



Camper Preparedness on Teen Programs Agree Outpost Camp 2022

Tamarack Camps' Teen Programs include physically challenging adventures and activities, but given proper preparation, it will not be beyond most teen's personal physical limits. If you are already in good shape, keep it up. No previous backcountry experience is required, but a willingness to learn and work with others will assure you have a positive adventure in such a challenging environment.

To help you have the best summer experience, it is necessary to be in an appropriate emotional and physical condition.

1) Physical Preparation

Every minute you put in prior to your summer experience will pay off once you get out there. If you do not already engage in **30 minutes of aerobic exercise three times a week**, we recommend putting in the time to begin training now. Before a teen begins any exercise program, please consult with their physician.

The most important kind of training is aerobic fitness (running/jogging, bicycling, skating...), the kind which stimulates heart and lung activity for at least 30 minutes without stopping. You can also consider specific training techniques to prepare for the summer such as climbing stairs or walking around your neighborhood with weight in your backpack.

2) Physical Expectations

Agree campers will go on two trips – a 8 day/7 night hiking trip and a 4 day/3 night canoeing trip. The hiking trip will require campers to hike around 10 miles a day while carrying a 30+ pound pack. The canoe trip will require up to six hours of paddling (with appropriate breaks). Appropriate training will be provided prior to the trip. Throughout the summer there will be day hikes of varying length and difficulty while carrying a light daypack, as well as in-camp physical activities.

Teens are expected to be in good enough physical shape and to keep up with the group. An extremely slow hiker or paddler may compromise the safety of the community by dividing staff and campers by creating a large distance. Staff will work with a camper to find an appropriate pace and a place to hike/canoe where they can be a part of the community. If a camper is unable to keep up, they may have to leave the program early.

