

GOSHEN SCOUT RESERVATION



Lenhok'sin High Adventure Supplemental Leader's Guide 2014

Note: Please review 2014 Leader's Guide for all Goshen Scout camps in addition to this guide.

A GUIDE TO PRE-CAMP PREPARATION, CAMP PRACTICES AND PROCEDURES

NATIONAL CAPITAL AREA COUNCIL

BOY SCOUTS OF AMERICA

9190 ROCKVILLE PIKE

BETHESDA, MD 20814-3897

(301) 530-9360

<http://www.ncacbsa.org/group/GSR>

LENHOK'SIN HIGH ADVENTURE at CAMP BAIRD

SUPPLEMENTAL LEADER'S GUIDE 2014

lenhoksin@gmail.com

Carl Trocki - Camp Director

Justin Paschalides - Program Director

This guide contains information specific to those crews attending the Lenhok'sin High Adventure camp for the 2014 summer season. For general information about Goshen Scout Reservation and its policies, be sure to also review the 2014 Goshen Scout Reservation Leader's Guide available at <http://www.ncacbsa.org/group/GSR>

Mission Statement: Lenhok'sin High Adventure

To provide High Adventure opportunities to units, so they may enjoy, test and expand their outdoor backpacking and camping skills. Through the use of teamwork and the patrol method, crews can experience backcountry camping and a variety of historical and technical outdoor outposts, which can prepare participants for National High Adventure and most any challenge in the great outdoors.

PLANNING FOR LENHOK'SIN HIGH ADVENTURE

Minimum Age Requirement

In accordance with National High Adventure policy, youth attending Lenhok'sin High Adventure Camp must be 13 years old by September 1, 2014. But most importantly, it is up to the discretion of adult leaders to decide if youth members are mature enough for the rigors and challenges of high adventure. Please contact us if you have any questions on this policy.

Leadership Experience

National Standards require that at least (2) two members of the crew, either youth or adult participants, have had "Extensive Experience" in outings similar to backpacking at Lenhok'sin. This is defined as having been on at least three short-term (two-day) overnight backpacking outings.

Training Requirements

At least one member of each crew must hold a current Wilderness First Aid certification from an approved provider, as well as CPR certification. We prefer **two** trained members of each crew, just in case the injured person happens to be one of the trained members. The NCAC offers these training courses regularly. Call 301-214-9156 for information. If you are unable to have two WFA certified members in your crew, contact the Camp Director as soon as possible to discuss the options for your trek.

Physical Stamina

National Standards require, "A thorough pre-trek Shakedown". Pre-trek conditioning will prevent a variety of potential injuries. Therefore, adult advisors must be careful to ensure that youth are able to handle the rigors of the trail and are able to take care of themselves regardless of age. We recommend doing several weekend treks to slowly build up your crew's stamina and ensure that they are prepared for the Lenhok'sin program.

The Trails of Goshen Scout Reservation

As one of the Boy Scouts of America's finest programs for young men and women, Lenhok'sin High Adventure gives your crew the opportunity to enjoy Goshen's 4,000+ acres, as well as the 45,000 acres of surrounding state wildlife game land. Over 50 miles of trails will give your crew a true backcountry experience. At Camp Baird base camp, the crew will receive a U.S.G.S. topographical map customized for Goshen Scout Reservation to help you find your way along your trek.

Hiking the Lenhok'sin High Adventure Trail

Crews will spend three to five full days hiking the trails of Goshen Scout Reservation participating in the outposts and visiting the many peaks. **All Goshen trails are marked with white, 2-inch by 6-inch, vertical, rectangular blazes.** White is the only color used to mark the trails. These blazes are painted on trees along the trail to indicate the trail route. A double blaze, one above the other, warns you to be alert for a trail intersection, either an abrupt or obscure turn, or some other out of the ordinary circumstance. Standard wooden direction signs, red with white lettering, are used to indicate the name and destination (and occasionally the direction) of trails. The yellow blazes found on trails mark the boundary between public lands and NCAC property.

Trail Work Projects

To earn the Trailblazer Award your crew must complete a conservation/service project. Lenhok'sin Staff are happy to discuss possible service projects for your crew. You may be asked either to work on a trail or perform some other project at Goshen. Once your crew's project is selected, confirm the time and place so that any tools you may need will be made available at the project site.

Organizing for a Backpacking Adventure

As with any scouting activity, preparation and planning are vital to the success of your trip.

Keep in mind the following:

- The week on the trail will be challenging both physically and mentally, the crew's outdoor skills will be put to the test.
- Fun, fellowship, teamwork and adventure are important ingredients in planning your trek.
- Complete and submit pre-camp survey forms 4 weeks prior to your trek and obtain and complete medical forms as soon as possible so that there will be no barrier to beginning your trail experience.
- National Standards require that "at least one member of each crew, preferably two, must be currently certified in Wilderness First Aid and CPR".

Weekend Shakedown

Be sure to have at least three weekend shakedowns during the spring, and perhaps more if yours is a "green" crew, to learn how not to overload yourself. Keep notes of items you used, didn't use, and any you should have brought but left behind. Except for essential needs, such as ponchos, cooking gear, etc., if you don't use that "extra" item you thought you would need on the shakedown, chances are you won't need it on the trail. These shakedowns should include as many overnight stays as possible, so the crew can practice setting up and breaking camp efficiently.

Crew Chief

Your primary youth leader is the crew chief. While the adult crew leader attends to the administrative details and keeps an eye on health and safety, your crew chief should direct the crew. Delegate responsibility early and then take your turn in following the crew chief's direction--just as you expect that your directions will be followed. Ensure that your crew chief understands the program, the skills, the Trailblazer Award requirements, the daily routine, and the campfire program.

Leave the leadership of the crew in the hands of your youth leaders whenever possible, only intervene when necessary to prevent unnecessary complications or safety risks.

Crew Size

Maximum crew size **is limited** to ten youth and two adult advisors for an overall maximum of twelve unless approved by the Camp Director. Program quality cannot be maintained if crews are too large. The ideal crew size is seven youth and three adult advisors. Remember that a crew has a set amount of shared gear (pots, pans, etc.). A small crew ends up carrying more weight per person than a crew of near ideal size. Crews that are very small may be paired with another small crew to make a more workable crew situation.

Trail Itinerary

In 2014, Lenhok'sin now offers your choice of ten activities/outposts, as well as a primitive night option. Please be sure to complete and submit your pre-camp crew survey indicating your preferences as soon as possible so that we can have the outpost schedule ready for you well before your arrival at camp. On a Week-Long Trek, crews will be assigned 4 outposts. For those on a 4-day Trek, crews will be assigned 3 outposts. During the round robin session on Sunday, we will review and approve your trail itinerary for the week. Expect an email anywhere from 1 to 2 weeks before your trek regarding your outpost schedule for the week as well as a recent trail condition report.

YOUR EQUIPMENT AND WILDERNESS HIKING:

Your Pack

Choosing an appropriate pack remains one of the most important things you will do to assure your comfort on the trek. Your pack is essentially your kitchen cupboard, bedroom dresser and bathroom medicine chest, among other things. Your pack must fit properly. Even though it's called a backpack, the weight should rest on your hips, instead of on your back and shoulders. Be aware of crew members who suddenly become exhausted and start complaining unusually, chances are the pack doesn't fit properly and may need some adjustment. A proper fitting pack with padded hip straps is essential for continued comfort on the trail. When planning what is going to go into your pack, make sure you leave enough space to carry your share of the trail food. This space should be about the size of a 10 lb bag of sugar. Plan to carry water, personal equipment, crew equipment and crew food for 2 and 1/2 days.

Footwear

Crew members should have either soft-side leather/nylon hiking boots or leather hiking shoes in good condition and well broken-in. Most of all, the boots and shoes **MUST FIT** properly. A week on the trail in boots that do not fit properly will cause blisters and make one miserable. Soft-side leather and nylon hiking boots do not have to be broken in. The choice between leather boots and soft-side shoes is a matter of personal preference. Generally, footwear made from natural material will serve you well on the trail. Synthetic material can be lighter in weight, but does not always breathe well and can therefore trap moisture. Moisture trapped in socks and footwear softens and weakens the skin and can lead to blistering very easily. Researching your footwear options is highly recommended. Dry wool socks are very important. Veteran backpackers bring several pairs of wool hiking socks and polypropylene sock liners. Be advised that cotton socks cause many times more blisters. Whereas, wool and polypropylene sock liners wick moisture away from the foot and keep them drier.

Crocs and/or other closed-toed watershoes, may be a worthwhile addition to your packing list. In the evening and downtimes when not hiking the trail, participants often allow their feet to air out and dry. Participants need to limit their movement, when wearing crocs or watershoes, and limit their activity to gentle walking around the outpost or base camp in order to prevent injuries to feet. Also, if participating in Kayaking/Paddleboarding Outpost or the Upper James River Trip, participants will need a pair of shoes which they do not mind getting wet. This pair of watershoes can also be left with the camp staff at check-in and be ready at the Kayak/Paddleboarding outpost on your arrival, or back at base camp.

Hammocks

Hammocks have become very popular on the trail and some campers swear by them. Seasoned hammock users say that those who use tents lead a 'sheltered' life. If you do choose to use a hammock, have crew members practice sleeping in a hammock before coming to camp. Many people are unable to rest sufficiently in a hammock, as well as last the night without falling out. Some form of cover or barrier must be used around the trees which hammocks are strung from in order to minimize damage to the tree. Hammock users should bring a rain-fly and either some insect repellent or a net enclosure.

Tents

A tent provides shelter not only from rain, but also from biting bugs. Choose a good quality, two-person, rip-stop nylon tent with no-see-um net closures. Tents should be large enough for two crew members. Tent mates should practice setting up their tent before coming to camp.

Divide each tent into two tent bags to share the load between tent mates. For example, one person can carry the tent and poles and the other can carry the fly and stakes. Remember to apply sealer on the seams of new tents before use.

Ground Cloth

If your tent doesn't have a waterproof floor you will want to make sure you have a sturdy ground cloth cut to fit the tent. A thick piece of builder's plastic or sturdy plastic drop cloth is a fine choice. A good ground cloth also helps prevent wear and tear on the tent floor.

Sleeping Bags

Go as light as possible with your sleeping bag. Nighttime temperatures can often drop to the low forties in Goshen throughout the summer. Your sleeping bag should be stored in a waterproof bag and/or stored in a garbage bag for extra protection from moisture.

Dry Clothing

To keep clothing from becoming soiled and wet, pack your gear in zip-lock plastic freezer bags. These come in a variety of sizes and can be marked for use and content with a marker pen. Be sure to squeeze out excess air before closing the bag to save room in your pack. Repacking soiled and wet items in the same plastic bag can help prevent odor and dampness from reaching other items in your pack.

Protection from the Weather

Either a poncho or good quality rain-gear is a must! You will be in the woods all week and rain showers often come rolling in with short notice. Please be sure all crew members have the necessary equipment to deal with rain periods. Because these rains may be accompanied by cool weather, they may cause you to have a chill, so either a wool sweater or fleece pullover is recommended for warmth. You should also have a waterproof cover for your backpack for rain periods. These can either be purchased or made from large heavy-duty "lawn and leaf" bags.

Sleeping/Mattress Pads

Some type of mattress pad which provides an insulating barrier between you and the ground will be essential for a good night's rest. Usually self-inflating mattresses provide the best comfort, which can be costly but they are well worth the investment. Foam pads are a less expensive and acceptable alternative.

Flashlights

Each person will need a reliable flashlight with a fresh set of alkaline batteries to last the week. You may want to consider carrying an extra set of batteries just in case. AAA or AA headlamps or light flashlights are recommended.

Map and Compass

Crew members must be aware that they will need to be proficient navigators using a map and compass. Moreover, crew members will need to understand the topographic indicators on the map when planning their routes. We will provide crews with one current topographic map. Your crew may also purchase additional ones if desired. Our staffers regularly hike the trails and will give you recommendations regarding trails or any problems on the trail. Nonetheless, crews must be prepared and review their orienteering skills prior to the trek.

TRAIL COOKING: A Scout is Hungry- the 13th Point of the Scout Law!

You will certainly be ready for a good meal at the end of each day on the trail. If the exercise of all that hiking and outpost program activity isn't enough, the mountain air seems to do something for an appetite that only good, solid food can satisfy.

Trail Food

We provide crews with a great variety of commercially available dehydrated food for dinner from leading companies, like Backpacker's Pantry and Knorr Pasta Sides. We also have a variety 'no cook' foods high in protein and carbohydrates for easy consumption on the trail for breakfast and lunch.

Food Allergies/Special dietary needs

Lenhok'sin High Adventure staff is able to provide food for Vegetarians. However, for food allergies and other special dietary needs, participants are advised bring their own food when possible. (i.e. Nut, wheat, gluten allergies, etc.) Lenhok'sin staff will do their best to provide for special dietary requests, but due to the limited choices in dehydrated food, we are not able to provide food for every allergy or dietary need. Please let us know by indicating food allergies and special dietary needs on your pre-camp survey form. Also, please indicate the number of people providing **all of their own food** when on the trail. Those crew members will receive a discount of \$40 off their camp fees at reconciliation. (Note: if crews wish to provide all of their own food, whether they have special dietary needs or not, that is fine, but please indicate this on your Pre-camp survey and submit it as soon as possible so food orders can be as accurate as possible for the rest of the camp.) Sunday dinner, Monday breakfast, Friday Dinner and Saturday Breakfast, we will all eat together in the dining hall, and camp staff will prepare those meals, where we can cater for most food allergies. Please indicate these allergies on the Pre-Camp Survey form.

Food Preparation

Note: crews need to provide hot water for many of the outpost staff as well, so they are able to prepare food. With careful preparation, you'll find that trail food is both tasty and satisfying.

For the best results, follow these recommendations:

- Pack a crew spice kit, including: cinnamon, seasoned salt, Tabasco sauce, soy sauce, parmesan cheese and your own favorite flavorings. If you bring only one spice, we recommend it be hot sauce.
- Carry all the food for a single meal in one person's pack. Thus, you will avoid having to search through all packs to find items for each meal. A little time spent organizing the meals when you receive your allotment prevents wasted time later—especially when you are "hungry as a bear."
- At each meal, before you even open any of the bags, lay out all the courses and read the directions carefully. Some directions say to add water to the dry ingredients, while others may say add the dry ingredients to the water. **IT DOES MAKE A DIFFERENCE!**
- As soon as you know how much water will be needed, get it all into one pot and get the pot on your stove. A lid on the water pot saves about 40 percent on fuel needed to boil the water, and significantly speeds the process.
- If at all possible, use the plastic bag to mix the dry ingredients and water. To obtain the best results (although it will mean dirtying another pot), boil the water separately, and use another pot to mix the ingredients with water according to package instructions. Then, combine ingredients and let simmer. This ensures complete mixing as well as proper hydration of food.
- Initially, you will be commissioned with enough food for the first half week on the trail. Then, you will be resupplied for Wednesday dinner. This resupply can include any items you leave with us for your re-supply, e.g. extra stove fuel, special diet food, etc.
- For those crews doing the 5 Peaks or the 50+ miles, we suggest supplementing the food we will be supplying you with your own extra food for energy. We can also take a portion of this food to be given back to you during your re-supply.
- Oven bags can also be used to reduce time spent scrubbing pots. For the best results, put enough water in the bottom of the pot to provide a small barrier of water between the pot and the bag. Also, many crews have become accustomed to mixing hot food in the oven bags or ziplock bags, so more water can be boiled in the pot, as food in bags slowly rehydrates on the side. Knorr Pasta Sides work well using this method. Seek advice from camp staff for best results.

Fire Safety

During a hot, dry summer in Virginia, fire can be a great danger. Because of the thick ground cover and leaf litter in many areas of the camp, a fire could spread very quickly. Therefore, your crew must be extremely careful with their fire. Never leave a fire unattended and be careful not to build a fire too large. On the trail, never let the flame build higher than one's knee height. Make sure the fire is **dead out and cool** when you're finished. Drought conditions can lead to a fire ban, which we will advise you of throughout the week. Your outpost director will give guidance on what is allowed. Sprinkle water on your fires, stir them around and sprinkle water on them again, make sure the fire is completely out and cool enough to feel the ashes with your hand. The crew chief and the crew leader should follow the crew in running a hand through the ashes to be certain there are no lingering embers which can be blown about after you leave the area.

Camp Stoves

We recommend that the crew use single-burner backpacking stoves. Two of them are usually adequate for a crew of eight, but a third one may come in handy for larger crews. Many outfitters have a variety of stoves available; some are better suited for backpacking than others. Be sure to research, consult experts and choose your stove wisely. In keeping with National BSA policy, gas stoves using either liquid or bottled gas are to be used only under adult supervision. Adult advisors must demonstrate safe use, discuss safety rules, and observe closely as each youth demonstrates the proper operation of this equipment. Please practice the safe use of a stove with crews before coming to camp. Using the stove before coming to camp will also allow your crew to identify the amount of fuel required for your trek.

Restrictions on Liquid Fuel

No one is allowed to transport any liquid fuel, such as white gas or propane cylinders, on the buses transporting campers to Goshen Scout Reservation. (Lenhok'sin is able to provide White Gas **only** for Bus riding troops/crews) Bring approved, aluminum flasks which do not leak, in order to safely carry the liquid fuel you will need in your packs. A half gallon of Coleman fuel is usually enough for one average sized crew for the week. Be sure to take about half of your fuel in one container and leave the other half in another container with the staff for resupply day. A shakedown camping trip will help you gauge your daily fuel consumption for your crew.

Pots and Pans

A crew of four to six people will need: one 8 quart pot, one coffee pot and one large cooking spoon. In recent years, the use of large oven cooking bags has become very popular for reducing cleaning, by lining the inside of pots with the bags, and mixing ingredients in bags outside of pots. If needed, pots and pans can be borrowed from the camp quartermaster the day before your trek.

Pre-Camp Crew Survey Form

Complete the *Pre-Camp Crew Survey Form* as soon as possible and it is preferred that it be **emailed to lenhoksins@gmail.com** about four weeks prior to your arrival at camp. Alternatively, you can mail your survey form to the Marriott Scout Service Center in Bethesda, the address can be found at the beginning of this guide. Please keep in mind if you do post your form in the mail, there may be a delay before it reaches Lenhok'sin administration staff. The priority numbers you place next to the outposts will aid us in prioritizing your favorite preferences first. **We will do our very best to schedule your highest priority outposts when possible, but we cannot guarantee your top four outpost selections.** Keep in mind, smaller crews may be doubled-up at certain outposts if there is a high demand for the week at that outpost.

Lenhok'sin High Adventure Outposts

In general, we have two types of outposts at LHA, historical interpretative outposts and technical outdoor challenge outposts. With ten different outposts to choose from and as outpost selections change every year, participants are encouraged to return for a second year and try something different. **All traditional Lenhok'sin outposts are closed between the hours of 9:00 a.m. and 2:00 p.m.** Please stay away from the outpost areas during this period. Our staff will be preparing for your arrival during this time or tending to other camp responsibilities. Try to be at the outpost promptly at 2:00 p.m. so your crew can get started immediately on the program. If you should arrive early at an outpost area before opening time, crews can make a pack line at the entrance to the outpost and be kept busy with the following options: go for a short nature hike, prepare and eat lunch, create and practice your skit, song or cheer for the campfire, work on a service project or stretch those overworked muscles and relax a little in the shade. Be sure to cover the pack line with a long tarp in case of rain, as thunderstorms can come fast and unexpectedly at Goshen. **Before leaving an outpost, crews must sign out with the outpost staff.**

A brief description of each LHA outpost is given below:

Foxfire

Based on the series of books by the same name, Foxfire is set in 1913 Appalachia. Here you are transported by to a bygone era when the blacksmith was a pillar of society and literally the cutting edge of technology. You can try your hand at the lost art of blacksmithing by making something as simple as an "S" hook or as complex as a knife blade. Other opportunities include woodworking, bullet-casting and candle-dipping. Spend the day building and creating, then later be sure to relax in the cool waters of Kelso Spring.

Mountain Man

The fur trappers of the 1820's and 1830's blazed the way for the settlement of the West. With the use of his rifle, tomahawk and traps, the Lone Hunter was not only able to survive but make a profit as well. At this outpost, you will test your aim and skill at shooting a black-powder rifle, learn the art of tomahawk and knife throwing and listen to our mountain man weave his tall tales about the wilderness. Make sure that you have an item of value with a good story so that you can trade with the infamously thrifty Mountain Man.

NEW! Robin Hood/Medieval Times

Travel back in time to the late 14th century and learn about survival under the Sheriff of Lenhok'sin from the famous outlaw and hero of the people, Robin Hood. Compete against Robin in an archery competition and immerse yourselves in the warfare and challenges of the period. See if you have what it takes to be initiated into Robin's crew. In the evening have supper with Robin and dine in ye olde fashion. Relax with your crew around the fire and listen to Robin's tales of struggle and triumph in the middle ages.

Civil War

The year is 1863, and you have been called to duty as a new recruit in the general's army. Your crew will experience the life and times of a Civil War soldier in a typical camp setting. Thanks to an extensive collection of period artifacts and our Civil War re-enactment staff, you will have an up-close and personal experience of the period. Shoot black-powder rifles, sleep in a traditional pup-tent, play games and recreation like a civil war soldier, while listening to the war stories of seasoned officers, making for a truly unforgettable experience.

Rock Climbing

The Rock Climbing Outpost is tough! Work out your full body and see if you can make it to the top of our natural surface climb. Do you have the strength, agility and nerve to meet this high adventure? Safety is always our number one concern at Lenhok'sin but at this outpost, it reaches perfection. Whether you are climbing up or rappelling down, you will be in good hands. Our staff is trained at BSA National Camp School, so even if you are stuck between a rock and a hard place, at the end of your rope or standing on the edge...well, you get the idea! Remember to arrive at the 2:00 PM check-in time so you can get the full climbing and rappelling experience.

Caving

The Caving outpost is literally and figuratively a very cool adventure. Get down and dirty spending a few hours crawling through a 'wild' cave system and exploring the different grottos and caverns. Our cave is so extensive, that you couldn't possibly reach the end without a full day's rations. Finally, when you've reached your limit, experience what absolute darkness feels like and turn out the lights. Scouts will be transported by camp van to the cave and then return to camp for the evening. Larger groups may need to help with transport if all participants cannot fit into the van. Please remember to bring a pair of long durable pants and a durable long sleeve shirt, blue jeans and flannel shirt will do fine. Due to a cave fungus that cannot be spread to other caves all clothing and boots will need to be washed and sterilized upon return to camp. Your clothes may need extra time to dry and will be returned to you at base camp on Friday.

Mountain Biking and Mountain Boarding

Hold on tight and brace yourself, you're in for a wild ride at Mountain Biking and Mountain Boarding! Spend the afternoon riding our trails and feel the rush of going downhill and catching air off the jumps. Then, experience our mountain boards and see what it feels like to ride down hill for a full quarter-mile on our new improved boarding hill on the north-side of Goshen. Ride a board on the dirt, like you never have before and see if you can carve and shred your way through the turns while taking in the beautiful scenery. Finally, in the evening talk shop and learn how to repair the bikes and boards, as well as yourself. This outpost has achieved a nice balance between meeting introductory level and experienced levels of challenge and excitement.

Kayaking and Stand-Up-Paddleboards (SUP)

Kayaking and SUPing are activities anyone can enjoy. See why SUP is now the fastest growing watersport in the world and get a full body workout while getting a very different view of the water. Then, head out for a fun-filled afternoon on Lake Merriweather splashing around and having a blast with your crew. Explore the coves, inlets and best fishing spots and see if you can be the hero of your crew that night and catch a feed of fresh fish for dinner. Don't forget a hat, sun-block and your water shoes to protect yourself while on the water. The staff may have a limited number of extra shoes and hats you can borrow.

COPE High Elements

Have you ever wanted to do the best High Elements Goshen's COPE has to offer but just didn't have the opportunity? Well here is your chance to spend a full afternoon on the COPE course feeling the adrenalin rushing through your veins and pushing past your fear to reach new limits. After proving to the COPE staff that your crew can cooperate effectively and safely as a team, you can choose from: the 40ft free rappel, the pamper pole, the giant ladder and other high elements. COPE program for Lenhok'sin crews will run from 2-5 in the afternoon, unless otherwise scheduled, and crews may have the opportunity to participate open climbing on the tower from 7-8pm in the evenings.

One-Day Upper James River Whitewater Kayak, Tube, Raft or Canoe Trip

This trip is one of the best sections of the Upper James River Water Trail. Grab a paddle and float down the river taking in the beautiful scenery and stunning mountain views while negotiating a series of class I and II rapids on the James River, as well as the class III, Balcony Falls. Your crew also has the option to choose from a variety of craft to traverse the river! The trip begins in Buchanan, Virginia and is 10.5 miles long and takes approximately 4 to 5 hours. Keep in mind crews will need to bring along their lunch and depart from Goshen by 9am at the latest and crews may need to help with transport to the river. Crews will return to Goshen around dinner time. If crews provide their own transport to and from Buchanan, VA, the extra cost for the one-day river trip is \$15 per person. If crews need a shuttle bus to and from the river the extra cost will be \$25 per person. This extra cost can be finalized at reconciliation with the LHA camp director. Keep in mind your crew will camp 'primitive' (see below) for the night, not in an outpost. Alternatively, the crew may camp back at Camp Baird upon returning from the river.

Primitive

The primitive options is for those crews who really want a day to immerse themselves in the wilderness and create their own adventure. You can use this time to complete the Moore Peaks (5 peaks) of Goshen Award and reach the summit of Big Butt, Forge Rock, Jump Rock, Viewing Rock and The Knob. Or complete a service project for the Trailblazer Award. Some crews also use primitive days to work on the Kodiak Leadership Course and other advancement. And as always, you can take the extra time to work on an act for the closing campfire at the end of your week and just spend more time relaxing and taking in the surroundings. If your crew prefers more than one primitive day to hike well beyond the 4000 acres of Goshen Scout Reservation and into the 45,000 acres of the Goshen Wildlife Management Area, please let us know how many extra primitive days you would like to do on your Pre-Camp Survey Form. Camping on Primitive days can be done almost anywhere outside of outposts and base camp areas. Be sure to follow the principles of Leave No Trace.

2 to 5-Day Upper James River Canoe Trek

Canoe the scenic James River for 2 to 5 days and spend 1-4 nights on the river. Earn the 50 Miler Award on 4-5 day trips by adding a river service project to your trip. All medical checks and swim tests will be conducted on Sunday at Goshen Scout Reservation. All participants must be able to pass the BSA swim test. Your crew will be transported to the river by shuttle bus or your own transport, with your food and gear for your days on the river. One leader from each crew will need to be trained in Aquatics Supervision: Paddle Craft Safety. Training opportunities will be provided by the council prior to training. Please see the Council website for more information on Paddle Craft Safety training. Also, visit the Twin River Outfitters website for more information on the river trip: <http://canoeverginia.net/downloads/50milerwriteup.pdf> All participants must have the waiver completed. There is no extra charge for the 2-5 Day Canoe Trek. Please be sure to let the Camp Director know as soon as possible regarding your desire to do more than one day on the river, as we need to reserve your crews spot on the river ASAP. Email: lenhoksin@gmail.com as soon as you have registered your week at camp on the council website, and the camp director will confirm your spot on the river.

Waterfront Activities at Base Camps

Crews will have the opportunity to complete swim checks at a base camp and go swimming during the scheduled 'free swim' times at the five base camps. Be sure to inquire about the different times for free swim at each of the base camps and plan ahead to avoid disappointment.

Class A/BSA Field Uniform

You will usually only need your class A uniform on Sunday and Friday at base camp. Therefore, it is a good idea to leave your class A uniforms at base camp in your vehicles, or you can check them in at the Trail building if you do not have a vehicle to keep them in.

Ending Your Week

On Friday, you'll come back to base camp after lunch and get yourself showered and cleaned up for religious services and eat a hearty dinner in our dining hall. Make sure to be ready with your act to perform with your crew at the closing campfire. This is your chance to perform an original skit, song or cheer which relates to your experience on the trail, or whatever your crew can come up with to entertain the camp. Finally, after a good night's rest, you'll be up at 5:30 am to grab a quick continental breakfast, and be on your way home by 7:00 a.m. on Saturday morning.

Note: **For those on the 4-day Trek**, we recommend crews leave around lunch time, unless you started your trek on Tuesday, in which case you will leave early Saturday morning with the rest of the crews. You must check-out with Lenhok'sin administration staff before departing camp.

Pre-Camp Crew Survey Form --Again

If we sound as if we are repeating ourselves, we are. It's because this form is so important for staff to plan the entire week at camp. **To ensure you get your top choices, please complete the form and email it so that it will be received no less than four weeks before your scheduled arrival in camp.** The advance time has been lengthened due to the requirements of managing the program and the increasing numbers of youth and adult advisors participating. Your cooperation in getting this important form submitted on time is greatly appreciated.

Prohibited Areas at Camp

The Dam Wall and Gates - All persons are to stay off either side of the dam wall and gates, including trash racks and spillway areas. Therefore, no fishing is allowed from either the dam wall or along the spillway run below the dam.

The Upper Bridge - No fishing is allowed from the bridge at the upper end of the lake because the bridge is narrow and there is danger from moving vehicles. Fishing is allowed along the stream banks above and below the bridge.

Water

The water at base camps is tested regularly and is safe to drink. Outside of the base camps, water from all sources must be treated for microorganisms. Boiling, adding iodine or halazone tablets, or using a filter system will work fine. Be sure to practice whatever method you will be using on a shakedown hike prior to your arrival.

Roads

AVOID HIKING ALONG THE BELTWAY and gravel roads in camp. The exceptions are to cross the dam wall and gates and the bridge at the upper end of the lake, or where there is no other alternative. The camp beltway is not only dusty and boring to hike, but also contains blind corners where backpackers are in danger from moving vehicles. Avoiding these camp gravel roads is a requirement for the Trail Blazer Award. Be sure to cross all roads at camp with great caution.

Garbage Disposal and Sanitation

Garbage and poor sanitary practices can attract animals to campsites and can create great dangers from bears for the next campers. Therefore, leftover food items and containers must be disposed of properly. Poor sanitary practices in food preparation and living conditions in campsites, along with piles of trash bags will detract from your program. **PACK IT IN---PACK IT OUT!** There is no trash service at the Outposts. Crews must drop off their trash in any of the base camp dumpsters. Please be polite and ask camp staff at base camps if you may use their dumpster.

Base Camps

Lenhok'sin crews are welcome to use other base camp facilities, but please do not interfere with the functioning and program of that camp. Crews are not permitted to set up camp in or near any of the base camps. The suggested distance for primitive campsites is no closer than 500

yards from the perimeter of a base camp, with the exception of emergency situations. Base camps normally will let you use their showers if they are not in the process of being cleaned. Also, you are usually more than welcome to use the trading posts during normal operating hours. When entering a base camp area:

- Have the adult advisor check in at the base camp administration building and ask permission to use the facilities. No explicit permission is required to hike on through.
- Trading posts are open during established hours only and will not be opened just for trail crews.
- Showers should not be used by Lenhok'sin crews if base camp campers are waiting to use the showers.
- Primitive camps cannot be set up either on or near base camps and roads, including Lenhok'sin base camp and the Outposts.
- LHA crew members always leave an area cleaner than they found it.
- For the Wilderness Award, you are to only visit a base camp once during your trek, outside of your arrival and departure from Camp Baird base camp.

Sound Pollution

Leave all radios, ipods, electronic games, etc., in the car at the Lenhok'sin High Adventure base camp; better still, don't even bring them with you when you leave home. Also, laptop computers are of no use on trail.

Splitting a Crew

Crew members must **NEVER TRAVEL ALONE**. Aiding an injured person in the wilderness makes the rule of four essential; two to go for help and one to render first aid and comfort to the injured crew member. The only reason you should ever split a crew is an emergency. It can be dangerous to split a crew for faster hiking or other reasons on the trail. Alternatively, help other crew members out however possible and using your ingenuity and team work to accomplish tasks and obstacles as one unified crew.

Safe Swim Defense and Safety Afloat

The Guide to Safe Scouting sets policy for all BSA activities. Safe Swim Defense and Safety Afloat certification are necessary to run crew swims and trips afloat as a crew. The adult advisors certified must be at least 21 years old. If your adult advisors must be certified before arriving at Lenhok'sin.

Emergency Procedures and Medical Attention

Upon your arrival in camp, we will review emergency procedures in detail, included in the base camp Goshen Leader's Guide. Medical attention will be rendered by the trained medical staff at the medical center at Camp Post. They are on call 24 hours a day for emergencies. If a crew member requires medical treatment to the extent that they need to be admitted to either the Health Lodge or Stonewall Jackson Hospital in Lexington, Virginia, the staff will notify the adult advisor as soon as possible. Either the physician or the Camp Health Director is responsible for notifying parents. Adult advisors are asked to contact the medical center before calling parents concerning the health of a Scout. If in need of first aid supplies or in an emergency, report to the administration building at any of the Goshen base camps. Most crews have with them a Verizon phone in case of emergencies on the trail. Before departing camp, be sure to have the camp director's phone number and the health lodge number programmed into your phone. AT&T phones have some spotty coverage around camp.

AWARDS

Lenhok'sin High Adventure Patch: The Lenhok'sin High Adventure Patch is presented at the closing campfire to each crewmember that has completed a week on the trail. At the end of the week, the crew adult leader will certify that each crewmember has participated fully and demonstrated Scouting spirit. This is an award which is neither sold nor given to anyone who hasn't earned it. To earn it, a crewmember must:

- Attend the opening or closing campfire.
- Complete the trail itinerary.
- Demonstrate Scouting spirit.
- Follow the Outdoor Code and all outpost rules, including arrival and departure times.

Trailblazer Award: To recognize those crews choosing to make the most of their week on the trail by showing extra effort, the staff has instituted the Trailblazer Award. This award is a plaque made of cowhide with our moccasin symbol emblazoned upon it. The plaque is suitable for framing and hanging in your unit's meeting place. Crews can make their own frames during the week. Any crew can earn it by completing these nine requirements:

- Hike as a unit to **at least two** of the following: Viewing Rock, Jump Rock, Big Butt, Forge Rock, and The Knob.
- Complete a **two-hour service project**. Projects which best fit the needs and desires of the crew, will be assigned at the beginning of the week. A Lenhok'sin staff member will certify completion and approval of the project.
- Arrive at every outpost **no earlier** than 2:00 p.m. and depart **no later** than 9:00 a.m. the following morning.
- Hike only on the trails--not the roadways, unless absolutely necessary.
- Follow the Scout Oath and Scout Law.
- Subscribe to and show application of Wilderness Ethics and Crew Rules of Conduct.
- Hike at least 20 miles during the week.
- Follow all crew rules for the trail, especially the rules for locating primitive campsites 500 yards away from all base camps.
- Present an **original** song, skit, cheer or story about your trail adventure at the closing campfire.

Moore Peaks (5 Peaks) Award: This award has been renamed The Moore Peaks Award, after Sam Moore, to honor his years of maintenance of the trails. There are 5 peaks/mountains at the Goshen that offer beautiful viewpoints and vistas. Hiking to all 5 peaks requires a very full week of intense hiking and backpacking. Crews will receive a certificate commemorating your accomplishment. The 5 Peaks are: Viewing Rock, Jump Rock, The Knob, Forge Rock and Big Butt.

The Big Butt Award: Big Butt is our toughest climb, not for the weak at heart. The crew that braves this FULL-DAY hike will be revered and honored for their stamina. The crew will receive a certificate to prove to all that they have completed this climb.

The Wilderness Award: For crews who really want to immerse themselves in the wilderness.

- Qualify for the Trail Blazer Award and Practice the principles of “Leave No Trace”
- Visit a base camp ONLY ONCE during your Trek, outside of your check-in and departure from Camp Baird base camp, at the beginning and end of your trek.
- At a base camp, visit the first year camper program or a group of Webelos, and chat with the Scouts there about backpacking and the Lenhok’sin High Adventure Program.
- Give a detailed written report on trail conditions. (Note specific trails in need of attention.)

GENERAL INFORMATION AND REMINDERS for Lenhok’sin:

Bear Bags: We highly recommend the use of bear bags at night in our wilderness. Crews should bring a 75-foot nylon cord and a sturdy bag for this purpose. No scented items in tents!

Storage: Before leaving any items at the Lenhok’sin High Adventure base camp for storage, make sure they are clearly labeled in large letters to properly identify them as belonging to your crew. You may wish to bring your own storage container.

Toilet Paper: Don't forget to bring along this essential item. Every crew member should carry a personal supply. If you should forget, **please ask for some**. Please **do not remove toilet paper from latrines at any base camp**. Be polite and ask the quarter-master for some at the commissary building.

Wildlife:

- Do not kill snakes of any kind. If your crew encounters poisonous snakes, make note of the location and inform a member of the staff. Crew members should not attempt to relocate snakes; just be cautious, avoid the snake, and continue along the trail.
- Do not corner a wild animal of any kind.
- Do not try to catch any wild animals other than fish.

DEPARTURE FOR HOME

On Saturday morning, everyone in camp is up at 5:30am. Your LHA Staff will meet you in your site to help you pack your remaining gear. After you transport your gear to the parking lot area, a light breakfast will be served. Buses begin arriving at approximately 6:30am. Staff members will help load your gear on the bus if you are using our bus service. You and your Scouts will leave shortly thereafter. Triple check your unit rosters—**leave NO ONE and NOTHING behind!** The trip home is a lot simpler than the trip to camp. Everyone will wind down and many will sleep. The leader may even be able to catch a little shut-eye.

HELPFUL INFORMATION AND MAPS

The following information is available on the council website. All of these documents may be printed and photocopied as the needs of your unit require.

- Parts A, B, and C of the Boy Scout Medical Form
- Goshen Scout Camps Area Map
- Bus Transportation Information To and From Camp
- Principles of Leave No Trace
- Camp Rosters

BASE CAMP SCHEDULE 2014 Lenhok’sin High Adventure

Sunday

2:00-5:00pm Crews arrive, set up camp and attend Round Robin Stations. Includes camp fee reconciliation meeting with camp director and itinerary planning.

6:00pm Crews assemble in parade field for Flag Lowering, followed immediately by Dinner. Field uniforms (Class A) to be worn.

7:00pm Roundtable for Crew Chiefs and Adult Leaders in dining hall. Also, extra help with itinerary planning can be done in the Admin building.

8:15pm Assembly at Parade Field for Opening Campfire.

10:00pm Lights Out and Quiet Time

Monday

8:00am Assembly at parade field for Flag Raising. No uniforms required. Dress for the trail. Followed immediately by Breakfast

By 9:00am Hand in your final itinerary and Hit the Trail!

(For 4-day Treks Only) On your day of departure

10:00am –2:00pm Crews return to Camp Baird. Check-out with Admin staff, then depart for home.

Friday

2:00-5:00pm Return from the Trail and check in at Admin building. Submit Award Applications and Outpost Evaluations.

5:00pm Religious services in Class A uniforms. Catholic Mass at Chapel by Parade Field. Non-Denominational Service at Campfire Hill below parking lot.

6:00pm Assembly at the parade field for Flag Lowering, immediately followed by Dinner. Class A uniforms required.

7:00pm Roundtable for Crew Chiefs and Adult Leaders

8:15pm Assembly at parade field for Closing Campfire

10:00pm Lights Out and Quiet Time

Saturday

5:30am Wakeup and Pack Up for Departure

6:00am Continental breakfast

6:30am Buses Arrive

7:00am All Crews Depart

PRE-CAMP CREW CHECKLIST

Initial: Unit deposit and fees submitted to council. Keep a record of payment.

4 weeks before camp:

- If out-of-council, process your crew's tour permit
- *Pre-Camp Survey* form emailed to lenhoksin@gmail.com
- Backpacking Trip/Camp Shakedown, Check all equipment

1 week before camp:

- All Medical Forms Completed
- Roster of Crew (4 copies typed or neatly written)

6 days before camp

- Bus reservation changes called in by 5:00pm on Tuesday prior to departure

CREW EQUIPMENT CHECKLIST

First Aid Kit

Extra Topographic maps

Pens or Pencils

Water purification kit

Gear Loft Tent (optional)

Toilet Paper

Water Jugs (2 collapsible)

Backpacking Stoves

Matches (waterproof)

2 Fuel Containers (Split crew fuel between the two, for start and resupply days)

75ft Nylon Cord/Rope

Trail Chef Cook Kit – 8 quart pot, coffee pot, large cooking spoon, 5-10 large cooking oven bags

Spice Kit

Scouring Pads (w/o soap)

Bear Bag

Large Ziplock Bags

LENHOK'SIN PERSONAL EQUIPMENT CHECKLIST

- _ 1 pack and frame fitted to your body with a padded hip strap
- _ 1 pack cover/waterproof bag
- _ 25 ft of 1/8 inch nylon cord for packing, tentage, bear bag, etc.
- _ 1 backpacking tent (one per two crew members) in two stuff sacks or
- _ 1 hammock with rain fly (optional)
- _ 1 sleeping bag in waterproof bag in stuff sack
- _ 3 plastic trash bags (tall kitchen size)
- _ 1 waterproof ground cloth (at least 3-mil plastic)
- _ 1 sleeping pad
- _ 1 small reliable flashlight with fresh batteries
- _ 1 pair well broken in hiking boots/ or soft-side hiking shoes with sturdy/new laces
- _ 1 pair of water shoes, crocs or old sneakers (water shoes required for aquatic outposts)
- _ 6 pairs wool/polypropylene socks
- _ 1 pair long trousers/sweat pants
- _ 1-3 pairs walking shorts
- _ 2-3 T-shirts
- _ 6 pairs of underwear
- _ 1 long sleeve shirt
- _ 1 wool sweater/fleece pullover/warm jacket
- _ 1 poncho or rain suit
- _ 1 web belt
- _ 1 swim suit
- _ 1 pocket knife/multi-tool (no sheath knives)
- _ 1 compass (Silva or equivalent)
- _ 1 Roll of toilet paper
- _ 1 quart-sized ziplock bag for topographic map
- _ ½ bar of soap in plastic bag ("Camp Suds")
- _ 1 toothbrush, tooth paste, and dental floss
- _ 1 small towel
- _ 2 plastic water bottle (1 quart each)
- _ 1 spoon, deep plate and cup (Sierra cup ideal)
- _ 1 small insect repellent (can be shared)
- _ Sunscreen lotion (the higher spf the better)
- _ COMPLETE CLASS A UNIFORM; include Scout socks and belt; worn for meals, church, and campfires at *base camp*. May be left in storage during week on the trail.

Optional Equipment

- _ Extra clothes and shoes for Caving
- _ Camera
- _ Notebook and pen
- _ Sunglasses
- _ Binoculars
- _ Handkerchiefs
- _ Personal spice kit
- _ Instant coffee/tea
- _ Bandana
- _ Hiking Stick
- _ Camel Back water container
- _ Day Pack

2014 Lenhok'sin High Adventure Pre-Camp Crew Survey

Please complete and email form to lenhoksin@gmail.com at your earliest convenience. If you cannot e-mail, please fax to NCAC council office at: 301-564-9513 C/O Lenhok'sin High Adventure. Please keep in mind if you do not email your form, there may be a delay for when forms reach Lenhok'sin administration staff. **Please submit your forms 4 weeks before your trek**, as outpost assignments will be given to crews one to two weeks before they arrive, so they can plan their itinerary. If you submit your survey after outpost assignments have been given to crews, you will have less chance of getting your highest priority outposts.

Week attending Lenhok'sin _____ Email _____

Unit No _____ Council _____

Crew Leader _____ Day Phone_() _____

Address _____ Evening Phone_() _____

City _____ State _____ Zip _____

Number of youth _____ Number of leaders _____

(Minimum total per crew is 4, Max. total per crew is 12 people – any request for exceptions must be made with the Camp Director prior to the summer season)

Please choose one of the following: _____ **Traditional Week Long LHA Outpost Trek**

_____ **Week Long James River Canoe Trip** _____ **4-Day LHA Outpost Trek**

_____ **Combo Trek – 2-4 Days on the James River with some Lenhok'sin Outposts**

Rank the following outposts in order of preference from 1-9, 1 being your most desired preference. We will do our best to provide your crew's top preferences. Keep in mind smaller crews may be doubled-up in certain outposts. A description of each outpost can be found in the 2014 Lenhok'sin High Adventure Leader's Guide.

_____ Civil War _____ Fox Fire _____ Robin Hood/Medieval _____ Mountain Man

_____ Caving _____ Rock-Climbing _____ Primitive _____ COPE High Elements

_____ Kayaking and Stand-Up Paddleboards _____ Mountain Biking and Mountain Boarding

_____ Whitewater Kayak, Canoe, Raft or Tube Day Trip on James River (\$15 extra pp or \$24 pp with shuttle bus)

Special Dietary Requirements and please indicate crew members bringing all of their own food: _____

Any other notes regarding your trek, e.g. late arrival and early departure, preferred days on the river: _____

List Wilderness First Aid Certifications and/or 1st Aid and CPR Certifications (Provide- Name, Certification, Expiry Date): _____