



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Leaders School 2012 Grades 9-12 Trip Program

These trips are designed to challenge you at every level. You have the opportunity to follow a sequence of trips that develop a deeper understanding of the skills needed to enjoy the Maine woods, rocks, and rivers. There will be four different tracks: Rock Climbing, Hiking, Whitewater, and All-Around. Each skill-specific track (Rock Climbing, Hiking, and Whitewater) will consist of trips that build on the experiences and skills you learn from your previous trip and the All-Around Track consists of trips from each track that provide a wide range of knowledge.

As a first year leader you will learn the fundamentals of outdoor recreation and then each following year you will learn incremental skills.

**Do not request a trip you have already been on.**

After your First Year Leaders Hike, you can choose from the following Tracks:

**Hiking:** After the First Year Leaders Trip, you must complete an intermediate and advanced hike to complete this track.

**Rock Climbing:** You must complete a beginner and advanced rock climbing trip to complete this track.

**Whitewater:** You must complete a beginner and advanced Whitewater Canoeing or Kayaking trip to complete this track.

**All-Around:** You must complete an intermediate hike as well as a beginner rock climbing and whitewater trip to complete this track.



### BANGOR Y

17 Second Street, Bangor ME 04401

P 207 941 2808 F 207 941 2812 [www.BangorY.org](http://www.BangorY.org)



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## Hiking

### Beginner Hiking

- **Acadia - 1 (First Year Leaders)**

#### First Year Leaders

This trip is intended for first time Leaders School participants who will be entering 6th, 7th or 8th grade in September 2011. You will have an opportunity to learn hiking, canoeing, communication and wilderness low-impact camping fundamentals such as fire building, shelter building, and camp cooking. You will camp under the stars at Camp Jordan and hike Bald Mountain, canoe on Branch Lake, and, time permitting, work with your peers to conquer the Ropes Course. Hiking boots and rain gear are a must! There are no prerequisite hikes for this trip. If you are a first year leader who will be entering 6th, 7th or 8th grade September 2011, you have already been assigned to this trip and this counts as the Beginning Hike for the Hiking Track.

#### Intermediate Hiking

- **Acadia - 2 (Intermediate Group)**

Our intermediate hike will take place in one of the most beautiful parks on the East Coast: Acadia National Park.

The first day you will go for a short hike and set up camp in Acadia National Park. The next morning you'll be off to an early start to hike different peaks within the park. Hiking boots and raingear is a must!

#### Hiking Equipment List

##### Required:

- Raingear (Must be waterproof, no exceptions!)
- Good hiking boots
- 3 pair of wool or wool-blend socks
- 1 fleece or wool sweater,
- 1 pair shorts
- 1 pair pants
- 2 t-shirts
- hat
- warm gloves
- daypack (large backpacks are great for organizing/carrying gear but are not necessary for this trip)
- sleeping bag
- 1-2 water bottles (32 ounces each)
- mess kit (bowl, spoon, travel mug or cup)
- positive attitude

##### Recommended:

- sunscreen
- insect repellent
- bathing suit & towel
- sneakers or sandals for camp (not hiking!)

##### Optional:

- water filter
- camera (throw away)
- sleeping/ground pad
- gaiters

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## Rock Climbing

### Beginning Rock Climbing

- **Rock climbing I**

You will learn the basics of Rock Climbing at both Eagles Bluff and Parks Pond in Clifton. Rock climbing is challenging but appropriate for all ages and physical abilities. This experience includes history of the sport, equipment identification, and will also teach the skills of belaying. Participants should be in decent physical condition and be prepared for the emotional challenge as well. Climbing is a BLAST, give it a try!

### Advanced Rock Climbing

- **Rock Climbing II**

This will be a great trip for those who are ready for the next level. You will enhance the skills you learned in Rock Climbing I. Rock Climbing II will climb at Eagles Bluff and Parks Pond. (You must complete Rock Climbing I before signing up for this trip)

#### Rock Climbing Equipment List

##### Required:

- Good hiking boots or sturdy sneakers to get to and from the climbing sites
- Daypack
- Raingear Tops & Bottoms (Must be waterproof, no exceptions!)
- 2 pair of wool or wool-blend socks
- 1 fleece or wool sweater,
- 1 pair shorts (loose fitting)
- 1 pair pants (loose fitting)
- 2 t-shirts
- hat
- warm gloves
- sleeping bag
- 1-2 water bottles (32 ounces each)
- mess kit (bowl, spoon, travel mug or cup)
- positive attitude

##### Recommended:

- sunscreen
- insect repellent
- bathing suit & towel
- sandals for camp (not hiking!)
- the following will be provided but bring if you already own:
- climbing harness
- climbing shoes

##### Optional:

- camera (throw away)
- sleeping/ground pad



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## **Water/Hike Combination**

### **Beginner/Intermediate**

- **Great Pond Mountain**

On the first day the trip will leave from Camp Jordan and head across Branch Lake and then will hike through the Great Pond Land Trust arriving at the campsite at Hot Hole pond for the night. The next day will be spent paddling down Hot Hole Stream and the Dead River with a portaging experience in between.

### **Canoeing and Hiking Equipment List**

#### Required:

- Good hiking boots or sturdy sneakers
- Raingear Tops & Bottoms (Must be waterproof, no exceptions!)
- 2 pair of wool or wool-blend socks
- 1 fleece or wool sweater,
- 1 pair shorts (not cotton)
- 1 pair pants (not cotton)
- 1 bathing suit/shorts (Not cotton!)
- 2 t-shirts
- Teva sandals or some other kind of submersible footwear
- sleeping bag
- sunscreen
- 1-2 water bottles (32 ounces each)
- mess kit (bowl, spoon, travel mug or cup)
- positive attitude

#### Recommended:

- insect repellent
- sneakers or sandals for camp (not hiking!)

#### Optional:

- camera (throw away)
- sleeping/ground pad
- large dry bag
- A lifejacket will be provided, but bring your own if you like

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