



GOSHEN

SCOUT RESERVATION

Visit **GotoGoshen.org** to register for camp!



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Goshen is the National Capital Area Council's long-term resident summer camp located on 4,800 acres in the Appalachian Mountains of southwestern Virginia. There are six separate camps positioned around the property along the shores of 450-acre Lake Merriweather. There are over 35,000 acres of adjacent National Forest and State Wildlife Lands. All camps are accredited annually by the Boy Scouts of America and must also meet State of Virginia Health Department requirements.

HERE'S WHAT WE HAVE TO OFFER:

- **Webelos Base Camps:**
Camp Ross & Camp PMI
- **Boy Scout Base Camps:**
Camp Olmsted, Camp Bowman, and Camp Marriott
- **Lenhok'sin High Adventure**

**NEW STEM
CHALLENGES WEEKS
FOR WEBELOS AND BOY SCOUTS
(SEE PAGE 10)**

Camps Bowman, Marriott and Olmsted are the Boy Scout Camps and offer a wide variety of experiences for Troops, including stellar First-Year and Second-Year Programs, Older Scout Adventure Programs and a full catalog of merit badges to earn. Camps Ross and PMI are centered on the Webelos experience and primarily serve as an opportunity for boys to prepare to bridge into Boy Scouts. Lenhok'sin Trail High Adventure will push older Scouts to their limit where their minds and mettle are tested in the wilderness of Goshen.

GOSHEN SCOUT RESERVATION
340 Millard Burke Memorial Hwy
Goshen, VA 24439

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Photos in this brochure were contributed from several sources including photographer/Scouter Daniel Glass who has enjoyed many years photographing Scouts in action at Goshen. You can find more of his work at www.about.me/danielglass



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CAMP PMI & CAMP ROSS

WEBELOS CAMPS



Goshen Scout Reservation offers the very best in Webelos programs. Our six-day and night adventures prepare your Webelos to be fully successful in Boy Scouts. We offer an array of activity badges interspersed with outdoor activity to help Webelos become well-rounded.

Ross

WHAT'S THE DIFFERENCE BETWEEN THE TWO?

The major difference between these two is not in program, but rather in layout and feel. Camp Ross is very spread out and flat. It has a lot more open area, giving it a feel similar to that of a Cub Day Camp. Camp PMI is much more compressed, however it has a lot of hills and rocks. As it does not have as much open area, you feel very secluded within the woods. It all depends on which "feel" is right for you!



ABOUT CAMP PMI

Camp P.M.I. is a premier Scout camp that offers programs for all Webelos. It is nestled between two Boy Scout camps (Camp Marriott and Camp Bowman) and has access to amazing hiking trails that lead to spectacular views of Goshen Scout Reservation. Each year our camp chooses a theme which is interwoven in all of our activity areas. During your stay, Scouts will enjoy activities at Handicraft, Scoutcraft, Aquatics, Ecology, BB and Archery ranges, and a second year program for Webelos II's.

Packs eat in a dining hall that serves hot and fresh meals every day. Our camp sites are equipped with canvas platform tents with two army style cots inside, and a dining fly. Throughout the week, scouts learn outdoor skills that are necessary for the scouting program as well as team work and confidence building exercises. You will have the opportunity to sign up for a variety of activity badges as well.

ABOUT CAMP ROSS

Camp Ross offers the classic favorites like swimming, boating, BB gun shooting, archery, tie dye, nature exhibits, fire building, team building exercises, dodge ball, and much more! We also have newer favorites like the HUMONGOUS water trampoline, Ross idol hunt, brand new craft project, balloon popping, and more.

Our goal at Camp Ross is to give Scouts a fun week and introduction to Scouting. We do our best to meet and exceed this goal for each and every Scout who attends.

Enjoy our new Dining Hall at Camp Ross!

CAMP BOWMAN

ABOUT

Camp Bowman is a Boy Scout and Venturer resident camp located on 450-acre Lake Merriweather. Solely a patrol cooking camp, participants utilize the patrol method in their campsites as they work with their patrol to prepare, cook, and clean up after meals supplied by our commissary. Youth sleep in two-person platform tents supplied with cots. Scouts attend with their units for week-long adventure!



QUICK CAMP FACTS

DINING METHOD

Patrol Cooking

WEEK LENGTH

7 days

Saturday to Saturday

PROGRAM EMPHASES

Patrol Method, Outdoor skills, and Shooting Sports

OLDER SCOUT PROGRAMS

Bowman Vets

FIRST YEAR PROGRAMS

First Year Camper

SPECIAL OFFERINGS

Venturing & Sea Scout Advancement Camp

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PROJECT C.O.P.E. AND CLIMBING

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ADULT TRAINING OPPORTUNITIES

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VENTURING ADVANCEMENT CAMP

Camp Bowman is home to one of the only week long, resident Venturing Advancement Camps in the country. During the course of the week, Venturers will take sessions just like the Boy Scouts, that are designed and catered towards earning their Ranger Awards.

FIRST YEAR CAMPER (FYC)

The FYC Program is designed for the Scout who has recently joined a troop and has not been introduced to the Tenderfoot through First Class advancement requirements. In this program, the FYC staff take the first-years around camp to each of the different program areas and help them earn merit badges (Mammal Study, Leatherwork or Basketry, Swimming, and First Aid). They also teach skills needed to meet Tenderfoot, Second Class, and First Class requirements. Scoutmaster involvement is encouraged and always welcome. FYC grants access to many introductory badges and rank requirements while in a setting that yields a successful adjustment to camp for this special group of Scouts.

BOWMAN VETS

As Bowman Vets, older Scouts engage themselves in a variety of challenges, including mountain boarding, stand-up paddle boarding, wakeboarding, action archery, COPE and climbing, and a mini-ironman. The program will also include an overnighter that will test the endurance of the Scouts, as it takes them on a hike to higher altitudes and beautiful views to spend the night and return in the morning. An afternoon of ATV Riding is also available for Scouts age 16 and older. Merit Badges include Geocaching, Search and Rescue, and Water Sports. Due to high physical demands, we encourage Scouts to be 14 years of age or older to participate in the program.

ACTION ARCHERY

Action Archery challenges Scouts to combine archery skills with a hike into the woods, yielding alternative and challenging scenarios from the typical archery range setting. We require that Scouts have either earned the Archery merit badge, take it concurrently their week at camp, or be a part of Bowman Vets to participate in this program.

TROOP OPPORTUNITIES

Troop Rifle and Archery Shoots, Pirate's Breakfast, and Polar Bear Swimming are all available at Camp Bowman to supplement merit badge program.

SERVICE PROJECTS

Service Projects are a great way to instill stewardship within your Troop or Crew.

CAMP MARRIOTT



ABOUT

Scouts at Camp Marriott will enjoy swimming, fishing, learning outdoor skills, shooting rifles, making crafts, learning about the environment around them, and much more.

Units stay in a campsite accommodated with platform tents, cots, a dining and cooking area, and a leader site. Camp Marriott offers patrol cooking along with heater stack dining options. The camp can also accommodate a mix of the two dining options for troops interested in trying out patrol cooking.

At Camp Marriott, Scouts have the opportunity to earn Merit Badges and participate in other programs led by our highly trained staff.



QUICK CAMP FACTS

DINING METHOD

Patrol Cooking & Heater Stack

WEEK LENGTH

7 days
Saturday to Saturday

PROGRAM EMPHASES

Eagle Advancement, Aquatics, Outdoor & Environmental Learning, Program Choice & Flexibility

OLDER SCOUT PROGRAMS

Bowman Vets

FIRST YEAR PROGRAMS

New Scout Quest

SPECIAL OFFERINGS

LDS Week, Ranger Experience and Trail to Eagle

SPECIALTY WEEK PROGRAMS:
TRAIL TO EAGLE
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RANGER EXPERIENCE

Camp Marriott is home to one of the only week long, resident Venturing advancement camp in the country. During the course of the week, Venturers will take sessions just like the Boy Scouts, that are designed and catered towards earning their Ranger Awards.

NEW SCOUT QUEST (NSQ)

The New Scout Quest Program is primarily designed for the Scout who has recently registered and has not been introduced to the Tenderfoot through First Class advancement requirements. This program serves as an introduction to Boy Scouting, Boy Scout Camp, and Scouting skills. Topics include the Firem'n Chit, Totin' Chip, knots and lashings, map and compass work, five-mile hike, and native animals to name a few. Scouts also will earn up to three merit badges as part of the NSQ Program.

OLDER SCOUTS

Older Scouts may commute to Camp Bowman to be part of their Bowman Vets program. See page 2 for more information

PROVISIONAL CAMPING

You don't need adults to come to camp! If a Scout is unable to attend with his Troop, he can attend on his own as a provisional Scout. See Page 9 for more details.

LDS WEEK

Week 1 at Camp Marriott is dedicated to LDS Units. For this week, we have a shorter schedule to especially cater to LDS Units. The schedule begins on Monday morning. Program begins on Monday afternoon and continues through Friday, ending that afternoon with our camp wide events. Can't make it to LDS Week? Come any week, Weeks 2 through 5! Just send us an email and let us know so we can help you jump into the week well prepared!

TROOP OPPORTUNITIES

Troop Rifle and Archery Shoots, Pirate's Breakfast, and Polar Bear Swimming are all available at Camp Marriott to supplement merit badge program.

SERVICE PROJECTS

Service Projects are a great way to instill stewardship within your Troop or Crew.

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CAMP OLMSTED

ABOUT

Camp Olmsted is our dining hall camp. It also offers a climate controlled Tech Center where technology related Merit Badges are taught. Additionally, Olmsted still offers fundamental summer camp badges such as Wilderness Survival, Swimming, and Rifle Shooting. Olmsted's Merit Badge program is vast with over 60 badges offered.

Olmsted provides Scouts many opportunities to take part in camp-wide activities outside of earning Merit Badges. Weekly scavenger hunts, Scouts vs. staff volleyball, games, and fellowship activities help troops round out a fun and exciting week.



QUICK CAMP FACTS

DINING METHOD

Dining Hall

WEEK LENGTH

6 days

Sunday to Saturday

PROGRAM EMPHASES

STEM (Science, Technology, Engineering, Mathematics)

OLDER SCOUT PROGRAMS

Bowman Vets

FIRST YEAR PROGRAMS

Trailhead

SPECIAL OFFERINGS

STEM Challenges Weeks

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NEW DINING HALL!

Enjoy your meals in a brand new dining hall as of 2017!

TRAILHEAD

New Scouts have the opportunity to participate in the "Trailhead" First-Year Camper Program. This program is designed for the Scout who has recently registered and has not completed many of the Tenderfoot through First Class advancement requirements. Trailhead is an all-day every day program that focuses on early rank advancement and instructional swim.

OLDER SCOUTS

Older scouts may commute to Camp Bowman to be part of their Bowman Vets program. See page 2 for more info.

VENTURE, SEA SCOUT SHIPS, AND OTHER HIGH ADVENTURE UNITS

A high adventure program may be customized for your unit during any week at Camp Olmsted. This will be led by staff with experience in these programs. You provide the information about the areas you want to work in and we will work with your leadership to accomplish those goals.

TROOP OPPORTUNITIES

Troop programs include activities such as rifle shoots, archery shoots, pirate's breakfast, swimming, boating, volleyball, hikes to Swinging Bridge, and more.



MERIT BADGES

	BOWMAN	OLMSTED	MARRIOTT		BOWMAN	OLMSTED	MARRIOTT
American Cultures		X		Moviemaking		X	
American Heritage		X	X	Music	X	X	
Animation		X		Nature	X	X	X
Archaeology	X	X	X	Nuclear Science		X	
Archery	X	X	X	Oceanography	X	X	X
Architecture	X	X		Orienteering	X	X	X
Art	X	X	X	Painting	X		
Astronomy	X	X	X	Personal Fitness		X	X
Aviation		X		Photography	X	X	X
Backpacking		X	X	Pioneering	X	X	X
Basketry	X	X	X	Plant Science	X	X	
Bird Study	X	X	X	Programming		X	
Camping	X	X	X	Public Health		X	
Canoeing	X	X	X	Public Speaking	X		
Chemistry	X	X	X	Pulp and Paper		X	X
Chess	X	X		Radio		X	
Cinematography		X		Railroading		X	
Citizenship in the Nation	X	X	X	Reptile and Amphibian Study		X	
Citizenship in the World	X	X	X	Rifle Shooting	X	X	X
Climbing*	X	X	X	Robotics		X	
Communication	X	X	X	Rowing	X	X	X
Cooking	X		X	Scholarship		X	
Crime Prevention		X		Sculpture		X	
Dentistry		X		Search and Rescue*			X
Digital Technology		X		Shotgun Shooting	X	X	X
Drafting		X		Small-Boat Sailing*	X	X	X
Electricity		X		Soil and Water Conservation	X	X	X
Electronics		X		Space Exploration	X	X	X
Emergency Preparedness	X	X	X	Sports		X	
Energy		X		Sustainability		X	X
Engineering		X		Swimming	X	X	X
Environmental Science	X	X	X	Textile	X	X	
Fingerprinting		X	X	Theater	X	X	
Fire Safety			X	Watersports*	X		X
First Aid	X	X	X	Weather	X	X	X
Fish and Wildlife Management		X	X	Welding	X		X
Fishing	X	X	X	Wilderness Survival	X	X	X
Fly Fishing		X		Woodcarving	X	X	X
Forestry	X	X	X				
Game Design	X	X					
Geocaching	X		X				
Geology	X	X	X				
Graphic Arts		X					
Hiking		X					
Indian Lore	X	X	X				
Insect Study		X					
Journalism		X					
Kayaking	X	X	X				
Law			X				
Leatherwork	X	X	X				
Lifesaving	X	X	X				
Mammal Study	X	X	X				
Medicine			X				
Mining in Society		X					
Motor Boating*	X						

SPECIAL PROGRAMS (*MIN. AGE REQUIREMENTS)

	BOWMAN	OLMSTED	MARRIOTT
ATV*	X	X	X
BSA Guard Certification			X
Climbing*	X	X	X
C.O.P.E.*	X	X	X
Instructional Swim	X	X	X
Mile Swim Award/Training	X	X	X
NRA Marksmanship Qualification	X		
Paddle Craft Safety Certification	X	X	X
Swimming & Water Rescue Certification	X	X	X
Trek Safety Certification			X

***MINIMUM AGE REQUIREMENTS APPLY.**

Merit Badges are subject to review and change on an annual basis.

Visit GotoGoshen.org to register for camp!

Goshen Scout Reser



rvation



Camp Ross

Webelos

601

Donald R. Smith
Memorial Bridge

**Lenhok'sin High
Adventure**

Camp Marriott

Boy Scouts

Camp P.M.I.

Webelos



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to register for camp!

LENHOK'SIN

HIGH ADVENTURE

ABOUT

Lenhok'sin High Adventure is Goshen Scout Reservation's nationally accredited high adventure program. The program offers Scouts, Venturers, Explorers, and their adult leaders exciting high adventure opportunities they will enjoy and remember forever. The staff at Lenhok'sin will work with you to customize a trek based on your Crew's interests.

Lenhok'sin is a trail camp. In addition to visiting Lenhok'sin staffed outposts, crews have the opportunity to hike the 4,800 acres of Goshen Scout Reservation as well as some of the 35,000 acres of surrounding state wildlife game lands. Lenhok'sin offers week-long treks from Sunday to Saturday. Treks include a visit to 4 of our staffed outposts. We will work with your crew to design an itinerary that fits the interests and abilities of your crew.

Trail food is provided to you by the Lenhok'sin staff and prepared by your crew on the trail. Breakfasts and suppers are cooked meals and lunches are generally "no-cook" meals consisting of high protein foods.



OUTPOSTS:

- Caving
- C.O.P.E.
- Foxfire – explore 1920's Appalachia including onsite blacksmithing where you can make your own tools
- Kayaking and Standup Paddleboards
- Mountain Biking and Boarding
- Mountain Man – 1800's sustainable living
- Primitive – minimal program, a chance to explore the forest and hike to one of 5 prominent peaks
- Robin Hood Challenges
- Rock Climbing

SPECIALTY TREKS

Week-Long James River Canoe Expedition

Canoe the James River for 4 nights and 5 days and take in one of Virginia's most scenic rivers. Add a service project to your trip and earn the requirements for the 50-Miler-Award. All medical checks and swim tests will be conducted on Sunday at Goshen Scout Reservation. We will outfit you with food and see to it that you are ready to hit the river on Sunday. Then, on Monday, your crew will be transported by bus to the James River to spend the next 5 days on the river. On Friday, return to camp via bus, to clean up and enjoy a campfire with the rest of the Lenhok'sin crews, with final departure for home early Saturday morning.

PROVISIONAL SCOUTS

AT CAMP MARRIOTT

IF YOU'RE ASKING YOURSELF WHETHER OR NOT YOU CAN SEND YOUR SCOUT TO CAMP WITHOUT ANY ADULTS, THE ANSWER IS YES! GOSHEN SCOUT RESERVATION IS PROUD TO OFFER ITS PROVISIONAL AND TRAIL TO EAGLE PROGRAMS TO MEMBERS OF THE NATIONAL CAPITAL AREA COUNCIL AND ALL OTHER SCOUTS INTERESTED IN A GREAT SUMMER CAMP PROGRAM AT A RESIDENT CAMP.

ABOUT PROVISIONAL CAMP

Scouts who have found that their units are not signed up for camp, cannot attend with their Troop, or Scouts who want to attend a second week are eligible to attend Camp Marriott as a Provisional camper. The Scouts are grouped together in a Provisional Troop and have the opportunity to experience all the activities that Camp Marriott has to offer. Leadership is provided by the camp and is a combination of trained adults and youth camp staff members whose main purpose is to ensure a safe, exciting, and fun week at camp.

Scouts may attend as many weeks as they want. Participants must be registered Boy Scouts. There is no minimum age requirement. Provisional Camp is available all six weeks at Camp Marriott.

INFORMATION FOR ADULTS

Adults are welcome to participate as volunteers and serve as a Provisional Scoutmaster or to just come with their child and have a good time.

ABOUT TRAIL TO EAGLE

Trail to Eagle is our most popular provisional program at Camp Marriott, which offers older Scouts the opportunity to enjoy a week of fun, advancement, and growth towards becoming an Eagle Scout. Our camp staff is joined by additional volunteer merit badge counselors who are experts specializing in a particular merit badge. Trail to Eagle gives each scout the opportunity to earn up to 6 Eagle-required Merit Badges and learn valuable leadership skills to bring home to their home troops and communities. This program is designed with a focus on both advancement and development as a leader. We emphasize quality instruction and activities to help the scouts truly become Eagle Scouts.

ADULT VOLUNTEERS

Adult volunteer responsibilities involve helping the staff with supervision in the sites and by being advisors to the Scout. Adult volunteers also have the opportunity to teach or assist in teaching a Merit Badge or Skills Workshop. The Skills Workshops supplement the Merit Badges by teaching topics that would be helpful to rising Life and Eagle Scouts, whether it be life skills, troop leadership, or another subject.



STEM CHALLENGES WEEKS

AT CAMP OLMSTED

STEM STANDS FOR SCIENCE, TECHNOLOGY, ENGINEERING, AND MATHEMATICS.

ABOUT

Build your own drone, learn how to weld, try your hand at 3D printing and digital manufacturing, and analyze forces and simple machines on the Goshen COPE course! Learn how these disciplines apply to everyday living and the world around you. There are lots of fun things to do in this program, not the least of which is the culminating drone project. Get outside the no-fly zone of the DC area and challenge yourself to make the best drone! We have lots of sky at Camp Olmsted. Offered to Webelos and Provisional Boy Scouts, ages 10 and up!

ALL-TERRAIN VEHICLES



COME RIDE ATVS (ALL-TERRAIN VEHICLES)

THIS SUMMER AT GOSHEN SCOUT RESERVATION!

ABOUT

The program runs Monday through Thursday and is 4 days of excellent fun and adventure. Scouts in this course will complete the ATV Safety Institute's Rider Course, a 16 lesson hands-on program designed for every level of rider from "never seen an ATV" to the most experienced riders. Scouts will learn how to ride safely, responsibly, and be "rider-active" while hill riding, performing emergency stopping and swerving, quick turns, and riding over obstacles. They will also learn about protective gear, regulations, where to ride, ATV maintenance, and environmental concerns. After the completion of the Rider Course, Scouts will receive ATV Safety Institute Rider Course completion cards and will spend the rest of the week riding a circuit track, the ATV range, a mud pit, and 25 miles of trails.

Riders must be at least 16 years old on the first day of class; it is recommended that they are strong enough to handle a 300-600 pound machine. Long sleeve shirts, pants that cover the shins, and boots that cover the ankles are required of all participants. It is recommended that participants also bring a bandana. Gloves, goggles and helmets will be provided but Scouts are free to bring their own.



Visit GotoGoshen.org to register for camp!

PROJECT C.O.P.E AND CLIMBING

JUST A SHORT HIKE AWAY, OUR 60-FOOT HIGH CLIMBING TOWER AND C.O.P.E. COURSE RESIDE AT CAMP POST.

ABOUT C.O.P.E.

C.O.P.E. is an acronym for Challenging Outdoor Personal Experience.

Project C.O.P.E. is a series of interrelated events that challenge on an individual and group level.

Events are divided into four categories: initiative games, trust events, low elements, and high elements.

Project C.O.P.E. has eight objectives:

- Teamwork
- Self Confidence
- Trust
- Leadership
- Communication
- Decision Making
- Problem Solving
- Planning

Project C.O.P.E. courses typically include open areas for games and trust events and a series of low and high elements. The concept of “challenge by choice” encourages each person to participate fully while maintaining the right to opt-out of any individual part of the program.

Games introduce teamwork concepts while also serving as warm-up exercises. Trust events further the teamwork development while also developing risk-taking from low to higher elements.

Low elements can include a wall, spider web, and other cable and rope combinations that involve teamwork relatively close to the ground. High elements are generally individual events involving climbing to heights of 20-30 feet, crossing cables, etc. Each element - low or high - is carefully spotted or belayed to minimize danger while still challenging the individuals to challenge personal levels of risk-taking.

ABOUT CLIMBING MERIT BADGE

Climbing merit badge instruction occurs near the C.O.P.E. course. Scouts should be at least 13 years of age to participate. Classes run Monday through Friday and are 90 minutes long.



ADDITIONAL GOSHEN OPPORTUNITIES

ABOUT ADULT LEADER TRAINING

Goshen offers adult training courses including:

- Leave No Trace
- Leader Specific Training
- IOLS
- Paddle Craft Safety
- Safe Swim Defense
- Safety Afloat
- Swimming and Water Rescue
- Wilderness First Aid and other Scout leader essential courses.



ABOUT FAMILY CAMP

Now offered in the Spring and Fall!

- NEW Memorial Day Weekend (May)
- Labor Day Weekend (September)

Attention All Scouting Families! You are invited to join us as we continue our long tradition of celebrating and closing out a great Summer of Scouting through our Family Camping Weekend at Goshen Scout Reservation.

Your family will be able participate in activities such as:

- BB Gun
- Rifle and Shotgun Shooting
- Swimming
- Archery
- Water-skiing and Wake-boarding
- Hiking
- Campfires and other staff-led activities

Each family in turn provides their own tents, food, and personal items.

