckle (not required but may offer extra comfort)
- Some sort of broad-brimmed comfortable hat

Sleeping and Site Gear

- Mess gear (spoon and metal cup)
- Hammock with rain fly or lightweight tent (1 per 2 people); If you have never used the hammock or tent before, set it up and spend a night in it before your trek

- Sleep System you're familiar and comfortable with: sleeping bag/backpacking bag/mat and blanket *(If you purchase a new sleep system, set it up and use it for a night before your trek)

- Flashlight with new batteries (headlamps are best)
- Toiletries

Other Gear

- Personal first aid kit (containing, but not limited to: Moleskin, Band Aids, Vaseline, Ace bandage, disposable gloves, sunscreen, bug spray)
- Good sharp knife (not just a multi-tool)
- Fire starter (matches/lighter/flint/magnesium)
- Rope (550 cord)
- Compass
- 1 stove for every 1-4 people
- Pots for boiling water, 1 pot per stove

Optional Gear

- Tarp for covering pack
- Smartphone for GPS location via free [Avenza app](#)
- Bluetooth speaker
- Battery pack or solar charger

Sign Up Information

It's not too late to set up a trek for your unit!

-If you need to sign your unit up for camp, first choose a base camp:

[Aquehonga](#) [Keowa](#) [Ranachqua](#)

-If you already have started a registration for camp, to register Scouts and Adults for a trek, make sure to choose the correct registration type:

Add Participant(s)

Registrant Type	Max Allowed	Number Left	Quantity Needed	Waitlist Needed
Scouts BSA Youth	*	*	0	
Eagle Camp Youth	*	*	0	
Trek Youth	*	*	0	
Scouts BSA Adult	*	*	0	
Trek Adult	*	*	5	
Half-Week Adult	*	*	0	
SCUBA Youth	14	14	0	
SCUBA Adult	2	2	0	

Scouts BSA Youth early discount ends Fri 03-31-2023 11:59 PM
Eagle Camp Youth early discount ends Fri 03-31-2023 11:59 PM
Trek Youth early discount ends Fri 03-31-2023 11:59 PM

Contact [Scott Delloso](#) (sdelloso@tenmileriver.org) to ask questions or get you started on setting up your unforgettable experience.

Promotional Materials



Consider showing this [2 minute promo](#) video to your Scouts. If they want adventure and excitement, they got it!



[TMR Historical Trails Brochure](#)