



# 2024 Summer Camp Leader's Guide

# SAB TTIS SCOUT RESERVATION ADIRONDACK PARK, NY



**WEEK 1**  
**July 7-13**

**WEEK 2**  
**July 14-20**

**WEEK 3**  
**July 21-27**

**WEEK 4**  
**July 28-Aug 3**



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## A Word from The Directors

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Scoutmasters and Summer Camp Coordinators,

Welcome to Sabattis Scout Reservation!

We are excited that you have chosen Sabattis Scout Reservation (SSR) as your summer camp experience for your unit this year. We look forward to working with your leaders and scouts to ensure their experience is both fun and memorable. This is most easily accomplished if you and your Scouts are prepared. The purpose of this guide is to assist your unit as it prepares so that they can take full advantage of all the opportunities that are available to them. This guide offers you information that we hope will be invaluable in your planning and preparation. Considering this, we strongly encourage you to share this guide with all your adult leaders as well as your unit's youth leadership.

SSR is a patrol cooking camp... one of the very few remaining in the USA. We believe that this approach uniquely offers great opportunities for leadership development within your unit. Additionally, its wilderness setting is the ideal environment in which your scouts can safely continue to achieve their full potential, not only in scouting, but in their daily lives.

Some exciting changes are being introduced to our program this year. Details will follow, but here are a few highlights:

Each week will have a different theme with associated activities:

- Week 1 (July 7-13): Blue superhero's
- Week 2 (July 14-20): Orange Superhero's
- Week 3 (July 21-27): Green Superhero's & Christmas in July will be celebrated.
- Week 4 (July 28- Aug 3): Red Superhero's

Other updates include:

- A video chat with the Camp Director on the Thursday evening prior to your arrival
- Streamlined check-in which requires that all medical forms be turned in 14 days prior to camp.
- Revamped food pick-up process
- Opportunities for adult leaders to assist with program.
- Evening program activities and competitions including: an evening of COPE, a Dutch oven baking competition, an outdoor movie night, an interfaith service, and a Sabattis Quazi Quad.

You can look forward to a week of fun and adventure that is inherent in Scouting while ensuring that it is always accomplished in a safe manner, following the Guide to Safe Scouting.

Do not hesitate to contact us with any special needs or concerns of your Scouts, parents, and leaders as they arise. We will work to address them and ensure an outstanding and enjoyable stay at Sabattis! At Sabattis, you are not just a visitor... you are a part of the team. Thank you for selecting Sabattis Scout Reservation as your camping destination. We can't wait for you to arrive at Sabattis in the heart of the Adirondack Wilderness.

Yours in Scouting,

**Ron Hill, Jr.**  
Camp Director  
ronald.hill@scouting.org

**Pieter Visscher**  
Camp Commissioner & Chaplain  
pietaviss@mac.com



## Contacting Us

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### Preseason Contacts

For questions about camp before the camping season, please contact the council office.

Ron Hill, Jr, Camp Director  
315-463-0201 ext. 115  
Ronald.Hill@scouting.org

### Sending Mail to Camp

The camp mailbox is served through an extended delivery route. The mail service can take 2-5 days. Please take that into account when mailing items to camp. For letters sent to Scouts in camp, items should be mailed before your Scout leaves for camp to ensure they arrive during their week at camp.

#### **Mailing Address**

Sabattis Scout Reservation  
HC 1 Box 3  
Long Lake, NY 12847  
ATTN: Participant Name / Unit Number

Additional considerations:

- Ensure adequate postage is applied.
- Use USPS First Class Mail only, as other shipping companies such as UPS or FedEx will not deliver to camp.
- Avoid shipping methods that require a signature, as it can delay delivery and may not reach the recipient in time.
- Include a return address on all mail items, as mail received after the Scout's unit has left camp will be returned to the sender.

### Calling The Camp Office

Cellular service is not available in camp. A single phone line is available for all purposes including emergencies, camp business, and personal calls. The phone line is usually staffed, but an answering machine is also available. To avoid delays, please limit phone messages to emergencies or camp business, and note that emergency messages will be prioritized and delivered as soon as possible."

#### **Camp Office Phone**

(518) 359-9283

## About Camping At Sabattis

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### The Summer Camp Experience

**“A week of camp life is worth six months of theoretical teaching in the meeting room.”**

– Lord Robert Baden Powell

Baden-Powell founded Scouting in 1907 by organizing the first Scout Camp on Brownsea Island. In 1910, the first Scout Camp in America was held on Lake George in the Adirondacks. Each summer since, Scouts gather for an extended week of camping to develop skills that they will use in their units throughout the year. For many Scouts, this week at camp is the highlight of their Scouting experience, keeping them engaged in the program year-round.

### **Our Philosophy**

The outdoor experience and fun of camp is an essential part of youth development in values, leadership, social responsibility, and conservation ethics.

### **Our Mission at Sabattis**

As the premier Adirondack camp, Sabattis Scout Reservation delivers the original spirit of Scouting that changes Scouts' lives. Campers at Sabattis will enjoy an outdoor experience that is isolated from much of the modern world's distractions.

### **Our Camp**

Sabattis Scout Reservation, located 19 miles from the highway in the Bog River Flow Wilderness Area of the Adirondack Park, offers a premier wilderness camping experience in the northeast United States. Nestled between Lows Lake and three smaller ponds with a mountain ridge rising to the west, the camp spans over 2,000 acres, featuring 15-unit camping areas and immediate access to 6,000,000+ acres of state land for hiking and canoeing. It is a traditional full-featured patrol cooking camp.

### **Accreditation**

Sabattis Scout Reservation is accredited by both the National Council of the BSA and the New York State Department of Health to meet strict guidelines in health, safety, and programming as part of the National Camp Accreditation Program. We pride ourselves on being fully prepared for emergencies and ensuring the well-being of all Scouts and Scouters under our care.

### **Our Program**

At Sabattis, the program is more than just merit badges. We offer a variety of unique and specialty programs. Take mountain bike trips to one of many locations on or adjacent to camp. Our Trailblazers program allows first time campers the opportunity to work on advancement, learn the Scouting method, and earn selected key merit badges.

Our unique location offers countless opportunities for exploration and adventure. Our campers have direct access to more than 100,000 acres of Adirondack Wilderness. Lows Lake and the Bog River Flow is one of the premier paddling destinations in the Adirondacks. From the many nearby primitive sites to the three Lows Lake islands exclusive to Sabattis campers, our Outpost Program allows units to venture beyond and create a summer camp experience like no other. We combine the best of both worlds – a quality traditional merit badge program with the adventure that is inherent to our unmatched location.

At Sabattis Scout Reservation we know and respect that each unit has different values related to the program. We have developed a program schedule and curriculum that has wide variety and built-in flexibility to assist your unit in providing programming that is best for you.

### **High Adventure Treks**

For more experienced units looking for a challenging adventure away from the summer camp, Sabattis does offer a separate backpacking and canoeing trek program that takes participants further into the Adirondacks. These customizable treks vary in difficulty and can range from 20-70+ miles. They are based out of the *Seton Trek Center* but offer participants opportunities to explore area mountain ranges or lakes and rivers. For more information about trek opportunities, contact Council.



## Patrol Method

All unit camping at Sabattis Scout Reservation is done using the Patrol Method. Campers from a unit form one or more patrols, each led by a patrol leader who reports to the unit leader. Patrols prepare their own meals (see Meals below) and ensure the campsite is clean and safe.

### **Unit Leaders (youth)**

Youth leaders are expected to:

- Attending all leader meetings.
- Organize and manage their unit.
- Ensure the campsite is ready for inspection.
- Coordinate and supervise the duties of patrol leaders.
- Ensure that a fire guard plan is completed and posted.
- Support the camp staff and follow their instructions

### **Adult Volunteers**

Adult volunteers are expected to:

- Promote positive behavior and manage any issues that may arise amongst their unit and guests.
- Provide support to the camp staff and assist with the smooth running of the camp.
- Encourage and mentor the youth leaders within their unit.
- Participate in camp activities and have a positive attitude, while being respectful and considerate of the other campers' experience.

## Camp Sites

There are eleven sites for unit camping during summer camp. Learn more in the Camp Map and Unit Camp Sites sections.

### **Tents**

Units are provided with canvas wall two-person tents on a platform (~114" wide x 90" deep) with metal frame beds and foam mattresses. Units may choose to bring additional/alternative shelters.

### **Cooking Provisions**

Units will be provided with a cooking/eating area per patrol, including:

- **Cooking half barrel**
- **Cooking grate**
- **Three wash buckets**
- **Patrol box**
- **Dining fly**
- **Picnic table**

Additional cooking gear is available and can be signed out through the *Commissary* as needed.

### **Site Inspection**

Campsite inspections will be conducted daily by your Commissioner. Details will be covered at the Sunday leaders' meeting.

## Meals

Sabattis is a patrol-style cooking camp. Patrols within units are responsible for preparing their own meals with ingredients provided by the *Commissary*. This allows the youth to develop leadership and teamwork skills, as well as learn about meal preparation. The menu can be found on the council website and should be reviewed in advance so patrols can plan for their meal preparation.



## Camp Amenities

### Showers

There are two shower locations – one near *Trading Post* (adult and youth male & adult female) and the other near *Spruces* campsite (female only – adult and youth)

### Religious Services

An interfaith service will be held Thursday evening at the *Chapel*. Units should offer a grace before each meal.

### Trading Post (The Bear's Den)

Our *Trading Post* is stocked to serve you. We have camp supplies, crafts, souvenirs, toiletries, and a variety of food items. Don't leave camp without your T-shirt, hat or other Sabattis wear.

The *Trading Post* accepts cash, checks, and credit cards. We recommend that Scouts bring \$60 to \$80 plus enough for anything they need to purchase for merit badges.

### Scoutmaster Lounge

Used for various training and meetings, this area behind *the Trading Post* is also available to adult leaders as a place to “escape” for a few minutes. The lounge is equipped with power, internet access, and coffee. Feel free to stop by!

### Fishing

Fishing opportunities at Sabattis abound. In addition to three miles of frontage on Lows Lake, there are four pristine ponds. Canoe access to Lows Lake is via *Trip Center*. The ponds may also be accessed by canoe. Individuals 16 years or older should acquire a New York State fishing license before arrival at camp.

## Instructional Programs

Sabattis offers campers many opportunities for instruction and advancement while still having much of the day for unit activities or other adventures.

### Merit Badge Courses

Sabattis offers a traditional merit badge program for campers who wish to work on skills and advancement while in camp. Campers are encouraged to register for merit badge courses prior to camp because space is limited in some merit badge sessions.

Sabattis does not provide merit badge blue cards so plan to bring them with you. (Tip: Bring extras)

Scouts will need to give their instructor a filled-out blue card at their first class for each merit badge, so either have your Scouts prepare them in advance or plan a time when your adult leader will be available to sign them at camp.

For the schedule of merit badge courses, see the **Merit Badge Schedule** in the Handouts section. For list of prerequisites, see **Merit Badge Prerequisites** in the Handouts section.

### Trailblazers First Year Camper Program

Trailblazers is our beginner camper program. In this program, Scouts will work on rank requirements from Scout up to First Class and visit many of the program areas around camp, while still having opportunities to work on merit badges later in the day. Scouts in this program will have fun while being introduced to Scout skills, camping, and advancement so that are excited about returning to camp and staying involved in their unit. Successful completion of Trailblazers should prepare a Scout to be tested for most requirements for Scout and Tenderfoot ranks, as well as a good number of those for Second and First Class. We highly recommended this program for all first year Scouts.



## Additional Awards

### Sabattis Polar Bear Plunge

Early risers can start each day with a quick dip in the refreshing waters of Three Pound Pond. Complete the challenge and you'll have earned the Sabattis Polar Bear patch.

### BSA Mile Swim

How far can you swim? Spend one hour a day distance-training for the ultimate event... a mile swim. Each swimmer will need a rower and spotter in a rowboat. Volunteers are appreciated.

### Kayaking BSA

This is an award for those who possess kayaking knowledge and have demonstrated proficiency at kayaking skills.

### FOREVER WILD

The FOREVER WILD program encourages Scouts and Scouters to explore beyond camp!!! This is a multi-piece patch with add-on bars for 24 locations in the region. For each location visited, participants will earn the corresponding bar. Can you collect them all???

## Afternoon / Evening Programs

During the week, a variety of competitions and other activities are offered during the afternoon and evening time blocks. For more details see **Camp Wide Activities** in the Handouts section.

### Event Schedule

	SUN	MON	TUE	WED	THU	FRI
<b>AFTERNOON</b>	--		Sabattis Top Shot	Baking Competition		Sabattis Quadrathlon
<b>EVENING</b>	Opening Campfire	COPE	Gaga Ball Tournament	Movie Night	Interfaith Service Cardboard Boat Races	Closing Campfire

## Outpost Program & Unit Outings

The Outpost Program may be our most popular opportunity for Scout units wanting to experience the Adirondack Wilderness. These afternoon, evening, and overnight experiences are available to all units in camp. Sabattis has several remote locations on Lows Lake where units can spend a night away to enhance their experience. Canoe trips will be provided with canoes, paddles, PFD's, a lifeguard, trip-appropriate food items, and tents (if desired) to outfit you for a successful adventure. Trips may be customized to fit your unit's specific program needs.

Units can also schedule afternoon or evening outings to a selection of destinations reached by canoe, bike, hike, or a combination.

For more about Outpost destinations, see **Overnight Outpost Destinations** in the Handouts section. For outings, see **Daily Outings** in the Handouts section.

## Introduction to COPE

Short for Challenging Outdoor Personal Experience, this program comprises group initiative games, trust events, and low-course events. Make reservations for this afternoon offering during the activity signups.





## **Adult Leader Opportunities**

### **Introduction to Outdoor Leadership Skills (IOLS)**

Introduction to Outdoor Leadership Skills (IOLS) training will be offered to adult volunteers during Week 2. This hands-on program gives adult leaders the practical outdoor skills they need to lead Scouts outdoors. Imagine having hands-on knowledge setting up a campsite, pitching a tent, hiking, outdoor cooking, with all the skills necessary to see the outdoor program of the Scouts BSA program, come to life.

### **Adult Volunteer Help in Program Areas**

Many program areas require an adult to be present during our class sessions. Your help with this allows our staff to continue leading the great programs that we provide to your Scouts. Sign-up will be available starting on the first day of camp during the Leader's meeting.

### **Sabattis Scoutmaster Survival Merit Badge**

Back by popular demand! Earn your adult leader merit badge by completing a set of requirements. The patch may be purchased at the *Trading Post*. Wear it proudly!

## Camp Fees and Fee Schedule

### Standard Fees

Youth participants	\$600 per person
First two adult participants	FREE
Additional adult participants	\$295 per person (\$50/day for partial-week participation)

### Available Discounts

Youth super early bird	\$75 off standard fee
Youth early bird and new Scout	\$50 off standard fee
Sibling discount	\$50 off standard fee for each sibling
Multiple-week discount	\$100 off standard fee

### Fee Schedule

Unit Deposit	\$250 deposit due upon registration
December 31 <sup>st</sup> , 2023,	50% super early bird fee due
March 31 <sup>st</sup> , 2024,	Early bird fees due in full
May 1 <sup>st</sup> , 2024,	All payments are due in full

For any participants added after May 1<sup>st</sup>, the camp fee must be paid immediately upon their registration.

## Individual Campers

Scouts who wish to attend camp for additional weeks, or who belong to units that are not coming to camp, may participate as provisional Scouts. Provisional Scouts will be placed with a unit that has the capacity and willingness to host them. These Scouts will join the host unit and will participate in unit activities, share responsibilities, and fully experience the camp program. Provisional Scouts will be fully integrated into the camp experience and will have the same opportunities and access as the members of the host unit.

Please contact us for more information.

## Refund and Cancellation Policy

Before May 1<sup>st</sup>, changes to a unit's reservation spots can be made without penalty. However, after May 1<sup>st</sup>, any reductions to the number of reserved spots will be subject to a cancellation penalty. Despite this, any participant may still be replaced on the unit's roster without penalty.

After May 1<sup>st</sup>, a camper can cancel their reservation and receive a refund, minus a fee of \$150, for the following reasons:

- Summer school attendance – Submit a letter from the school.
- Death in the family – Submit a note from the parents.
- Medical – Submit a doctor's letter indicating that camp participation is not recommended.

All documentation must be received before the camper's scheduled arrival at camp. Any other reasons for cancellation will be evaluated by the Sabattis administration on a case-by-case basis.

If your unit chooses to leave camp early or is asked to leave camp for any reason, no refunds will be provided.



## Preparing For Camp

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### Registering For Camp

All pre-camp registrations must be completed through the Tentaroo website at <http://longhouse.tentaroo.com>. The registration process includes the tasks outlined below. If you have any questions, please contact the Camping Department at the council office.

### **Initial Reservation**

To secure your reservation, visit the Tentaroo website and select 'Events' from the left-hand menu. Locate "Scouts BSA Summer Camp at Sabattis Scout Reservation" and select the week of your choice. Click on 'Register for Event' to begin the registration process. During the initial registration, provide an estimated number of youth and adult participants. These estimates can be modified without penalty until May 1st. Additionally, please provide primary and alternate contacts to receive updates regarding your summer camp reservation. You will also be prompted to select your top three preferred campsite choices. A unit deposit is required to complete the initial reservation.

Once the initial registration is complete, you can access and manage your reservation under the 'My Events' section on the Tentaroo website. Locate 'Scouts BSA Summer Camp at Sabattis Scout Reservation', click on the 'Registered' tab, and select the week for which you have registered. This will allow you to view and make changes to your registration.

### **Managing Spots**

If your unit attendance is expected to be lower than initially planned, please adjust the number of reserved spots accordingly as soon as you become aware of the change.

To make changes to the number of participants, log in to your registration on the Tentaroo website. Go to the 'Registration' section and click on the 'Manage Spots' button. This will allow you to access the initial registration form and make any necessary adjustments to your selections.

### **Making Payments**

Payments can be made at any point during the pre-camp period. To make a payment, log into your registration on the Tentaroo website. In the 'Financial Summary' section at the top of the page, you have the option to pay the required amount, the full amount, or any other desired amount. Be sure to finalize your changes by completing the checkout process.

### **Adding Participants**

To add participants to your roster, log into your reservation on the Tentaroo website. Navigate to the 'Participants' section and select 'Add participant' for the spot you wish to fill. Fill in the participant's information, including any serious allergies, dietary restrictions, or special accommodation that need to be made. On the next page, select the spot you are adding the participant to. On the next page, apply any relevant discounts and select the classes the participant will be participating in. The final page is a confirmation page, click 'Complete' to finish adding the participant. Remember to finalize your changes by completing the checkout process.

### Preparation Webinars

After registering, participants will receive invitations for preparation webinars. These webinars will offer the latest information on camp preparation and provide an opportunity for questions. To ensure everyone is fully prepared for camp, all adult participants are strongly encouraged to attend. Please share the invitation details with others in your unit.

## Medical Information

### Medical Forms

To ensure the safety and well-being of all campers and staff, all participants are required to provide a comprehensive medical clearance from a physician prior to attending camp. This includes proof of current vaccinations and detailed information on any existing medical conditions or allergies. The required forms for medical clearance are the *BSA Annual Health and Medical Record (AHMR) Parts A, B, and C* for all participants, and the *H-1 Camp Medication Permission Form* for youth participants. In addition, if your camper has any dietary restrictions, please submit the information in writing using the *Dietary Request Form* to ensure we can accommodate these needs. All these forms can be found on our website.

To ensure a smooth check-in process, it is important that photocopies of all the medical clearance forms are submitted to the council office or mailed to camp no later than 14 days prior to your arrival at camp. The original form should be kept at home for future use throughout the year. Please review all forms carefully to ensure that they are current, complete, and contain all necessary signatures before submitting.

Please note that the BSA Annual Health and Medical Record must be current through the end of the month, that is 12 months past the date of the physical examination. For example, if the physical examination was on August 1, 2022, the document is valid until August 31, 2023.

The *AHMR Part C* and *H-1* forms require physician signature and may require a current physical examination. Make sure your participants understand this early and account for the time it may take to schedule an appointment.

Failure to submit complete and accurate forms by the deadline may result in delays or exclusion from camp activities. If any issues are identified with your forms after submission, you will be required to correct them before participating in any camp activities.

To ensure that all campers have their necessary medical forms on hand and easily accessible in case of an emergency, we strongly recommend that each unit creates a Unit Binder containing copies of all required medical forms. The binder should always be kept at the unit's designated site and readily available to staff and leadership.

We understand that completing these forms may require additional time and effort on your part. However, we kindly request your cooperation as it helps us create a safe and healthy environment for all campers. By submitting all the necessary forms, we can ensure that all campers' needs are met, and that we can respond quickly and effectively in case of any emergency. Thank you for your understanding and support.

### Medication in Camp

Upon arrival at camp, all medication must be reported to and, in some cases, handed over to the Camp Health Officer. Medication will be made available as needed or required. Medications must be brought to camp in their original containers, clearly labeled and with the appropriate dosage (If you don't want to bring an excessive amount of medication, remove the excess from the original container and store it elsewhere, making sure that there is enough medication in the original container for the week at camp). Medication will be stored in secure, locked boxes or locations and dispensed under the supervision of the Camp Health Officer or their designated representative.



## **Program Planning**

Sabattis allows units and Scouts to tailor a week-long program schedule from our many offerings. When considering your options at camp:

- Be aware of each Scouts' advancement progress.
- Identify the Scouts who are eligible or able to participate in specialty programs.
- Encourage older Scouts to act as teachers and guides to younger Scouts.
- Work with each Scout to set camp goals and challenges.
- Review the camp wide activity schedule determine interest level and note any supplies needing to be packed.
- Poll your youth to identify outings or Outpost trips they may want to sign up for

## **Instructional Programs**

Campers should build their instructional program schedule so that it can be loaded into the unit's Tentaroo registration.

In the morning, Scouts have the option to take up to three merit badge classes. If first year Scouts choose to attend the Trailblazers program, they may also take one merit badge class before lunch.

After lunch, Scouts may attend an additional merit badge or aquatic awards session.

## **Adventure Options & Camp Wide Activities**

Later afternoon is reserved for unit activities, including outings and Outpost trips, as well as any open program areas or camp wide activities that are being offered that day.

Units who plan an afternoon outing or overnight Outpost trip may need to leave before or immediately after lunch. Scouts may need to work with afternoon merit badge counselors to make up for any missed sessions.

After dinner and evening flags, units in the camp may plan a short outing or attend any open program areas or camp wide activities that are being offered that day.

## **Outpost Trip, Outing, and COPE Reservations**

Unit overnight outpost, daily outing, and COPE reservations are made on Monday morning at 10am in *the Staff Center*. Each unit will send representatives who will select and reserve the activities in a lottery that operates like the NFL draft:

1. Units are drawn from a hat to determine the draft order.
2. On their turn, each unit will sign up for one activity in an available timeslot.
3. Turns continue until all units have signed up for their desired activities.

Make sure that your unit discusses contingency options and conveys those to your unit representatives in case a preferred activity or time is not available.

## What To Pack

### Personal Gear

To ensure that you have all the necessary personal gear for your camping trip at Sabattis, be sure to consult the **Sabattis Camp Packing List** available in the Handouts section. This detailed list includes all the essential items you will need for a comfortable and safe camping experience. It is important to review and check the list before your trip, to make sure you don't forget anything important. It will make your preparation much easier, and you'll be able to focus on the fun and adventure of your trip.

### Adirondack Weather

When camping in the Adirondack region, it's important to be prepared for cooler temperatures, especially in the evenings. Nighttime temperatures can drop to as low as the 40s, so it's essential that Scouts have warm clothing and a good quality sleeping bag to stay warm. Additionally, the Adirondacks are known for unpredictable rain, so it's a good idea to pack rain gear such as a rain jacket and pants. By being prepared for the weather, Scouts can have an enjoyable and safe camping experience in the Adirondacks.

### Electronic Devices

We strongly suggest that Scouts leave electronic devices like cell phones, laptops, and tablets at home during the camping trip. The campground is in a wilderness area with limited cellular coverage and internet access is only provided for adult leaders. Electronic devices can take away from the natural wilderness experience that Sabattis offers, and instead, encourage Scouts to engage with the environment and their peers. Moreover, disconnecting from technology and social media can be beneficial for the mental and emotional well-being of the Scouts. Encourage them to focus on the camp activities, outdoor skills, and the natural beauty around them.

### Unit Gear

The following is a list of recommended unit gear:

Unit flag / holder	Clear plastic garbage bags	Cooking oil
Unit roster info	Dish soap & sanitizer	Matches / lighter
Unit copy of medical binder (including adults)	Hand soap	Merit badge blue cards
Copies of all camper schedules	Paper towels	Lanterns
Unit first aid kit	Aluminum foil	Dutch oven (for baking competition)
Camp stove & fuel		

## Items NOT Allowed in Camp

Prohibited items on camp property include but are not limited to:

- Personal firearms, ammunition, bows, arrows, or other weapons
- Alcoholic beverages, marijuana, or illegal substances
- Fireworks of any kind
- Fixed blade knives or blades exceeding four inches in length.
- Open-toed shoes cannot be worn around camp. Sandals and bare feet are only allowed in showers and in aquatic areas.
- Pets, except for registered service animals. If you require a service animal during your stay, please notify the camp administration or Longhouse Council camping department prior to arrival.



## Your Week at Camp

Discover valuable tips and resources for an unforgettable and successful camping experience!

### Getting To Camp

#### From Regional Cities

##### FROM Syracuse (~4 hrs.)

Take I-90 East to Exit 31 in Utica (towards NY-12). Take NY-12 North to Alder Creek and stay right to follow NY-28 North. Continue NY-28 through Old Forge and Raquette Lake to Blue Mountain Lake. Take NY-28N East / 30 North to Long Lake. From there, follow instructions **FROM Long Lake**.

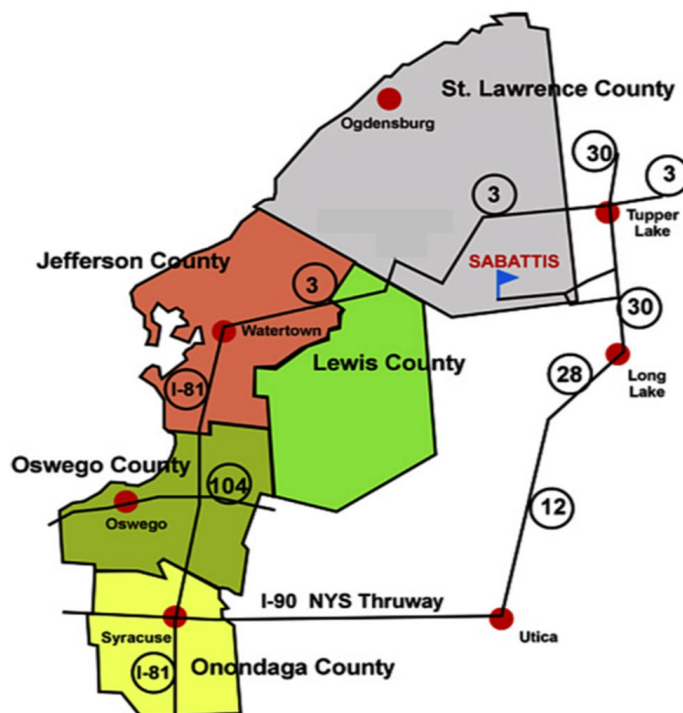
**Alternate Route:** Take I- 81 North to Watertown and follow instructions **FROM Watertown**.

##### FROM Watertown (~3 hrs.)

Take NY-3 East to Deferiet and turn left onto NY-3A. After 5 miles, NY-3A will rejoin NY-3. Continue NY-3 to Tupper Lake. From there, follow instructions **FROM Tupper Lake**.

##### FROM Albany (~3 hrs.)

Take I-87 North to Exit 23 (Warrensburg). Take NY-28 northwest to Indian Lake. Then take NY-30 North to Long Lake. From there, follow instructions **FROM Long Lake**.



#### From Nearby Towns

##### FROM Long Lake

Take NY-30 North. About 7 miles north of Long Lake, you will see a sign for Sabattis. Turn left onto Circle Road (CR 10A). In 3 miles, turn left on Sabattis Rd. From there, follow instructions **FROM Sabattis Road**.

##### FROM Tupper Lake

Take NY-30 South. About 11 miles south of Tupper Lake, you will see a sign for Sabattis. Turn right onto Circle Road (CR 10A). In 3 miles, turn right on Sabattis Rd. From there, follow instructions **FROM Sabattis Road**.

#### From Sabattis Road

From this point, it is about 14 miles to *Main Res*. Proceed cautiously following signs into camp. After 8 miles, you will reach a circular parking lot with a sign at the end indicating the direction towards Sabattis. This is the former location of the Sabattis Train Station. Continue through the gate towards camp, observing the 20 MPH speed limit. After 3 miles, cross the dam at the foot of Lows Lake and take a sharp left turn in front of the stone ruins. After 2 miles, you will arrive at the Ranger Residence. Finally, after 1 more mile, you will reach the *Main Res*.



## Camp Arrival

### Check-In

Units are requested to arrive between 12:00 PM and 2:30 PM. Upon arrival, all members of the unit should enter camp together to facilitate an entrance screening process at the Welcome Center located. All campers will be asked a series of screening questions related to acute illness and have their temperature checked before being granted entry into camp.

Please be aware that to ensure a smooth entrance screening process, any recent exposure to acute illness must be reported to the Health Officer prior to arriving at camp. This will help to avoid any issues during the screening process.

After successfully completing the entrance screening, vehicles will be directed to the parking lot at *Welcome Center*. The unit leadership should then present their final roster and check in with the Camp Director in the camp office. Once checked in, your unit will be assigned to a campsite and a Staff Guide will escort you to your assigned site. Vehicles will be permitted to drive to the campsite to facilitate the transportation of gear.

### Site Inspection

Upon arrival at the assigned campsite, the youth leader and one adult volunteer will conduct an inspection of the campsite and equipment in the company of a Staff Guide. After the inspection is completed, all campers should change into swimwear before being escorted by the Staff Guide to the Waterfront for swim checks.

### Swim Check

Many of the program opportunities are centered around water activities, which is why we require all campers to participate in a swim check to assess their swimming ability. The swim check will determine whether a camper is designated as a LEARNER, BEGINNER, or SWIMMER. Each camper will receive a wristband indicating their designated level which should be worn throughout their stay at camp.

If a camper does not achieve the level they prefer, they will have the opportunity to retake the swim check later or work with a swim instructor to improve their skills. If a camper misses the initial swim check, they will be designated as a LEARNER until they can schedule their swim check.

### Camp Tour

Following the swim checks, units will be escorted back to their designated site where they can change into dry clothes before participating in a camp orientation tour. The tour is mandatory for all campers, including those who have been to camp before. This tour is an excellent opportunity to familiarize themselves with the camp's facilities and layout, as well as with the rules and expectations of the camp.

### Site Setup

After the camp tour, units will have some free time until dinner to set up their site and get organized. We encourage units to take advantage of this time to explore the camp and get to know their surroundings.

### Vehicle Parking

After the unloading of gear, all personal vehicles must be parked in the designated camp parking areas at *Welcome Center* or *Family Camp*. Only authorized vehicles, such as those used by camp staff or those with special needs, are allowed in campsites or on the roads within the camp.

Individuals with special needs, such as those with mobility impairments, should speak with the Camp Director to request authorization to use their vehicle within the camp. This authorization will be granted on a case-by-case basis and will be subject to certain guidelines and restrictions for the safety of all campers and staff.

Units are welcome to park their gear trailer at their designated site for the duration of camp. We ask that you try to place the trailer out of view from the road or nearby trails to minimize the visual impact on the natural surroundings.



## Weekly Schedule

	SUN	MON	TUE	WED	THU	FRI	SAT
6:30		Polar Bear Swim					
7:00		B R E A K F A S T (6:45 food pickup)					
9:00		Merit Badge Session #1 / Trailblazers					Checkout by 10am
10:00		Merit Badge Session #2 / Trailblazers					
11:00		Merit Badge Session #3					
12:00		L U N C H (11:45 food pickup)					
1:30	Check-in	Merit Badge Session #4					
2:30 to 4:20	Swim Checks Camp Tour Setup	Afternoon Program Events <b>OR</b> Unit Outing/Outpost				2pm Sabattis Quadrathlon	
5:00	BBQ	D I N N E R (4:45 food pickup)				BBQ	
7:00	<i>Leaders Meeting</i>	Trash Drop-off Flag Ceremony				Trash Drop-off	
7:30 to 8:30	8pm Campfire	Evening Program Events <b>OR</b> Unit Outing/Outpost				8pm Flag Ceremony & Campfire	
8:30		<i>Youth Leader Meeting</i>		9pm Movie Night	<i>Youth Leader Meeting</i>		
10:00	<i>Activity Signups</i> (immediately after Campfire) [ L I G H T S O U T ] (11pm Weds)						

ABOVE: Schedule overview

## Sunday Evening

### Dinner

Sunday dinner will be served by the staff at the BBQ Pavilion at 5pm. Campers are expected to attend in their field uniform as it is an excellent opportunity to take a group photo while everyone's uniforms are still looking sharp.

During the meal, staff will be available to assist with any class enrollment change requests from Scouts. However, please note that due to class size limitations, some changes may not be possible. We encourage you to make your request early to increase the chance of getting into the desired class.

### Leaders Meeting

There will be a mandatory meeting on Sunday at 6:45pm at the **Staff Center**. This meeting is essential for the smooth operation of the camp, and we request that at least one adult volunteer and the youth leader from each unit attend.

The meeting will cover important information about new camp opportunities and any other updates that are relevant to the camp experience. This is also an opportunity for units to ask questions, provide feedback, and share any concerns they may have.

### Opening Campfire

The opening of the campfire is an important tradition that marks the official beginning of camp and sets the tone for the rest of the week. All units are expected to gather at 8pm at Downtown Sabattis for Flags and the campfire ceremony.

The campfire will include a variety of activities such as singing, skits, and speeches by camp leaders and staff. It's a great opportunity to create a sense of community and excitement among the campers, and for everyone to get to know one another. The campfire is a perfect way to start the week off on a positive note and set the tone for a fun and memorable camp experience.

## Weekdays

### Mornings

Each weekday begins with an optional Polar Bear Plunge, followed by breakfast. At 9am, Scouts will participate in their scheduled morning activities, which may include merit badge classes or Trailblazers program.

### Afternoons

After the morning program, units return to their campsites for lunch. From 1:30pm to 2:20pm, there is an additional merit badge session before the 2:30pm to 4:30pm "unit time" block. During this time, units may organize group activities such as bike rides or hiking excursions, or Scouts may choose to go fishing or participate in any open program area or camp-wide afternoon activity. If a unit has planned an outpost trip, this is when they will gather their gear and depart for their overnight location.

Please note, units that do not have an afternoon merit badge may, based on staff availability, start their afternoon activities at 1:30pm.

After the afternoon activities, dinner is scheduled for 5pm. To ensure prompt participation in the evening flag ceremony at 7pm, units should plan to finish cooking, eating, and cleaning up by then.

### Evening Flag Ceremony

A retreat ceremony is held for all units in the camp before the evening program begins. The ceremony takes place at *Downtown Sabattis*, where campers line up by unit as we lower the flags. The Camp Commissioner or designated staff will call out the name of each unit in camp, and the Unit Leader or their designated representative will respond "All present or accounted for" or any other appropriate response such as a unit cheer or motto. After the ceremony, all campers are dismissed to their evening activities.

Please note:

- The uniform for evening flags is Field Dress.
- Units who are still cleaning up from dinner may allow some youth and adults to remain at the site to finish.
- Units on an outpost overnight or evening trip are excused from evening flags.

### Evenings

From 7:15pm to 8:30pm is the designated evening program block, during which Scouts can utilize open program areas or participate in camp-wide activities. Lights Out is at 10pm daily, except for Wednesday Movie Night, when it is extended to 11pm.

### Food Pickup

Before each meal, food for meals is delivered by the Commissary to a pickup location in *Downtown Sabattis*. Food will be delivered in coolers and should be checked for accuracy before returning to the campsite. To ensure efficient meal service, patrols should return any coolers from previous meals when collecting food for the next meal. As a helpful tip, a wagon is recommended for transporting food back to the campsite.

### Trash Drop-off

Leftover food and trash should be dropped off at the food pickup location before the evening flag ceremony. The last pick-up of the day will be at 8pm. Any trash not collected by this time should be properly secured and taken to the Camp Office to prevent attracting wildlife.

### Meetings

In addition to the Sunday night Leader Meeting, the following meetings are held during the week:

- **Unit Activity Signups** (after Camp fire @ *Staff Center*) Make reservations for outings and Outpost trips.
- **Youth Unit Leader Meetings** (8:30pm Monday & Thursday @ *Trading Post*) Check in with admin and learn camp news.

## Friday Night / Saturday Morning

### **Closing BBQ**

Friday dinner will be prepared and served by staff at the BBQ Pavilion at **5pm**. Units are expected to attend in their activity uniforms.

### **Closing Campfire**

The closing campfire marks the end of the week's activities. All units will gather at the Downtown Sabattis flagpoles, where they will be led to the closing campfire organized by the units in camp. Each unit should plan to present at least one skit, song, or other form of entertainment. All campfire presentations must be submitted for approval by the Program Director prior to the Closing BBQ.

### **Blue Card Review**

Merit badge blue cards, both completed and partially filled, will be available for pickup at the Camp Office Saturday by 7 AM. Before departing camp, ensure that you have collected all your scouts' blue cards and thoroughly review them to confirm that all completed requirements have been properly signed off. It can be challenging to track down a camp counselor for corrections once camp has ended, so it is important to take care of this prior to leaving.

Merit badge blue cards, both completed and partially filled, will be available for leader pick-up at *Main Res* Saturday at 7am. Before departing camp, ensure that you have collected all your Scouts' blue cards and thoroughly review them to confirm that all completed requirements have been properly signed off. It can be challenging to track down a camp counselor for corrections once camp has ended, so it is important to take care of this prior to leaving.

### **Check-Out**

Check-out is on Saturday morning following breakfast. All camp facilities will close at 10:00 am, and all units are expected to be checked out by this time.

Individual checking out early must provide the Camp Director with 24 hrs. notice and designate who is picking them up. Individuals picking up youth must show valid ID and be the one designated to do so.

Units must depart together, and no individuals or groups of Scouts may be left behind for any reason.

To schedule your check-out time, please visit the Camp Office by Friday at noon. A staff member will then conduct an official check-out of your campsite at the scheduled time. After the check-out, you will receive a signed check-out form which must be presented at the camp office before leaving camp.

Medical forms submitted before the start of camp will be returned to the unit upon completion of camp.

If you have ordered bagged lunches, these can be picked up at the Commissary before 10:00 am."

### **Emergencies or Unexpected Situations**

In the event of a camp-wide emergency, the designated emergency siren will sound. All campers should immediately proceed to their campsite and await further instructions. Unit leaders should conduct a roll call and account for all members of their unit. Unit leaders should determine whether all campers are accounted for and report their status ASAP to the designated emergency response team at *Downtown Sabattis*. All other campers should remain at their campsite until the all-clear signal is given. It's important to stay calm and follow the instructions given by the staff members.



## Medical Information

### **Health Lodge**

Sabattis Scout Reservation provides first aid services through the *Health Lodge*, which is staffed with qualified medical personnel available 24 hours a day. It is important to report any injuries, no matter how minor, to the *Health Lodge* and the *Camp Office* immediately.

### **Staff Training**

Our staff is extensively trained in emergency response, including certification in CPR, First Aid, Wilderness First Aid, and the use of an Automated External Defibrillator. We have the necessary skills and equipment to handle any emergency that may arise during the camp. However, it is important to keep in mind that all camp activities come with inherent risks, and as a leader, you play a crucial role in managing these risks for the safety of your Scouts.

### **Medical Transportation**

In the event of a serious emergency, emergency response vehicles (land or air) will be summoned to transport patients to the nearest appropriate medical facility.

In case of less severe injuries or illnesses that require outside medical attention, it is the responsibility of the adult unit participants to arrange transportation to the nearest healthcare facility, either Tupper Lake Health Center or Saranac Lake Medical Center. The camp has agreements with these facilities for treatment. The Camp Director will notify the parents or guardians of any serious injury or illness as soon as possible. It is important to bring a copy of the Scout's health and medical form and consult with the Camp Health Officer after receiving treatment outside of the camp.

## Religious Services

A brief interfaith service will be held at the *Chapel* Thursday evening at 7:20pm.

We encourage units to foster daily mindfulness in some form, such as a mealtime grace and/or a nightly group reflection activity before Lights Out.

## Lost and Found

A lost-and-found service is available at the Welcome Center. If you are missing any items, please check the area(s) where you last had them, as well as the camp office. Items may be turned in throughout the week, so please check back frequently. If you find an item, please hand it over to any staff member along with your name and unit number or you may drop it off directly at the camp office.

## Visitors

Family and friends are welcome to visit the camp during the day but must notify the Camp Director 48 hours in advance of their arrival. Visitors should report to the Welcome Center upon arrival to get a wristband and pay for any meals. If a visitor wants to stay overnight, they must be a registered member of the Unit you are visiting and have medical clearance forms.



## Managing Campers

Here are some tips for helping manage the youth participants at Scout camp:

- Establish clear expectations and rules: Make sure that all campers understand the rules and expectations for behavior at camp, and that they know the consequences for breaking those rules.
- Communicate effectively: Make sure that you have clear and open lines of communication with the campers and that you are approachable and responsive to their needs and concerns.
- Build positive relationships: Get to know the campers and build positive relationships with them. This will help you to understand their individual needs and to create a more positive and supportive camp environment.
- Foster teamwork and cooperation: Encourage campers to work together and to support one another. This will help to build a sense of community and to create a more positive and supportive camp environment.
- Lead by example: Set a positive example for the campers by following the rules and expectations yourself and by demonstrating good behavior and positive attitudes.
- Be consistent: Be consistent in enforcing rules and expectations, and in giving out consequences. This will help to create a sense of fairness and to maintain order at the camp.
- Be flexible: Be open to feedback and willing to adjust your approach as needed. Not every camper is the same, and a one-size-fits-all approach may not work for everyone.
- Be organized: Have a well-planned schedule and activities and have contingency plans in place for emergencies.
- Be prepared: Be familiar with the camp and its facilities and know the campers' medical and emergency contact information.
- Have fun: Scout camp should be an enjoyable and memorable experience for the campers, so make sure to include fun activities and to create a positive and enjoyable atmosphere.

## Self-Care & Stress Management for Adults

Here are some self-care tips for adult volunteers:

- Prioritize rest: Make sure to get enough sleep and take breaks when you need them.
- Eat well: Eating nutritious meals and staying hydrated will help you maintain energy levels.
- Stay active: Incorporating physical activity into your day can help reduce stress and improve overall well-being.
- Stay connected: Make time to connect with other adults and share your experiences. This can help to improve your mood and reduce feelings of isolation.
- Stay organized: Make a schedule to keep track of your tasks and responsibilities, so you don't feel overwhelmed.
- Set boundaries: It's important to take time for yourself and to set limits on your time and energy.
- Take time to relax: Find an activity that you enjoy and make time to do it. This can help you relax and recharge.
- Take care of your mental health: Take time to reflect and practice mindfulness or consider talking to others about your experiences.
- Have fun: Remember why you are here. You are making a positive impact on the youth's lives and you're making lasting memories.

The Camp Commissioner plays a critical role in ensuring that the campers have a positive and memorable summer camp experience. The Commissioner works closely with the unit leaders to help address any problems or concerns that may arise. They also act as a liaison between the camp and the unit, interpreting camp policies and procedures as needed. Additionally, they are responsible for ensuring that the unit's program is well-rounded and age-appropriate, and they strive to foster a sense of camaraderie and enthusiasm among the campers. The Commissioner's goal is to provide support and guidance to the unit leaders, so they can focus on providing an enjoyable and safe camping experience for the campers.

Never hesitate to reach out to the Commissioner with questions or suggestions.



## Camp Rules and Policies

### General Rules

As a Scouting facility, the most important guidelines for personal and group conduct are based on the principles outlined in the Scout Oath, Scout Law, and Outdoor Code.

Beyond these ideals, the following rules are enforced at Sabattis Scout Reservation:

1. Two-deep leadership is always required for all units, with at least two adults over 21 years of age, including at least one female for female units. In case of a shortage of leaders, arrangements can be made to share leadership with another unit.
2. All overnight adults must be registered leaders, with full legal name and DOB, and will be checked against the NYS Sex Offender Registry as per state law. Any changes in leadership must be reported to the Camp Director as soon as possible.
3. The buddy system must be always used, when campers are away from their campsite, and coordination with nearby units is encouraged.
4. No food should be left out or intentionally used to bait any wildlife into the campsite.
5. Closed-toed shoes must be worn throughout the camp. Sandals and bare feet are only allowed at the showers and in aquatics areas.
6. Throwing rocks or sticks is strictly prohibited.
7. No flames, fires, or fuels are allowed in tents.
8. All guidelines outlined in the Guide to Safe Scouting will be strictly followed throughout the camp.

Please be aware that any violations that cause harm or injury to others may result in immediate dismissal from the camp.

### Scouting's Barriers to Abuse

Scouting's Barriers to Abuse are published in the Guide to Safe Scouting and the online version is maintained as the most current.

### Participant Registration

In line with national guidelines, all Scouts and leaders attending summer camp at Sabattis Scout Reservation must be registered with the Boy Scouts of America.

### Identification

All campers and visitors are required to always wear camp-issued identification (wristband). Participants will receive their wristbands from the waterfront during the arrival process. Visitors will be provided with a green wristband upon arrival at the camp. If your wristband is lost or damaged, please see a waterfront staff member to obtain a replacement.

### Early Release from Camp

If you need to leave camp before the scheduled departure date, there is a specific procedure that must be followed. Youth who will be leaving early or with adults other than those they arrived with must have a Parental Release Form C-01 on file. Adults leaving camp must sign out in the camp office. It's important to remember to inform the Commissary of any early departures.

### Speed Limits

The maximum speed limit within the camp is set at 10 mph, this includes bicycles. The speed limit on the road leading to the camp, from the Camp mailbox to the Camp Gateway, is posted at 20 mph, but due to road conditions, we recommend driving at a slower speed. Please always exercise extreme caution, as road conditions can be unpredictable, whether they are wet or dry.



## **Bicycles**

Bicycles are welcome at camp; however, riders must adhere to the camp speed limit of 10 mph and always wear a helmet. The buddy system is mandatory to ensure safety. Please Park bicycles away from entrances and pathways to avoid blocking roads or paths. Pedestrians always have the right of way. Bells are useful on the trails.

## **Internet Service**

Internet access is available at the Scoutmaster's Lounge; however, it is provided through a satellite service with limited bandwidth and capacity. Access to the internet will be restricted to key staff members and leaders only. Sabattis Scout Reservation aims to provide a rustic, off-the-grid camping experience, which includes limited connectivity to the outside world. We encourage leaders to plan accordingly and to view this limitation as an opportunity to fully immerse themselves in the camping experience.

## **Black Bears at Sabattis**

At Sabattis Scout Reservation, we value the presence of black bears as a unique and special aspect of our camp. While sightings of black bears can be a memorable experience for campers, most will not see one during their stay. If a black bear is encountered in camp, it is important to remain cautious but not overly concerned. Black bears are typically timid creatures and can easily be scared off by making loud noises or waving your arms.

It's important to remember that black bears are highly intelligent and have excellent senses of smell, sight, and hearing. They quickly learn that coolers, backpacks, food bags, trash bags and any other container may contain food. Once a bear associates camp with food, it becomes a problem bear. To prevent this, it is essential that no food or scented items are stored in the campsite. Instead, all food and trash should be dropped off at the designated food pickup/trash drop-off site by 8pm. We will safely store these items indoors and return them to you the next day.

It is the responsibility of all campers to ensure that a bear does not become a problem bear. Intentionally attracting bears to your campsite is strictly prohibited and we have a zero-tolerance policy towards baiting wildlife. The NYS DEC does not have any program to trap and relocate problem bears. For the safety of all campers, problem bears will generally be destroyed (killed). Remember, "A fed bear is a dead bear."

## **Smoking**

Adults who use tobacco products must confine their use to designated smoking areas located at least 50 feet away from any youth participants and structures. Adults must observe the principles of Leave No Trace and properly dispose of all smoking materials.

## **Firewood and Invasive Pests**

As per NYS law, untreated firewood can only be transported within a 50-mile radius from its source. Please plan accordingly. For more information, visit the NYS Department of Environmental Conservation website below.

<http://www.dec.ny.gov/animals/28722.html>

## After Camp

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Thank you for being a part of the summer camp experience at Sabattis Scout Reservation. Sometime after you return home, units should assess their summer camping experience and begin considering next summer's plans. If you have any feedback on your week at camp, please contact the Camp Director.

### Partially Completed Merit Badges

Please remember that Scouts may not necessarily be able to complete their badge requirements in a week. Merit badges require a scout to pursue learning and actively participate. The reality is that each of us learns in different ways and at varying paces.

At camp, we firmly believe that any progress on a merit badge is a good thing and should be recognized as such. Partials show that a camper is still learning and gaining experience.

Scouts who receive a partial blue card are asked to step up and find a local merit badge counselor to help them continue their learning and, ultimately, earn their badge. Any counselor may continue work on a partial blue card given by another counselor.

### Come Back as Sabattis Staff

Working at Sabattis is a great experience!!! Any Scouts (16+) or adults interested in being a part of our staff next summer should contact Council.

## Handouts

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The following section contains informational pages that may be useful to hand out to your campers as they plan their week at camp.



## Camp Preparation Schedule

The workback schedule below outlines the milestones required to properly prepare for camp. Some of the deadlines are recommendations, and some are hard deadlines.

- About September**  Establish a planning committee of youth leaders and adult volunteers to plan for camp
- About December**  Select a date for camp and register your unit for camp.  
 Establish a budget and fundraising plan
- December 31<sup>st</sup>**  Super-early-bird deposits due (deadline)
- January – March**  Schedule summer camp promotion meetings and sign campers up to participate.  
 Remind campers (including adults) to make appointments for medical check-ups, if necessary
- March 31<sup>st</sup>**  Early-bird fees due (deadline)
- May 1<sup>st</sup>**  All payments are due in full (deadline)
- May**  Have youth campers select program options and indicate elections in the registration system
- May – June**  Collect medical forms from participants and double-check all information is complete
- June**  Finalize travel plans (drivers and gear transport)
- June 16<sup>th</sup> – 18<sup>th</sup>**  *Sabattis Work Weekend* – If you can, come help ready the camp for summer
- 2 weeks prior**  Provide required medical forms to the camp or the council office (deadline)
- 1 week prior**  Pack your equipment and supplies.  
 Purchase any last-minute items you might need
- Thursday prior**  Video chat with the Camp Director to get updates on camp and ask any remaining questions
- Departure day**  Perform medical screening of participants before departure and head to camp



Leave No Trace

Be Prepared

Do A Good Turn Daily

Sabattis Scout Reservation Merit Badge Schedule 2024											
Area:	Aquatics		Nature		Shooting Sports			Outing		Scoutcraft	
Location:	Waterfront		Nature Lodge		Archery Bowl	Rifle Range	Shotgun Range			Trailblazers' Pavilion	
7:00 AM	Breakfast Pick Up @ 6:45										
9:00 - 9:50	Swimming	Lifesaving	Reptile & Amphibian	Mammal Study	Archery	Rifle (Must be 12+ years old) \$	Cycling	9:00 to 10:50 Trailblazers	Exploration	First Aid	
10:00 - 10:50	Canoeing		Environmental Science (*)		Archery	Rifle (Must be 12+ years old) \$			Pioneering	Orienteering	
11:00 - 11:50	Kayaking	Swimming	Insect Study	Mining in Society	Archery	Rifle (Must be 12+ years old) \$	10:25 - 11:50 Shotgun (Must be 14+ years old) (\$)	10:30 to 11:50 Small Boat Sailing	Wood Carving	Leatherwork	Fishing
12:00 PM	Lunch Pick Up @ 11:45										
1:30- 2:20	Open Swim	Aquatics Awards (1)	"Yakin and Quakin" (Conjoined with Waterfront)(2)		Archery open For Qualify	Open for Qualify	Open for qualify	Wilderness Survival/weather/ Nature	Painting	Search and Rescue	
2:30 - 4:20	Tuesday Top Shot /Open Program time for Units/ Friday Quazi Quad										
4:45 PM	Dinner Pick Up @ 4:45										
7:00 - 8:30 PM	Flags @ 7:00										
	Monday Evening COPE/Wednesday Evening Movie Night/Thursday Evening Scouts Own & Boat Races										
1 - Aquatics Awards will offer awards such as mile swim, snorkling, paddleboard, and kayaking and the scouts will chose which ones they want to do.											
2 - "Yakin and Quakin" is a new program being tested where we teach the kayaking and fish and wildlife merit badges conjointly. Limit to 10 people											
\$ - There is an additional program fee for Rifle & Shotgun that must be paid at the camp Trading Post											
* - Outside of class work will be required											
Suggested Age Key	11+ Year Olds		12+ Year Olds		13+ Year Olds		14+ Year Olds				



## Merit Badge Prerequisites

The requirements identified below must either be completed before camp or outside of class time. A Scout should either be prepared to show that the requirements were completed, or a partial blue card will be issued that the Scout can complete at a later time.

The requirements referenced below are the latest found at:

<https://www.scouting.org/programs/scouts-bsa/advancement-and-awards/merit-badges/>

### Waterfront

**All Aquatics merit badges (Canoeing, Swimming, etc.) require a passed swim check at the SWIMMER level (blue tag) that must be done at camp.**

- *Lifesaving* – Req **2a** – Scouts must bring proof of prior completion of Swimming merit badge.

### Nature

- *Environmental Science* – All requirements can be done in camp, but this badge is likely to require a significant commitment of time outside the class to complete.

### Shooting Sports

- *Rifle & Shotgun Shooting* – No prerequisites, but there is a \$25 ammunition/clays fee payable at the *Trading Post*

### Scoutcraft

- *First Aid* – Req **5(a)**... It is best if Scouts prepare the “first-aid kit for the home” and bring it with them to camp.
- *Fishing* – Fishing poles are available for use, but Scouts may prefer to bring their own.
- *Orienteering* – Reqs **8** and **9** can be done in camp but will require a significant commitment outside of class time.
- *Pioneering* – Scouts should be familiar with First Class-level knots and lashings.
- *Space Exploration* – No prerequisites, but there is a \$20 materials fee payable at the *Trading Post*



## Camp Wide Activities

During the weekday afternoons and evenings, there will be organized activities for units who are not out of camp on outings or outpost trips. Some of these activities will vary with each week’s theme.

### Tuesday Afternoon - Top Shot

Teams work towards scoring the most points.

1. Tomahawk
2. Rifle
3. Shotgun
4. Archery

### Tuesday Evening – Sabattis Gaga Ball Tournament

### Wednesday Afternoon – Baking Competition

Show off your patrol’s Dutch oven talent.

Week 1 – Something Blue

Week 2 – Something Orange

Week 3 – Christmas Dessert

Week 4 – Something Red

### Wednesday Evening – Creation Contest

Work together to display your skills & creativity.

Week 1 – Sled Racing & Strongest Superhero Competition

Week 2 – Sled Racing & Strongest Superhero Competition

Week 3 – Sled Racing & Strongest Superhero Competition

Week 4 – Sled Racing & Strongest Superhero Competition

### Wednesday Night – Movie

Walk-in movie showing at 9pm on the big screen in *Downtown Sabattis* (weather permitting).

The *Trading Post* will be open for refreshments.

### Thursday Afternoon - OPEN

### Thursday Evening – Interfaith Services

### Friday Afternoon – Sabattis Quadrathlon

Do you have what it takes?

**BIKE...** from *Downtown Sabattis* out to *Family Camp* and then head to the *Waterfront*

**SWIM...** 3 laps of the SWIMMERS area

**KAYAK...** to the buoy and back two times

**SNORKEL...** to find and retrieve a treasure bag

**BIKE...** back to *Downtown Sabattis*



## Overnight Outpost Destinations

NOTE: All paddling distances are one-way from *Trip Center* and all hiking distances are one-way from the *Trading Post* unless otherwise stated.

### Short Paddle Trips (1 hr.)

Recommended departure 2:30 – 4:00pm

- **Pole Island** (2 miles, 30 campers) The most quintessential island on property. This island boasts large sandy beaches on all sides and an eagle aerie in a central white pine. Great fishing is to be found off the Eastern (leeward) shore of the island. Beautiful views from above the sand cliffs are for your pleasure, but don't disturb the cliffs!
- **Gooseneck Island** (2 miles, 16 campers) This island is the most pristine of our options with a beautiful cooking area overlooking the greater Lows Lake. There is no sand beach for "hygienic bathing", but a polar bear plunge is possible. Fishing is great just off the southern shore near the landing.
- **Frying Pan Island #1** (2 miles, 40 campers) This the largest and most expansive island. Open and flat, this site has plenty of room for tents and even a dining fly if you pack it! A medium sized landing for your group's canoes sits on the southern shore of the island and offers a nice deep area for "hygienic bathing". Beautiful hardwood forests cover this island and nice sunset views are to be had along the northern shoreline along with decent fishing.
- **Frying Pan Island #2** (2 miles, 10 campers) A very small primitive site on the western head of Frying Pan Island with the best thunderbox on the lake! Just large enough for 2-3 tents and even a Wilderness Survival overnight shelter. Nice views to the West can be found just past the cooking area.

### Longer Paddle Trips (2+ hrs.)

Recommended departure 12:00 – 1:30pm

- **Virgin Timber Landing** (4.3 miles, 8 campers) The westernmost campsite on Lows Lake. The premier spot to set up camp before hiking to the Virgin Timbers or bushwhacking Tomar Mountain. Beautiful sunrises abound from this landing plus eastern views of the Seward, Santanoni, and Macintyre Ranges of the high peaks.
- **Boone's Landing** (3.35 miles, 12 campers) Beautiful small primitive site on the Southern shore near the Floating Bog. Base from here to explore upstream to Moose Bay and the Bog Lake. Great fishing can be found around the Floating Bog on all sides. (Not guaranteed)
- **Grass Pond** (5.4 miles, 9 campers) Small primitive sites on a quiet northern bay of Lows Lake flanked by large granite cliffs. A great base camp destination for a trip to the Ice Caves or Grass Pond Mountain (see those descriptions below).
- **Hitchens Pond** (4.3 miles, 9 campers). All primitive sites. Augustus Low's first dammed body of water, Hitchens Pond consists of the lower Bog River Flow on its way to Tupper Lake. This beautiful boggy flow winds its way through bends of purple pickerel weed and pine-covered rock outcroppings at a leisurely pace.

### Short Paddle OR Hike Trips

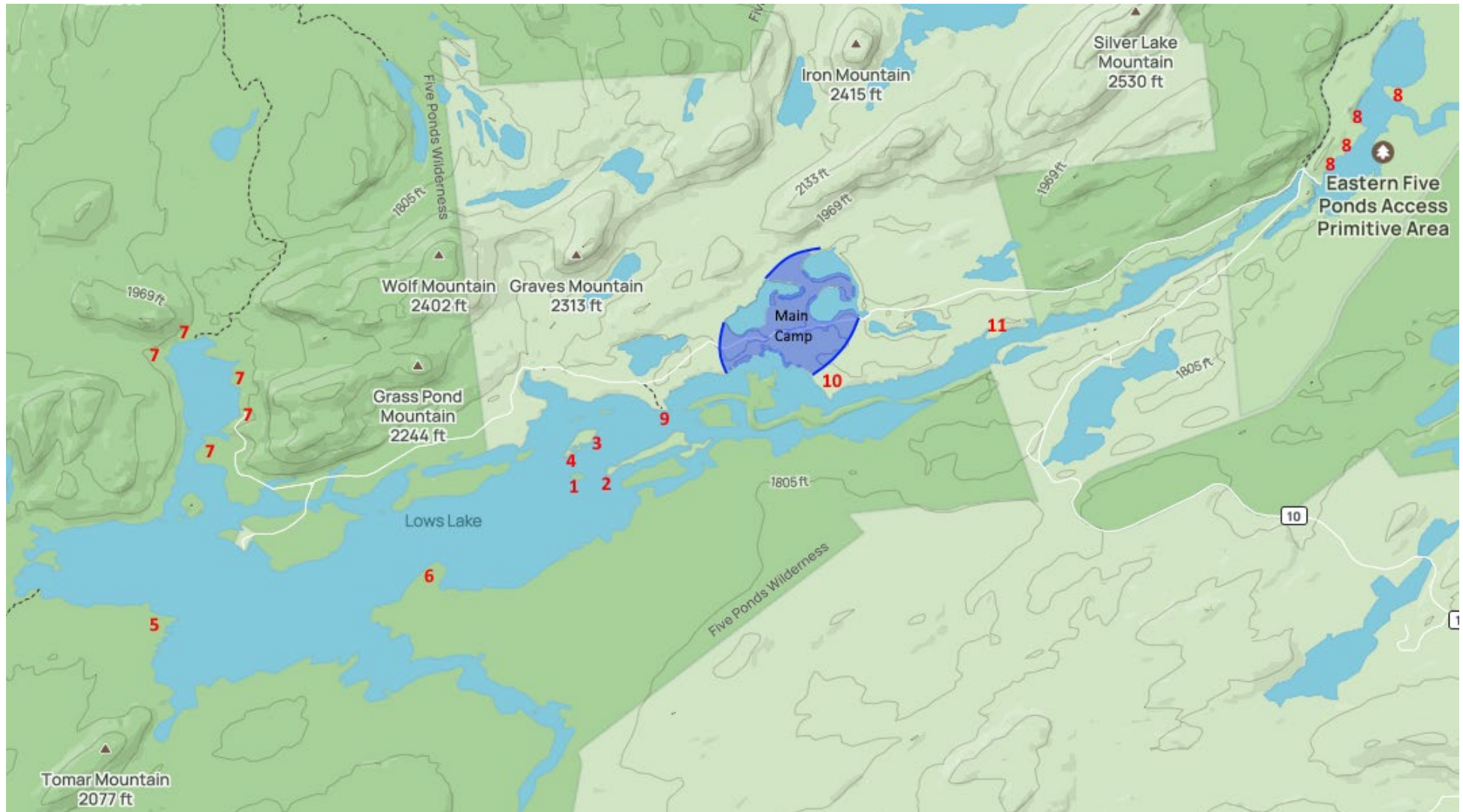
These locations are perfect for units with LEARNER swimmers, allowing some campers to hike to the same location.

- **Lookout Point** (1-mile paddle, 1.25-mile hike, 40 campers) One of the most iconic locations on Sabattis property and the site of a Low-era hunting camp, Lookout Point is an obvious favorite for many Sabattis campers. This iconic pine bluff offers views of the greater Lows Lake region and a paddling approach that avoids the windswept and difficult-to-traverse portions of the lake. By trail, it sits across from the Graves Mountain trailhead and offers easy access for all participants. A great location for swimming and fishing as well as a large group capacity for overnights, Lookout Point has it all. Due to its proximity to Lows Lake Landing, this is also a great location for a dinner cruise outing.
- **Bear Point** (1/3-mile paddle, 1-mile hike, 35 campers) A similar location to Lookout Point but more accessible, Bear Point offers the perfect paddle for those learning their strokes or anyone who wants to primarily fish and reach their destination in no time. This pine bluff sits on the protected bog river flow portion of Lows Lake.
- **Bear Crossing** (1.3-mile paddle, 1.6-mile hike, 15 campers) Bear Crossing is an equally fun hike or paddle for any unit. Along the protected Bog River Flow section of Lows Lake, this destination offers calmer paddling and enjoyable fishing as you travel downwind during your approach. The hiking trail is mostly flat and offers a long shoreline approach just before arrival.





## Overnight Outpost Map



- |                         |                          |                   |
|-------------------------|--------------------------|-------------------|
| 1. Pole Island          | 5. Virgin Timber Landing | 9. Lookout Point  |
| 2. Gooseneck Island     | 6. Boone's Landing       | 10. Bear Point    |
| 3. Frying Pan Island #1 | 7. Grass Pond            | 11. Bear Crossing |
| 4. Frying Pan Island #2 | 8. Hitchens Pond         |                   |



## Daily Outings

### Paddles

- **Canoe Carry** (3.6 miles) The perfect morning or afternoon canoe adventure that will hone your portage skills as you hop through our serene ponds on your way across the entire Sabattis property! This adventure starts off at *Lows Lake Landing* and heads west before leading north to Spring Pond. Next up is Three Pound Pond and a carry through the boating area past *Trailblazers Pavilion* to the Hornet Ponds. Round the Hornets peninsula and take in the Lookout Mountain cliffs as you end your trip at the Lookout Mountain trailhead. This adventure takes about 2 ½ to 3 ½ hours and is best done with groups of 10 or less.

### Hikes

- **Duke's Rock** (0.9 miles) This point named after our beloved Jim "Marmaduke" Seton is a quick but exciting hike up our shortest lookout on property. It offers views over the flanks of Lookout Mt. and west over the High Peaks Wilderness region. This trail is indeed short but rugged. It is best done as a combination hike with nearby Lookout Mt. in the afternoon or on its own in the Evening.
- **Lookout Mountain** (1 mile) Another quick hike on camp property, Lookout Mt. offers an enjoyable and rolling trail approach to a Summit meadow with some views West towards Lows Lake. This mountain also sports a high elevation bog and lower cliffs that will soon be developed into a rappelling route. From these cliffs, Mt. Marcy and the High Peaks Wilderness is clearly visible as well as the Hornet Ponds. This hike is equally suited for an afternoon or evening adventure.
- **Graves Mountain** (2.3 miles) One of our most popular unit hikes, Graves Mountain is a classic Sabattis adventure. This trail first travels along the rolling eskers that separate Spring Pond and Graves Pond before crossing a footbridge and beginning its ascent. The climb is short but rugged, passing the old rock-climbing wall before arriving at the open summit. This mountain boasts panoramic views of Lows Lake, the three islands, Floating Bog, Blue Mt., and the High Peaks Wilderness. The hike commonly requires an entire afternoon, and many units opt for a bagged lunch or dinner to extend their timeframe. Recommended departure 12:30-1:00 (bagged lunch is best).

### Short Bike Trips

Can be done in the afternoon or evening.

- **Lookout Point** (2.5 miles round trip) One of the most iconic locations on Sabattis property and the site of a Low-era hunting camp, Lookout point is an obvious favorite for many Sabattis campers. This iconic pine bluff offers views of the greater Lows Lake region. By trail it sits across from the Graves Mountain trailhead and offers easy access for all participants.
- **Bear Point** (2 miles round trip) A similar location to Lookout Point but more accessible, Bear Point offers a quick and enjoyable outing to a calm and beautiful evening destination. This pine bluff sits on the protected bog river flow portion of Lows Lake.
- **Bear Crossing** (3.2 miles round trip) Along the protected Bog River Flow section of Lows Lake, this destination offers a narrow single-track trail used for hiking and biking. The trail is mostly flat and offers a long shoreline approach just before arrival at a small lakeside campsite.
- **Hitchens Pond** (7 miles round trip) A bike trip along the road to the Upper Dam brings you to the ruins of the Hitchens Pond clubhouse and its old waterfront.

Continued next page...

### Longer Bike Trips

Recommended departure 12:30-1:00 PM (bagged lunch is best)

- **Grass Pond w/ Ice Caves Bushwhack** (44.0885, -74.7946) (6.6-mile bike and 2-mile hike round trip) Practice your leave no trace etiquette on this bike trip with a short bushwhack to the famed Ice Caves. This complex of talus caves has sheathed off the grand granite cliffs of Grass Pond Mountain, creating deep wells that hold water and ice all summer long! Explore the boulder ridden terrain before returning home to camp.
- **Grass Pond w/ Grass Pond Mountain Bushwhack** (44.0870, -74.7896) (6.6-mile bike and 2-mile hike round trip) Test your crew's compass skills with this bushwhack bike combo up the seldom traversed Grass Pond Mountain. Broad views over the greater Lows Lake region and a high chance of blueberries for a quick snack.
- **Lookout Point w/ Graves Mountain Hike** (2.5-mile bike, 3-mile hike round trip) See **Lookout Point** and **Graves Mountain** above.
- **Hitchens Pond w/ Low's Ridge Hike** (7-mile bike, 1.8-mile hike round trip) See **Hitchens Pond** above for bike portion. The ridge provides breathtaking views of Hitchens Pond and the High Peaks Wilderness to the West. The lower Bog River Flow of Lows Lake is also visible from the summit.

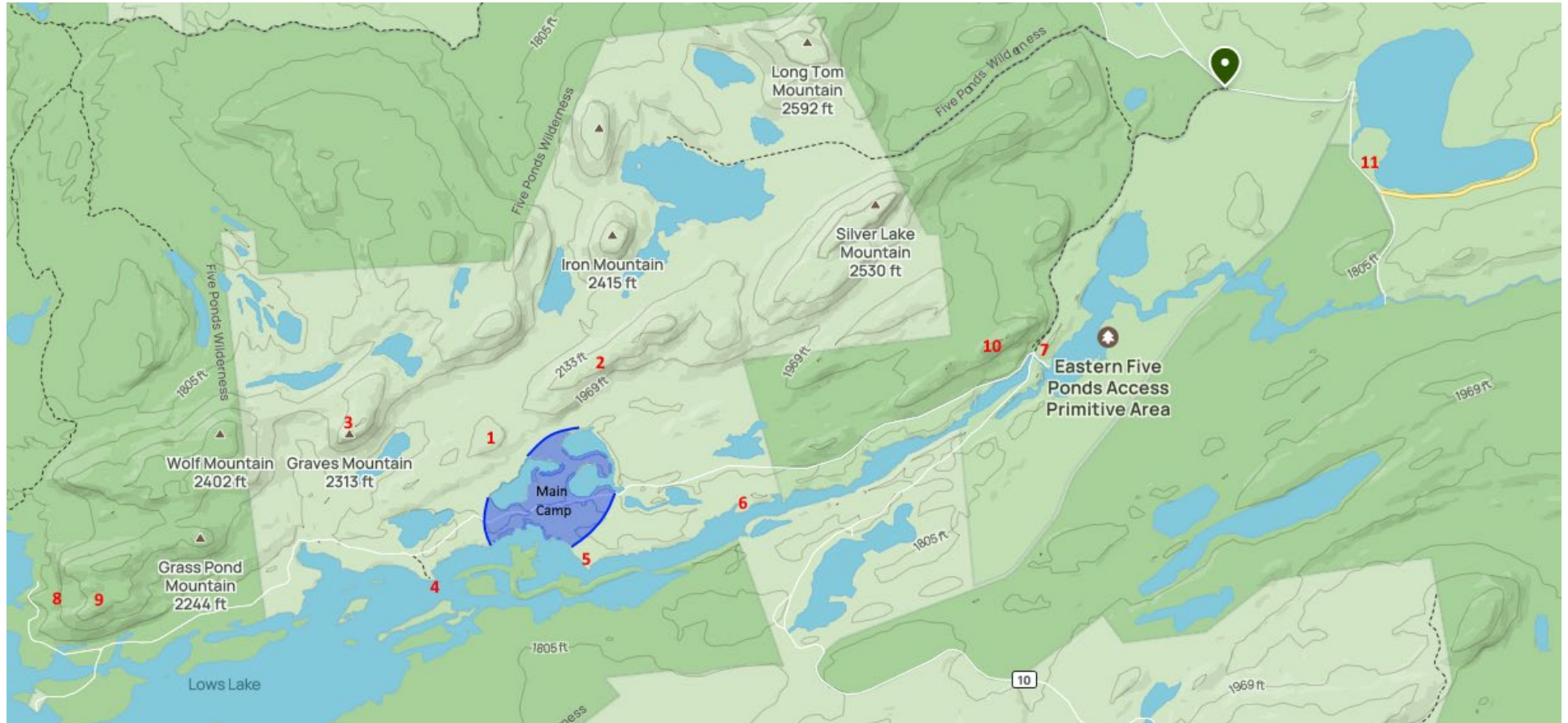
### Extended Bike Trips

Recommended departure 12:30-1:00 PM (prepared crew and bagged lunch and dinner is recommended)

- **Horseshoe Lake** (13.6 miles round trip) This adventure continues past the above destination of Hitchens Pond and along the ranger road to the larger Horseshoe Lake. On this trip your crew will pass the remnants of the Horseshoe Lake Forestry company and its many maple sugaring operations. Your trip ends upon arrival at the old Horseshoe Lake train station, the hub of Low's industry in the early 1900s. Continue to the campsites along the shore of Horseshoe Lake proper before returning to camp.



Daily Outings Map

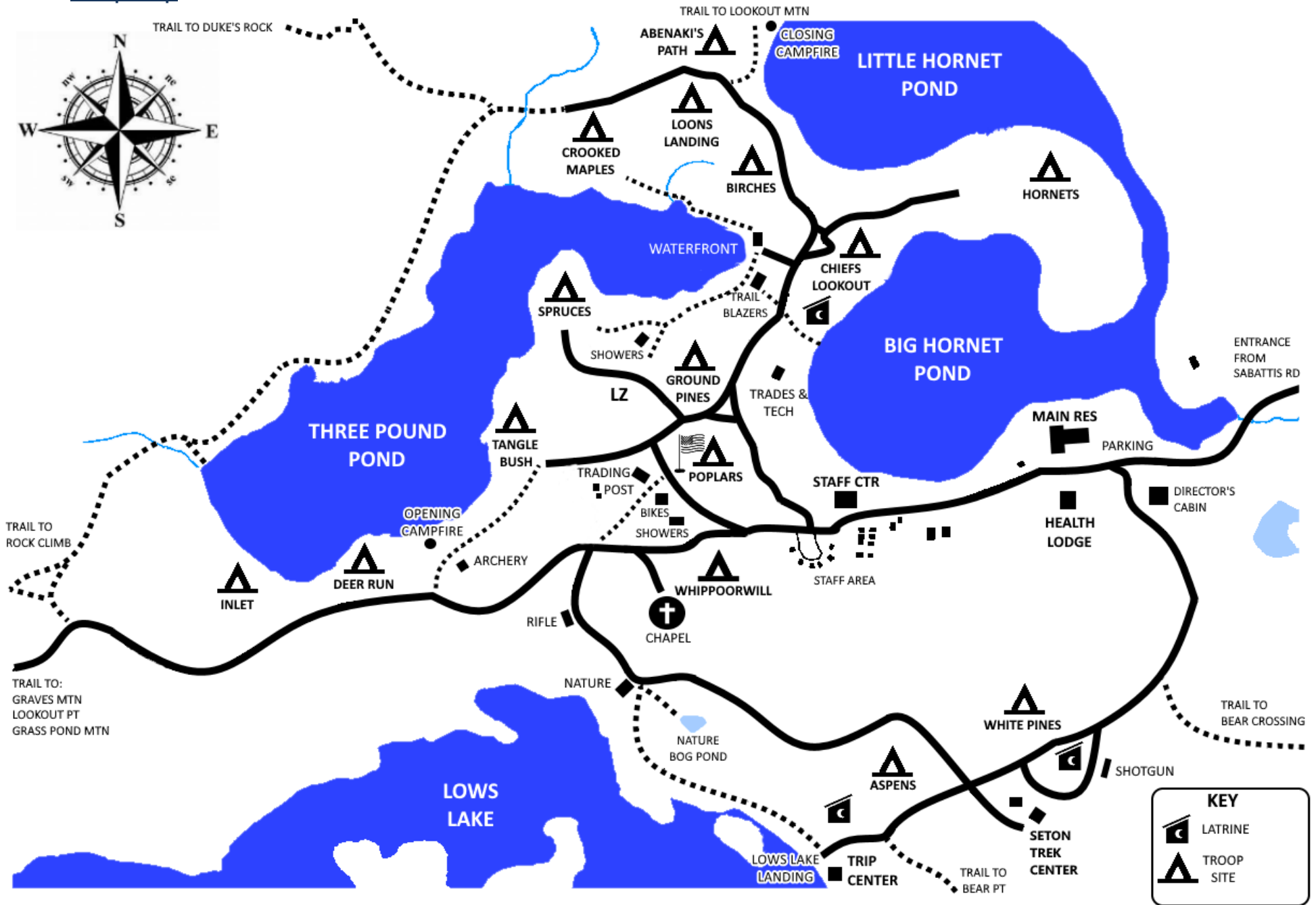


- |                     |                  |                        |
|---------------------|------------------|------------------------|
| 1. Duke's Rock      | 5. Bear Point    | 9. Grass Pond Mountain |
| 2. Lookout Mountain | 6. Bear Crossing | 10. Low's Ridge        |
| 3. Graves Mountain  | 7. Hitchens Pond | 11. Horseshoe Lake     |
| 4. Lookout Point    | 8. Ice Caves     |                        |





Camp Map





## Camp Buildings & Areas

### Camp (Central)

- Downtown Sabattis** The open area next to the Trading Post building is a central gathering point for many camp activities
- Flag Poles** Located in *Downtown Sabattis*, this is where all units gather for evening flag ceremony
- Trading Post** A place for campers to purchase Sabattis merchandise, camp gear, or snacks
- Bike Shed** A selection of mountain bikes can be picked up here for use on planned excursions
- Showers** Two locations: Trading Post and next to Spruces. The showers near Spruces are female-only
- Landing Zone (LZ)** Named because this is where the helicopter lands for any medical emergencies, this large open area is the location for some camp-wide competitions
- Trades & Tech (BBQ) Pavilion** This is the site of the camp-wide BBQs on Sunday and Friday. Some program courses are taught here, as well

### Camp (East)

- Main Res / Camp Office** Business office used for check-in and interfacing with the camp admin.
- Commissary** Located in the *Main Res* building, this is where patrol cooking supplies are prepared and assembled
- Family Camp** No longer in use. This former camping area is located just outside of camp beyond the Big Hornet Pond outlet
- Health Lodge** Where the Medical Officer is based. Head here for first aid or any medical questions
- Staff Center** Meeting building and mess area for the staff
- Staff Area** Where the staff call home

### Camp (West)

- Archery Bowl** Our archery range... so named because it lies in a circular depression
- Opening Campfire** On the southeast shore of Three Pound Pond, the site for the opening campfire offers scenic views

### Camp (South)

- Chapel** Visit the chapel for the weekly interfaith service or whenever you seek to practice reverence
- Rifle Range** The rifle range offers Scouts a place to learn the responsible use of firearms and to hone their marksmanship
- Nature Lodge** Near the shore of Lows Lake, here is where our nature programs are based
- Seton Trek Center** This is the starting point for all groups headed out on an Adirondack trek
- Shotgun Range** The shotgun range allows for campers to learn about shotgun care and use before shooting sporting clays
- Trip Center (Lows Lake Landing)** This is the launching point for outpost excursions on Lows Lake. Our sailing program is also located here

### Camp (North)

- Closing Campfire** On the northwest shore of Little Hornet Pond, the closing campfire is where we cap off our week at camp
- Trades & Tech (BBQ) Pavilion** This is the site of the camp-wide BBQs on Sunday and Friday. Some program courses are taught here, as well
- Trailblazer Pavilion** Here is where the Trailblazer program meets, as well as many of our various scoutcraft programs
- Waterfront** At the waterfront, you'll find a sandy beach with docks and a raft for swimmers. You'll also find a launch area for kayaks, canoes, and rowboats



## Unit Camp Sites

### Trading Post Area Sites

These sites are located near the *Trading Post* and *Staff Center*

- Ground Pines
- Poplars
- Tanglebush
- Whippoorwill

### Waterfront Area Sites

These sites are located nearer to the *Waterfront Area*, and some even have walking trails from their site to *Waterfront*.

- Birches
- Chief's Lookout
- Crooked Maples
- Loon's Landing†
- Spruces

### Western Edge Sites

These sites are more remotely located on the western side of camp at the scenic southern end of Three Pound Pond. They are nearest to the Archery, Rifle, and Nature areas. Bikes will be helpful in quickly reaching the other areas of camp.

- Deer Run
- Inlet

### Lows Lake Sites

These sites are the most distant from the center of camp. Located near *Trip Center* / *Lows Lake Landing* and are utilized by units as base camp for high adventure treks.

- Aspens





## Mealtime Graces

Units may give grace as they please, but here are suggested mealtime graces for you to use.

### **Morning Grace**

Gracious giver of all good  
Thee we thank for rest and food.  
Grant that all we do or say.  
May in thy service be this day.  
Amen

### **Afternoon Grace**

Father for this noonday meal  
We will speak the praise we feel.  
Health and strength we ask from thee.  
Help us lord to faithful be.  
Amen

### **Evening Grace**

Tireless guardian of our way  
Thou have kept us well this day.  
While we thank thee, we request.  
Care continued, pardon rest.  
Amen



# Sabattis 2024 Menu



MON	TUES	WED	THURS	FRI	SAT
<ul style="list-style-type: none"> <li>Eggs</li> <li>Sausage</li> <li>English Muffin</li> <li>Hash Browns</li> <li>Juice</li> <li>Fruit</li> <li>Breakfast Bar</li> </ul>	<ul style="list-style-type: none"> <li>French toast</li> <li>Sausage</li> <li>Oatmeal</li> <li>Juice</li> <li>Fruit</li> <li>Breakfast bar</li> </ul>	<ul style="list-style-type: none"> <li>Eggs</li> <li>Tortilla Shell</li> <li>Sausage</li> <li>Hash Browns</li> <li>Fresh Fruit</li> <li>Breakfast Bar</li> </ul>	<ul style="list-style-type: none"> <li>Pancake sausage</li> <li>Oatmeal</li> <li>fresh Fruit</li> <li>Juice</li> <li>Breakfast Bar</li> </ul>	<ul style="list-style-type: none"> <li>Eggs</li> <li>Ham</li> <li>Hash Browns</li> <li>Juice</li> <li>Fresh Fruit</li> <li>Breakfast Bar</li> </ul>	<ul style="list-style-type: none"> <li>Donuts &amp; Danish</li> <li>Fresh Fruit</li> <li>Breakfast Bar</li> </ul>
<ul style="list-style-type: none"> <li>Ham &amp; turkey Subs</li> <li>Chips</li> <li>Cookies</li> <li>Bug Juice</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Tacos</li> <li>Chips</li> <li>Fruit</li> <li>Bug juice</li> <li>Snack</li> </ul>	<ul style="list-style-type: none"> <li>Hot Dogs</li> <li>Mac &amp; Cheese</li> <li>Chips</li> <li>Bug Juice</li> <li>Snack</li> </ul>	<ul style="list-style-type: none"> <li>Meatball Subs</li> <li>Chips</li> <li>Fruit</li> <li>Bug Juice</li> <li>snack</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Cheese w/ Ham</li> <li>Soup</li> <li>chips</li> <li>bug Juice</li> </ul>	<ul style="list-style-type: none"> <li>TO GO BAG LUNCHES AVAILABLE TO ORDER</li> </ul>
<ul style="list-style-type: none"> <li>Pork Stuffing</li> <li>Veggies</li> <li>Roll</li> <li>Dessert</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Pasta</li> <li>Meatballs</li> <li>Garlic Bread</li> <li>Dessert</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Chicken</li> <li>Potato</li> <li>Veggies</li> <li>Roll</li> <li>Milk</li> <li>Dessert</li> </ul>	<ul style="list-style-type: none"> <li>Steak</li> <li>Pierogis</li> <li>Roll</li> <li>Veggies</li> <li>Milk</li> <li>desert</li> </ul>	<ul style="list-style-type: none"> <li>CLOSING BBQ</li> </ul>	<ul style="list-style-type: none"> <li>Special orders can be placed for any meal!</li> </ul>

\* For Scouts requiring specific dietary items, We encourage you to bring their food; we will store it and distribute it on your schedule.

# Sabattis Camp Packing List



## Storage

- Backpack / duffel bag / footlocker  
*Some containers to collect all of your personal equipment for easy transport.*
- Small backpack / daypack  
*For easy transport of various items around camp. It's nice to have a daypack to stuff your essentials in when going around to merit badge classes or other activities.*

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## The Scout Basic Essentials

- Folding pocketknife (*with Scoutmaster approval*)
- Personal first aid kit (BSA Handbook p. 108)
- Rain gear (*poncho, rain jacket/pants*)
- Water bottles(2)
- Flashlight / headlight (and spare batteries)
- Matches and fire starters
- Sun protection (*hat, sunglasses, sunblock*)
- Compass

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## Sleeping Gear

- Camp cot (*optional*)
- Hammock and tarp (*optional*)
- Sleeping bag
- Pillow and sheets (*optional*)
- Sleeping pad  
*For outpost trips (unless using hammock)*

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## Eating Kit

- Eating utensils
- Bowl
- Plate
- Cup
- Mesh bag for storage and drying (*optional*)

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## Cleanup Kit

- Soap / deodorant (unscented)
- Toothbrush
- Toothpaste
- Dental floss
- Comb
- Small camp towel
- Small bag / pouch to keep stuff together

## Seasonal Clothing (BSA Handbook p. 242)

- Scout uniform (*with optional hanger*)
- Order of the Arrow sash (*if applicable*)
- Unit t-shirt
- Underwear
- Socks
- Swimsuit
- Beach towel (*quick drying is best*)
- Long-sleeved shirt
- T-shirts
- Hiking shorts
- Long pants
- Sweater or jacket
- Hiking boots or sturdy shoes (*NO open toes*)
- Sneakers or extra pair of boots
- Water shoes or shoes that can get wet  
*For wearing in canoe or kayaks*
- Quick-drying sandals (*NO open toes*)  
*For wearing to the waterfront or showers.*

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## Other Personal Items

- BSA handbook
- Merit badge pamphlets & prerequisites
- Camp chair
- Watch and/or alarm clock
- Electric lantern
- Insect repellent
- Small notebook
- Pencil or pen

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## Other Optional Items

- Cord / clothesline
- Fishing pole and gear
- Camera
- Bike
- Bible, testament, or prayer book
- Wipes / tissues
- Other gear for specific activities
- Plastic bags (1-gallon)
- Dry bag  
*For canoeing outpost trip*

### REMEMBER...

if it's something you don't want *lost or damaged*, it's best to

**LEAVE IT HOME**