



YMCA CAMP BURGESS & HAYWARD

ADVENTURE, SERVICE LEARNING AND LEADERSHIP PROGRAMS

TRIP DESCRIPTION

Castaways is a 6-day program offering teens the opportunity to step outside of their comfort zone and develop an array of outdoor living skills that are facilitated through engaging group challenges.

During this trip, we recreate the scenario of being cast away on an island. Our destination for the week will be Pinkham Island, located in the middle of Spectacle Pond at camp. During our adventure, we learn survival techniques, outdoor leadership and backcountry camping skills.

We spend Monday to Thursday on the Island, with our initial objective of obtaining food, shelter and water before embarking on a series of group challenges that are delivered to us throughout each day.

As we successfully complete our challenges, we will receive luxury items, surprise activities, and supplies needed to construct a raft so that we may sail off the Island at the end of the week.

One afternoon during the week is devoted to service learning, where we escape the island to assist in a project.

Like all Camp Burgess & Hayward Teen Adventure Trips, Castaways is co-ed and available to youth ages 12-17.

TRIP ITINERARY

This schedule is tentative. Changes may be made if deemed to be in the group's best interest.

Sunday: Welcome to Base Camp! After check-in & orientation, we discuss YMCA policies and expectations, review trip details and settle in. We'll have a chance for a swim before a barbeque and campfire.

Monday: After making a hearty breakfast, we are dropped off on Pinkham Island by boat and left in the capable hands of our fearless leaders. We discover our first challenge and seek out food, shelter and water, with ample breaks for a refreshing swim and siesta. After learning some serious outdoor skills, we'll put our feet up around the campfire and ponder what tomorrow may bring.

Tuesday: Today the team challenges are in full swing, with the promise of plentiful rewards. Throughout the day, our backcountry and leadership capacities are put to the test. As a reward for completed challenges, we gain some much needed supplies to build a raft as well as some additional luxury goods.

Wednesday: A new day brings new team challenges and increased expectations for group collaboration. Our raft is beginning to take shape, but we'll need to learn a few more techniques before it is complete. We'll also have a chance to score some luxury goods that will make Pinkham Island feel more like home.

Thursday: After making final adjustments to our raft, we break down our campsite and set sail toward Camp Burgess. We return to Base Camp, enjoy a communal dinner and then share stories about our time together while relaxing around a crackling campfire.

Friday: Upon waking, we prepare a delicious breakfast, tidy up Base Camp and reminisce about the amazing week! Check-out day is today from 10-11am at Base Camp on Camp Burgess. Trip leaders are available to discuss the trip with parents and guardians.

ACCOMMODATIONS

We reside in tents for the week and will likely spend our first and last nights at overnight sites near to our Teen Adventure Trips Base Camp locale, tucked away on the Camp Burgess property. There is a bathhouse at Base Camp.

Meals are prepared at Base Camp's outdoor kitchen and over a fire while on Pinkham Island. Teens collectively plan, prepare, and cook meals, with assistance from trip leaders. If your teen has special dietary concerns, please call the Adventure Trips & Teen Director at 508-428-2571 ext. 109.

Note: Pinkham Island does not have showers, conventional toilets or running water. The group will model backcountry and Leave-No-Trace principles during their time there.

SPECIAL NOTE: There is a minimum number of participants required to make this program possible. If for some reason this trip must be cancelled, you will be notified as soon as possible. A guarantee of equal numbers of male and female participants is not possible, though we do monitor registrant ratios. If we feel that there is an extreme imbalance, we will contact you.

CLOTHING AND EQUIPMENT LIST

Due to the nature of this program, it is essential that you pack lightly. We cannot transport more than one bag per person to Pinkham Island. This list itemizes the essential clothing and equipment needed for your trip, though it is only a guide. Please do not bring all of your favorite clothing, as you will get dirty during challenges. Rather, bring only items that are versatile, durable, lightweight, quick-drying, and comfortable. All clothing should be marked with the participant's name and packed in a duffel bag or backpacking pack. Please remember that we are outdoors almost all day, every day. Bring water bottles, sunscreen, sunglasses, a hat, and proper clothing.

- Short sleeve T-shirts (3)
- Long sleeve shirt—cotton & synthetic (1)
- Mid-weight wool or fleece sweater (1)
- Windbreaker (1)
- Underwear
- Socks
- Pajamas (1)
- Shorts—lightweight, comfortable and loose, with at least one quick-drying pair (2)
- Long, comfortable, non-denim pants that are durable, lightweight and quick-drying (1)
- Swimsuits (2)
- Sneakers or closed-toed shoes (1)
- Water shoes/sandals with straps (1—required)
- Sunglasses (1)
- Sun hat or visor (1)
- Sunblock (required)
- Rain gear—waterproof rain jacket and other items—for example Gore-Tex, PVC or rubberized

- 1-liter water bottle (2—required)
- A camping mess kit for eating (1—required)—plate, bowl, mug, spoon, and fork
- Flashlight or Headlamp—with spare batteries
- Toiletries: soap, shampoo, toothbrush, toothpaste, and other necessary items—biodegradable/organic items preferred e.g. Tom's of Maine or Dr. Bronner's
- Insect Repellent—lotion or stick
- Towels (2)
- Sleeping bag, sleeping pad & small pillow
- Small day pack—to hold items needed for Sunday & Thursday overnights near Base Camp
- Journal and Pen—small pad/notebook to keep track of thoughts, experiences, addresses, etc.
- Spending money for the camp store—optional
- Camera—optional
- Duffel bag or backpacking pack— all clothing should fit into this one bag

Please pack lightly! You will spend most of the week in a swimsuit or t-shirt and shorts.

Less is best! Having the right gear makes all the difference. Please stick to the essentials on the list.
Keep your cellphones, dress clothes, electronics, aerosol cans, and iPods at home!
Books, magazines, playing cards, and journals are great for siestas.