

Dear Ranger Parents,

The Ranger Program is run through YMCA Camp Ockanickon, Inc. and it is a chance for the oldest campers to learn the skills to go on wilderness trips. There are two instructors from each camp to lead the campers on the trip.

In Sessions 2, 3, and 4, the Rangers will be on an eight-day trip that is half hiking and half canoeing. The hiking portion is on the Appalachian Trail in New Jersey, between Sunrise Mountain and the Delaware Water Gap. The canoeing portion will take place on the Delaware River from Matamoras, PA to the Delaware Water Gap in New Jersey.

While one program is hiking the other program will be canoeing. The boys and the girls will then meet half way to switch gear and receive a re-supply of food and clothing for the next half of their adventure.

The trip will take place in a moderate to heavy use area. The campers will need minimal wilderness skills. The skills required will be taught to the campers during the first few days at camp and on the trip. Before the trip, they will be instructed on the following:

- Use of a camp stove and flammable fuel
- Use of water purification devices
- Setting up and breaking down campsites including tents in fair and foul weather
- How to pack for the hiking portion of the trip
- How to pack for the canoeing portion of the trip
- How to right an overturned canoe
- Use and care of Personal Flotation Devices
- Their swimming abilities will be assessed on Check-In Day
- Prior to leaving, their physical fitness will be assessed through a day hike on the camp property with full packs.
- They will be trained in how to store food and set up a campsite that will not invite animals, including bears.
- They will be trained in the recognition of approaching weather patterns that may impact the participants with unusually cold or hot weather and will be instructed on how to prevent hypothermia and heat exhaustion or stroke.

The campers who participate in this trip need basic canoeing skills and medium endurance ability. It is up to the campers and their parents to assume responsibility for maintaining a minimal to intermediate fitness level before undertaking this trip. Obese or physically frail campers who do not engage in normal physical activity everyday and those campers with physical limitations (bad knees, backs, etc.) should be discouraged from taking this trip. Campers will need to provide the Camp Health Form filled out by a

doctor stating that the camper is capable of participation in the trip. The hiking portion of the Appalachian Trail in Sessions 2, 3, and 4 will have elevation changes from 1000 to 2000 feet. The hiking days can be as long as 6-12 miles in a day. The canoe portion of the trip will cover from 10-20 miles a day. It is not considered whitewater, however there is an occasional ripple or Class 1 whitewater occurrence, which is the lowest rated whitewater level, and easily negotiated by beginner to intermediate canoers.

In case of emergency, the group carries a cell phone and will be within a few hours hike or paddle to the nearest public or private phone. An instructor for each trip will be certified in Wilderness First Aid. Once the authorities are contacted, emergency assistance can be available by vehicle, boat, or helicopter, depending on the nature of the emergency. The group will take with them a list of campers, their home and emergency phone numbers, a copy of their personal health forms and phone numbers to call in case of an emergency.

If a Camper cannot continue the trip for medical or behavior reasons, the Camp will be notified by the trip leaders at the first opportunity by land line or with help of local authorities. The Camper(s) will be picked up by a Camp vehicle and transported back to Camp. If bed space allows, the Camper(s) may be allowed to complete the session at Camp. Each situation is different and the respective Camp Director, in consultation with the Camp leadership staff and the parents, makes this decision. The respective Camp Director makes the final decision with the best interest of campers and Camp in mind.

If you have any questions, you can contact us at 609-654- 8225.

Sincerely,



Brent Birchler  
Camp Ockanickon Director



Gabrielle Ostroski  
Camp Matollionequay Director

# YMCA Camps Application For Ranger Program

Please check camp and session:  Ockanickon for Boys  Matollionequay for Girls

Session 2 (July 5-17)  Session 3 (July 19-31)  Session 4 (August 2-14)

Camper Name: \_\_\_\_\_ Home Phone#: \_\_\_\_\_

Other Phone#: \_\_\_\_\_

Address: \_\_\_\_\_

Grade enrolled (2008-2009): \_\_\_\_\_

\_\_\_\_\_

Age (as of 6/1/2009): \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

\_\_\_\_\_

School: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ Gender:  M  F

How did you hear about program? \_\_\_\_\_

\_\_\_\_\_

Please explain why you would like to participate in the program. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What experience do you have in outdoor living skills, camping, hiking, and canoeing? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please list extracurricular activities you are involved in (sports, leadership groups, clubs, etc.). \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## PLEASE READ AND SIGN BELOW

### RANGER PARTICIPATION AGREEMENT:

I understand that the Ranger trip is physically demanding and will require hiking distances of 6-12 miles per day while carrying camping equipment, and canoeing distances of 10-20 miles per day. I attest that my child is in good physical condition to complete the trip. I further understand and agree that if my child cannot complete the Ranger trip for any reason, (including but not limited to homesickness, disruptive behavior as determined by the Camp Director, illness, accident, or injury) no refunds of the program fee will be issued.

I, the undersigned, have carefully read and gone over the above Ranger Participation Agreement with my child, and agree and give consent to the terms and conditions included therein.

Signature of Parent/Legal Guardian \_\_\_\_\_ Date \_\_\_\_\_

## Ranger Packing List

**(In addition to this list, also send the items from the One Week Session Packing List as listed in the Parent Pack for the time that the Ranger will spend on Camp)**

We realize that the expense of outdoor equipment is often an issue and hope that the equipment bought will be used on more outdoor adventures later. You may own some of the items or you might be able to borrow them. If you need to purchase items, they can often be found at local retail outdoor clothing and gear stores, or you can also order from the following:

**L.L.Bean at The Promenade 500 Rt. 73 South, Marlton, NJ 08053, 1-800-221-4221, llbean.com**

**R.E.I. 501 Route 73 South, Marlton, NJ 08053, 1-856-810-1938, rei.com**

**R.E.I. 200 W Ridge Pike Ste 115 Conshohocken, PA 19428, 1-800-426-4840, rei.com**

**Campmor PO Box 700-E, Saddle River, NJ 07458, 1-800-226-7660, campmor.com**

**EMS at the Moorestown Mall, 400 Rt. 38, Moorestown, NJ 08057, 1-856-234-3030, ems.com**

**Dick's Sporting Goods, various locations in Tri-State area, dickssportinggoods.com**

You can check the reverse side of this list to get specifications on the gear to help you with your packing.

### Personal Equipment for the Trip

- Sleeping bag (**light weight and compressible**)
- Sleeping pad
- Book bag
- Flashlight or headlamp (extra batteries & bulb)
- Garbage bags (4)
- Large zip lock baggies (5)
- Wide mouth plastic bottles (2)
- Toothbrush/toothpaste
- Comb/brush
- Small Towel
- Insect repellent (non-aerosol)
- Biodegradable & unscented soap, lotions, & deodorant
- Suntan lotion (30 SPF.)
- Eyeglasses with strap (Contact Lenses are not permitted on trip)

### Clothing for the Trip

- Lightweight hiking boots (Please wear them for 2 weeks before coming to camp)
- Sneakers or sandals w/ a heel strap (to wear in the river)
- Lightweight wind pants (**water resistant or waterproof**)
- Lightweight wind jacket w/ hood (**water resistant or waterproof**)
- Hiking shorts: (2-3 Pairs)
- Sock Liners (**no cotton**): (2-3 Pairs)
- Wool or synthetic hiking socks (**no cotton**): (4 Pairs)
- Long underwear top or warm long-sleeve shirt
- T-shirts (2-3 pairs)
- Swimsuit (**no cotton**)
- Baseball or wide brim hat
- Bandana (2-3)
- Undergarments

### Optional Items

- Camera & film (extra batteries)
- Sunglasses
- Paperback book

**The following is a list of equipment that camp will be supplying for the Ranger trips. We strongly recommend that campers do not bring any equipment from this list with them.**

Backpacks/ Tents/ Water filter/ Hiking stoves/ Dry bags/ Plates/ Silverware/ Cooking pots/ Cooking utensils/ Camp Knife/ Lifejacket/ Toilet paper/ Cat hole shovel

## Ranger Packing List (con't)

### **Boot Fitting**

Place foot in boot wearing two pairs of socks to be used for hiking. The thin pair (sock liner) prevents friction next to the skin and transfers moisture; the heavy pair (hiking sock) absorbs moisture and acts as a cushion.

Place foot on the floor, with boots unlaced; slide the toes forward so they touch in front. There should be about 3/8 to 1/2 inch for you to insert a finger behind the foot and touch the inner sole. Tie the boot snugly; the toes should no longer touch the front of the boot, even when you try to force your toes forward. Generally, boots should have plenty of toe room, but be snug everywhere else.

Make sure that when the boots are tied, the ankle section fit securely to the leg. Many boots are too large in the area, requiring constant retying of boots.

### **Specifications**

Sleeping bag w/ stuff sack – A lightweight three-season bag (35-50 F) will work. Down bags are lighter and compress well, but not when wet. Synthetic bags (Polarguard, Hollofil, ect.) work well especially when wet, but are a little bulkier. Both bags will work fine, and mummy styles are preferred. Rectangular bags will not compress and are heavy. **MAKE SURE THE BAG WILL COMPRESS DOWN TO FIT THE SMALL SPACE OF A HIKING PACK and DRY BAG. Please only bring bags with a temperature rating of 35° or higher. A bag for colder weather is just extra weight to carry and too hot for the weather.**

Sleeping pad – closed-cell foam pad or Thermarest pad. Full-length to provide protection for sleeping bag from dampness and dirt and provide comfort and insulate from cold ground.

Book bag- Just a regular schoolbook bag will work fine. You will be using it to pack extra clothes for the re-supplies.

Flashlight or headlamp – make sure it is lightweight and small

Wide mouth water bottles – Nalgene bottles are the best, make sure what you use does not leak.

**MAKE SURE YOU COME WITH TWO BOTTLES. IT IS IMPORTANT YOU ARE CARRYING ENOUGH WATER WITH YOU.**

Eyeglasses with strap – Contact lenses are not permitted on the trip **(Please note! Do not take contact lenses on the trip. It is impossible to maintain the level of cleanliness necessary for handling the lenses.)**

Hiking boots – A lightweight three-season boot will work the best. Make sure they are waterproof and **WELL BROKEN-IN BEFORE YOU COME TO CAMP.** It might take a couple of weeks to a month to break-in.

Sneakers or sandals – OLD PAIR, they will get wet and muddy in the river. If you bring sandals make sure they have a heel strap so they will not fall off.

Lightweight jacket and pants – **waterproof or resistant** to wear if raining & loose-fitted to wear over layers.

Hiking shorts – nylon or nylon/cotton blend will dry faster than all cotton

Sock Liners – polypro/thermax/coolmax, etc. These are important for blister prevention.

Hiking socks – wool/polypro/thermax, etc. **NO COTTON.** Cotton socks worn next to the skin is the #1 cause of blisters.

Long underwear top – polypro/coolmax/fleece. Shirts that will keep you warm during chilly mornings and evenings.

T-shirts – any will work, but cotton/polyester blend is the best.