

Youth Paddling Symposium Itinerary



Please note: this itinerary is subject to change. We will share updates if/when they happen.

Monday, July 15

- 9-10 am: Participants arrive at the Paul Smith's College Alumni Campground
- 10-11 am: Icebreakers & introductions
- 11 am to noon: Tent/camp set up with individual leaders
- Noon: Lunch
- 1-1:30 pm: Paddling demo/water safety
- 1:30-4 pm: Paddling to Spitfire and back
- 4-5 pm: Rest/free time
- 5:30-7 pm: Dinner (make your own calzone in a Dutch oven)
- 7-9 pm: Campfire stories, games & s'mores
- 9-10 pm: Retire to tents
- 10 pm on: Quiet hours

Tuesday, July 16

- 8-9 am: Breakfast
- 9-11:30 am: Breakout activities. We will break into smaller groups and work with our team on specific activities, including: navigation, campfire building, outdoor shelter building, basic outdoor first aid, wildlife tour, flower/mushroom identification, fishing
- 11:30 am to 1 pm: Lunch
- 1-5 pm: Paddle and hike. Options include St. Regis loop, St. Regis hike
- 5-7 pm: Dinner
- 7-9 pm: Campfire activities & s'mores
- 9-10 pm: Retire to tents
- 10 pm on: Quiet hours

Wednesday, July 17

- 8-9:30 am: Breakfast
- 9:30 am to 5 pm: Long outdoor activity, including lunch in the field
- 5-7 pm: Dinner
- 7-9 pm: Campfire activities & s'mores
- 9-10 pm: Retire to tents
- 10 pm on: Quiet hours

Thursday, July 18

- 8-9 am: Breakfast
- 9-10 am: Break camp
- 10 am to noon: Free time + parent pick-up