

Adult Camper Guide

 Camp Mark Seven: 144 Mohawk Hotel Rd, Old Forge, NY 13420

 Closest Airport: Syracuse International (about 2 hours away)

 Safety First!

We'd like all attendees to know that Camp Mark 7 is located in a remote area with limited access to immediate emergency facilities. For serious medical emergencies requiring immediate attention, please dial 9-1-1 and ensure you inform a CM7 Staff at the earliest opportunity. Do note that the closest Emergency Department is roughly a 1.5-hour drive away.

Please also note that Camp Mark 7, housed in a historic building, features stairs and may pose accessibility challenges. The outdoor areas also include uneven terrains, which may be difficult to navigate for those requiring mobility aids. Given these circumstances, we advise all attendees to bring any medical supplies they might require, such as medications, inhalers, Epi Pens, and so forth. We want to underscore the importance of personal responsibility during your stay at Camp Mark 7. Please be aware that activities such as hiking and swimming come with inherent risks. We advise all participants to be mindful of their individual capabilities and safety when engaging in these activities. Additionally, please exercise responsible behavior when it comes to alcohol consumption.

Camp Life Basics

This is *real* camp living—bunk beds, waterproof mattresses, shared spaces. Bring your bedding (or let us know if you need help borrowing). Most rooms are bunks, but if you need something different, email us and we'll do our best

to accommodate. 🏠 Don't forget a towel, flashlight, and your favorite camp snacks!



Schedule

*The schedule will be released closer to the start of the camp program once registration closes. Stay tuned!



Activities & Adventures

We've got hikes, bonfires, lake swims, and more. You'll sign up for activities on-site once you arrive.



Meals & Snacks

On Registration day, Dinner will be provided at 6 pm. For the rest of the week, Breakfast is at 8 am, Lunch at 12 noon, and Dinner at 6 pm. On Departure Day, Breakfast is served at 8 am and all campers are to depart before 10 am.

The food stores around camp are limited so if you have something special you want to bring you may want to grab it at your local store. We ask that if you bring anything with nuts you keep it in your room not in the shared snack area.



Packing List

At camp the days are warmer but the nights tend to be **COLD** so bring a good variety of clothes.



- Long and short sleeved t-shirts (warm!)



- Pants & shorts

-  Socks
-  Bathing suit
-  Goggles/ swim cap (swim across the lake?!)
-  Swim towel
-  Bath towel
-  Pajamas
-  Sneakers & Sandals, shoes to hike in.
-  Sweatshirt & Sweatpants

- ☐ Clothes to hike in/ be active in
- ☐ Jacket
- ☐ Sleeping bag or twin bed sheets & blankets
- ☐ Pillow
- ☐ Water bottle
- ☐ Flashlight
- ☐ Bug spray & Sunscreen
- ☐ Toiletries (shampoo, soap, toothpaste, toothbrush, shower shoes, etc.)

- ☐ Fan (not a must but it can get muggy)
- ☐ Rain gear
- ☐ BYOB
- ☐ Snacks
- ☐ Cash (many places in Old Forge are cash only)

Please note CM7 is not heated so make sure to keep this in mind when packing. It is often colder inside the building than outside



That's the Scoop (For Now!)

This guide will be updated as we get closer to the program. Check back often, and reach out if you have questions. We can't wait to see you at camp!

Top Spots

Food in Old Forge:	Food in Inlet:	Breakfast Places:
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• <u>Wisk!</u> (bakery) • <u>Ozzies</u> (Paninis) • Aurora's Donuts • Old Mill • Daikers • <u>Bamboo Chinese Food</u> • Keyes' Pancake House • Tony Harpers Pizza • Slickers • Front Door, Back Door • Adirondack Dog House • Daikers • Lean-to at Great Pines • <u>Mountainside Smoke House</u> • Blue Line Coffee Shop	• <u>Blue Line Coffee Shop</u> • The Caboose • Tony Harper's • <u>Screamin' Eagle</u> • <u>Mary's Bakery</u> • Archie's Alley	• <u>Wisk!</u> (OF) • Ozzies (OF) • Keyes' Pancake House (C • Aurora's Donuts (OF) • Front Door, Back Door (C • Mary's Bakery (Inlet) • Blue Line Coffee (Inlet &
Old Forge Things to Do:	Inlet Things to Do:	Hikes To Do:
• <u>Fulton Chain Craft Brewery</u> (food place next door) • <u>McCauley Chair Lift</u> (\$10) • Shopping, check out the new • Walk along 1st lake • <u>Sky Bar</u> (above Tony Harper bar) • The Strand - movie theater • Montezuma Winery • The Waiting Room (coffee & • The Oil Well (oil tastings)	• Shopping, check out the shops • Ice cream at <u>Northern I</u> • Hang out on the waterfi	• <u>Eagle Bay hike</u> 15 min hi short, park @ Eagle Bay Y Center • Black Bear 4.7 miles mod difficult • <u>Bald Mountain</u> & Rondax Tower 1.9 miles • Rocky Mountain 1 mile r • Sis & Bubb (flat 1.8 mile

**Underlined are some of the CM7 Staff's favorites.*