



## 2019 Leader Guide

# 2019 Leader Guide

## ***Introduction***

Welcome to Lenhok'sin High Adventure! We are beyond excited to have your crew with us this summer and hope that this guide will help you prepare for the challenge and excitement that await you at camp.

Our mission is to provide you with a memorable experience not only hiking through the beautiful forests and mountains of Goshen Scout Reservation, but also doing activities you've never done before at our historical and technical outposts and testing your backcountry survival skills. We hope that this High Adventure opportunity gives you treasured memories and the chance to grow your crew's teamwork.

Please read through this Leader's Guide well as many aspects have changed, and feel free to contact us at [Lenhoksin@gmail.com](mailto:Lenhoksin@gmail.com) if you have questions that are not addressed here. We look forward to providing you with a great program this summer!

Yours in Scouting,

Griffin P. Linehan

Camp Director

Lenhok'sin High Adventure

[www.facebook.com/Lenhoksin](http://www.facebook.com/Lenhoksin)

[www.gotogoshen.org/lenhoksin](http://www.gotogoshen.org/lenhoksin)

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### You have registered your crew! Now- what to do? Here is a checklist!

- Read through this guide.
- Have your crew decide what outposts they would like to participate in.
- If your crew has chosen to do the White Water Canoe Trek, please let us know ASAP.
- Fill out the "pre-camp survey" and email to the Camp Director at [Lenhoksin@Gmail.com](mailto:Lenhoksin@Gmail.com)
- Plan and carry out a few weekend "shakedown" hikes prior to camp.
- Make sure all your training certifications have been completed
  - If you are doing a river trip, an over 21 year old adult needs to be Paddle Craft Safety certified
  - At least one crewmember needs to be Wilderness First Aid certified
  - My.Scouting.org modules
    - Weather Hazards training
    - Safety Afloat
    - Safe Swim Defense
    - Youth Protection Training
- Bring to camp
  - a completed BSA physical form for each person (Parts A-C)
  - a Crew roster of each person actually at camp
  - The equipment listed



# *Planning your Adventure on the Lenhok'sin Trail*

## ***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".

## ***Physical Stamina and Weekend Shakedown Hikes***

National Standards require a "thorough pre-trek Shakedown." This prevents potential injuries and allows adult advisors to see how many miles your crew will likely be able to attempt during their week on trail. We recommend doing several weekend treks to slowly build up your Crew's stamina and ensure that they are prepared.

During these hikes, keep note of items you used, didn't use, and any you should have brought but left behind. Have your crew brainstorm ways to lighten their packs leaving excess items behind and sharing items among the crew. Also, have them pay attention to daily fuel consumption so you can pack an appropriate amount for camp. Shakedowns should include overnights so the crew can practice setting up and breaking camp efficiently.

## ***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.

## ***Minimum Age Requirement***

In accordance with National High Adventure policy, youth attending Lenhok'sin High Adventure must be 13 years old by September 1 of the year of attendance. Please contact us if you have any questions on this policy.

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### ***Experience Requirement***

National Standards require that at least 2 members of the Crew, either youth or adult participants, have had "Extensive Experience" in this type of activity, defined as having been on at least 3 short-term (two-day) overnight backpacking outings.

### ***The Trails of Goshen Scout Reservation***

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. At our base camp you will receive a topographical map marked with our 50+ miles of trails. All Goshen trails are marked with white, vertical blazes. 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. The yellow blazes found on trails mark the boundary between public lands and NCAC property.

As the trails are not all labeled with signposts, crew members should plan to be proficient in navigating with a map and compass. Some trails are truly backcountry hiking adventures- for example, to the farthest peaks, while others closer to the base camps are well-trodden and marked. Crews should plan extra time to use their maps and compasses navigating and check the map often to see where they are.

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

### ***Crew Size***

Maximum crew size **is limited** to twelve unless approved by the Camp Director. If you have more than 12 crew members we recommend forming two sub-crews to maintain ideal program quality. The ideal crew size, for the purposes of weight distribution and program quality, is seven youth and three adult advisors. If your troop has two crews attending Lenhok'sin and you would like to camp together each or most nights, please indicate that on your pre-camp survey.

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### *Pre-Camp Survey Form*

Complete the *Pre-Camp Crew Survey Form* as soon as possible. The deadline is **June 1st 2019**. It should be emailed to [lenhoksin@gmail.com](mailto:lenhoksin@gmail.com). The priority numbers you place next to the outposts will aid us in prioritizing your preferred outposts 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, crews may be doubled-up at certain outposts if there is a high demand for the week at that outpost.

### *Trail Itinerary*

Once we have received all the pre-camp surveys for your week we will design the itineraries for your week on trail. We try our best to have those emailed to you a week before you arrive at camp so that you can be sure your crew members pack necessary items for their outposts (water shoes for paddle sports, caving clothes, trading post item if going to Mountain Man, etc.). Though a copy of our topographical map is available on our website, we encourage crews to wait until arriving at camp to plan their exact trails and trek so that they can take into account current trail conditions. Instead, plan to come to camp with an open mind and goals based on our awards or on mileage or peaks your crew hopes to hike.

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# *What to Pack: Crew and Individual Equipment*

### ***Your Pack***

Choosing an appropriate **pack** remains one of the most important things you will do to assure your comfort on the trek. The fit is important; even though it's called a backpack, the weight should rest on your hips, instead of on your back and shoulders. Be aware of crewmembers who suddenly become exhausted and start complaining unusually - chances are the pack doesn't fit properly and may need some adjustment. A properly 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 2½ days.

### ***Footwear***

Crew members should have either soft-side leather/nylon hiking **boots** or leather hiking shoes in good condition, well fitting, and well broken-in. Boots that don't fit perfectly or aren't broken in will cause blisters and make hiking much less fun. Also, moisture trapped in socks and footwear softens and weakens the skin and can lead to blistering very easily. Veteran backpackers bring a couple pairs of wool hiking socks and polypropylene sock liners because they wick moisture away and keep the foot drier, whereas cotton socks can cause more blisters.

While not to be used for hiking, crocs or other **closed-toed water shoes** can be nice for letting your feet air out and dry at night around camp. **They are also needed if participating in the James River Trip or Paddle Sports Outpost.**

### ***Tent***

Be sure to choose a good, lightweight **tent** and practice setting it up before camp. 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 Bag***

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 or garbage bag for extra protection from moisture.

### ***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, but foam pads will also work well.

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### ***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 plenty 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 must also have a rain fly and either some insect repellent or a net enclosure.

### ***Dry Clothing***

A good idea is to pack your **clothing in zip-lock plastic freezer bags**. Squeeze out excess air to save room in your pack. Should clothing get wet or soiled, repacking in the same bags will keep the rest of your gear dry.

### ***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 double check that all your crew members bring this item. Additionally, either a wool **sweater** or fleece pullover is recommended for warmth. You should also have a **waterproof cover for your backpack**. These can either be purchased or handmade from large heavy-duty trash bags.

### ***Flashlights***

Each person will need a reliable **flashlight** or headlight with a **fresh set of batteries** to last the week. The crew may wish to bring an extra set of AA and AAA batteries in case someone needs spares.

### ***Bear Bag Gear***

We request 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!

### ***Toilet Paper***

Don't forget to bring along this essential item. Everyone should carry a personal supply. If you should forget or need more, please ask for some at any camp's quartermaster. Please do not remove toilet paper from latrines at any base camp.

### ***Cell Phone***

While this is a beautiful opportunity to escape technology, we do highly recommend that each crew designate **one person** as an emergency contact phone number. The only cell service that works well at Goshen Scout Reservation is **Verizon**; therefore, this emergency number should be a Verizon cell phone if possible. If not, Sprint works in some areas; AT&T and T-Mobile do not. At the leader's meeting at the beginning of the week we will go over emergency procedures and give you contact numbers for the Camp Director and Health Lodge Director.

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.

# ***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! We provide crews with a variety of dehydrated food for dinner and 'no cook' foods, high in protein and carbohydrates, for easy consumption on the trail for breakfast and lunch. You receive half of this food during the Round Robin Stations on Sunday and half on Wednesday at your resupply.

### ***Water Purification***

You will be purifying your own drinking and cooking water at our outposts! We recommend having at least two **water purification pumps**, or using other methods like adding iodine or chlorine dioxide tablets, using a UV radiation device with a filter system or boiling extensively. Be sure to practice using your equipment before camp and double-check you have everything you need, such as a water collecting bag or a dirty and clean water container. You can also fill your water bottles up at base camp latrines or showers houses while hiking through. The water at base camps is tested regularly and is safe to drink.

Be sure to filter water from running sources only, like streams. Do not take water from the lake or other slow moving or standing sources. For more information, check out resources such as the CDC for water purification methods and general water safety.

[http://www.cdc.gov/healthywater/drinking/travel/backcountry\\_water\\_treatment.html](http://www.cdc.gov/healthywater/drinking/travel/backcountry_water_treatment.html)

### ***Food Allergies/Special Dietary Needs***

For food allergies and other special dietary needs (i.e. nut allergy, wheat allergy, gluten intolerance, vegetarian, etc.), participants are advised to supplement the trail food provided with their own trail food. **Please let us know by indicating food allergies and special dietary needs on your pre-camp survey form.** Our registration system also allows for campers' allergies or dietary concerns to be listed, so please do use that feature when registering your crew. For meals provided at the dining shelter (Sunday dinner, Monday breakfast, Friday dinner and Saturday breakfast) we can cater for most food allergies.

### ***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. In keeping with BSA policy, 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 your crew before coming to camp, and pay attention to fuel consumption on shakedown hikes to figure out how much you will need for your trek.

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### ***Restrictions on Liquid Fuel***

**No one** is allowed to transport any **liquid fuel** on the buses transporting campers to Goshen Scout Reservation. Lenhok'sin is able to provide white gas **only** for Troops/Crews that ride the bus. 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 white gas 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.

### ***Food Preparation***

**Note: Crews are asked to boil water for their outpost staff's dinners as well as their own.**

Here are some tips from past crews and staff on preparing backpacking food:

- Pack a Crew spice kit of basic spices you like
- Carry all the food for a single meal in one person's pack to avoid having to search through all packs to find items for each meal. Spend some time organizing your food when you receive it.
- Follow the directions carefully; it can make a difference if you add water to the dry ingredients vs. adding the dry ingredients to the water.
- A **lid** on the water pot saves about 40 percent on fuel needed to boil the water, and significantly speeds the process. Tin foil works!
- Crews doing the 5 Peaks or the 50+ miles may want to bring extra high-energy supplements.

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# *On the Trail*

### ***Emergency Procedures and Medical Attention***

Upon your arrival in camp, we will review emergency procedures in detail and given updated contact numbers for our Health Lodge Director and Camp Director, both of whom can be called in an emergency. Medical attention will be rendered by the trained medical staff at Camp Post, on call 24 hours a day for emergencies. The nearest hospital and urgent care facilities are in Lexington, VA. 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 care, you may also report to the administration building or first aid office of any base camp as well.

### ***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. Crews splitting can lead to lost scouts and much greater wasted time. Alternatively, help other Crew members out however possible and using your ingenuity and teamwork to accomplish tasks and obstacles as one unified Crew.

### ***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.

**AVOID HIKING ALONG ROUTE 601**, the paved highway between Camps Ross and Olmsted. Again, the only exception is to cross the road where necessary to reach connecting trails. This road not only contains blind corners, but also has a high speed limit.

Avoiding these roads is a requirement for the Trailblazer Award. Cross all roads with great caution.

### ***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 quartermaster if you do not have a vehicle to keep them in.

### ***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 (Please keep in mind the wilderness award requirements) Base

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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:

- o Have the adult advisor check in at the base camp administration building and ask permission to use the facilities. No permission is required to hike on through.
- o Showers should not be used by Lenhok'sin Crews if base camp campers are waiting to use them.
- o Primitive camps cannot be set up either on or near base camps and roads.
- o LHA Crew members always leave an area cleaner than they found it.

### ***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 and our staff. Therefore, leftover food items and containers must be disposed of properly. **PACK IT IN---PACK IT OUT!** There is no trash service at the outposts. Crews may drop off their trash in any of the base camp dumpsters.

### ***Wildlife***

Do not corner, try to catch, or try to kill wild animals of any kind.

If your Crew encounters dangerous wildlife, make note of the location and inform a member of the staff when possible. Crew members should not attempt to relocate snakes; just be cautious, avoid the snake, and continue along the trail.

Kinds of wildlife you may come across: Black Bear, Deer, Raccoon, Skunk, Fox, Mice, Rattlesnake, Copperhead Snake, Garter Snake, Black Rat Snake, Tick, Black Widow Spider, Brown Recluse Spider, Squirrel, Turkey, other birds, and more.

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# *Outposts and Programs*

### ***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. If you come visit the Mountain Man, make sure that you have an item of value with a good story so that you can trade with him at the trading post.

### ***Robin Hood***

Travel back in time to the late 14<sup>th</sup> 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.

### ***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! Arrive right at check-in time so you can get the full climbing and rappelling experience.

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### ***Caving***

The Caving outpost is literally and figuratively a very cool adventure, being a stable approximately 55°F year-round. 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- we often have an adult advisor drive a vehicle also please be prepared to take your own vehicle as well. **Please remember to bring caving clothes and caving shoes** if you come by our outpost. Caving clothes includes a pair of long durable pants and a durable long sleeve shirt - blue jeans and a flannel shirt will do fine. Caving shoes should be closed-toe and durable – old tennis shoes or old hiking boots are a good option. Unacceptable caving shoes include sandals, crocs, and water shoes. Due to a cave fungus that cannot be spread to other caves all clothing and shoes 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. When you arrive home please put clothes through a washer machine.

### ***Mountain Sports***

Hold on tight and brace yourself, you're in for a wild ride at Mountain Sports! Spend the afternoon riding our trails on a mountain bike and feel the rush of going downhill and catching air off the jumps. Finally, in the evening talk shop and learn how to repair the bikes, as well as yourself. This outpost has achieved a nice balance between meeting introductory level and experienced levels of challenge and excitement.

### ***Paddle Sports***

Stand Up Paddleboarding (SUP) and Kayaking 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. Don't forget a hat, sunblock, and your water shoes to protect yourself while exploring the coves and inlets of this stunning lake.

### ***COPE High Elements***

Have you ever wanted to do the best 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 adrenaline 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 and low 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 in open climbing on the tower from 7-8pm in the evenings.

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### ***Primitive***

The primitive option 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. You can also use this time to complete a service project for the Trailblazer Award or your 50 Miler. Some Crews 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.

### ***5-Day Upper James River Canoe Trek***

For the canoe trek, campers arrive to Lenhok'sin Base Camp and participate in the same check-in activities as our hiking campers. Then, Monday morning, when the other campers hit the trail, our canoe trekkers drive to their starting point and begin a 5 night canoe camping adventure! Earn the 50 Miler Award 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. We provide your trail food and you will receive waterproof bags for your gear. 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 camp. Please see the Council website for more information on Paddle Craft Safety training. Also, please make sure to read the additional downloads for the Canoe Trek. All participants must have the waiver completed. There is no extra charge for the Canoe Trek. Please be sure to let the Camp Director know as soon as possible after you register for camp at [lenhoksin@gmail.com](mailto:lenhoksin@gmail.com) if you plan to do the canoe trek because we need to confirm your spot on the river.

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# 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, participated fully and demonstrated Scouting spirit. This is an award which is neither sold nor given to anyone who hasn't earned it.

### ***Trailblazer Award***

We encourage all of our campers to try to work towards the Trailblazer Award. These awards are handmade by our staff with our moccasin symbol emblazoned upon them. The requirements are:

- o Hike as a unit to **at least two** of the following: Viewing Rock, Jump Rock, Big Butt, Forge Rock, and The Knob.
- o Complete a **two-hour service project**. Projects can be assigned at the beginning of the week.
- o Arrive at outposts **no earlier** than 2:00 p.m. and depart **no later** than 9:00 a.m. the following morning.
- o Hike only on the trails--not the roadways, unless absolutely necessary.
- o Follow the Scout Oath and Scout Law.
- o Hike at least **20 miles** during the week.
- o Follow all rules for the trail, including locating primitive campsites 500 yards away from base camps.
- o Present an **original** song, skit, cheer, or story about your trail adventure at closing campfire.

### ***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.

### ***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 to summit at Goshen Scout Reservation: Viewing Rock, Jump Rock, The Knob, Forge Rock, and Big Butt. Hiking to all 5 peaks requires a very full week of intense hiking, and crews who achieve this will receive a certificate commemorating their accomplishment.

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### ***The Wilderness Award***

For Crews who really want to immerse themselves in the wilderness.

- Qualify for the Trailblazer 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 the trail conditions. (Note specific trails in need of attention.)

### ***River Trek Award:***

At Lenhok’sin High Adventure. Similar to the Trailblazer Award, the River Trek award is presented to the crews who demonstrate safety afloat and practice wilderness ethics.

- Complete a service project approved by the outfitters. Signed by an outfitter representative, Crew Chief and Adult Leader.
- Visit at least one base camp and talk to the scouts about your adventure on the River! Must be approved by the Camp Director of that camp.
- Practice the principles of Leave no Trace during your River Trek! Give an Example of one you practice on your Trek.
- Demonstrate the different kind of paddle strokes you learned on your trek.
- Present an **ORIGINAL** Song Skit or Cheer at **Closing Campfire**

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### Sunday/ Arrival Schedule

Time	Event	Location	Details
2:00 pm to 3:30 pm	Check in to camp	Parking lot/ Camp Baird Admin	Our staff will greet you in the parking lot and give you further instructions. Bring a copy of your crew roster to check in at Admin.
2:00 pm to 5:00 pm	Round Robin Stations	Camp Baird	Upon Check-in we will give you a checklist for round robin.
2:00 pm to 5:00 pm	Camp Set Up	Sites	After you first check in we will give you time to set up camp for your first night.
5:50 pm	Flags	Parade Field	Field Uniforms (class "A") to be worn
6:00 pm	Dinner	Camp Baird Dining Shelter	YUM!
7:00 pm	Roundtable	Dining Shelter	For adult Leaders and Crew Chiefs
8:25 pm	Gather for Opening Campfire	Parade field	Staff-led campfire at Campfire Hill. Class A optional. After campfire you may leave uniforms in your vehicle or quartermaster.
10:30 pm	Quiet Time	Sites	

### Monday/ Trail Departure Schedule

8:00 am	Flags	Parade Field	Followed by breakfast in our Dining Shelter. Dress for trail.
9:00 am	Departure	From Base Camp	Be sure to turn in your crew route plan before departing!

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### Friday/ Return Schedule

Time	Event	Location	Details
2:00 pm to 5:00 pm	Return from trail and check in	Camp Baird	Submit award applications and outpost evaluations. Sign up for a skit or song at campfire.
5:00 pm	Reverent Time	Chapel	We will have interfaith services offered.
(5:50) 6:00 pm	(Flags) and Dinner	Parade Field	Followed by dinner at the Dining Shelter
7:00 pm	Roundtable	Camp Baird Admin building	For Adult Leaders and Crew Chiefs
8:25 pm	Closing Campfire	Campfire Hill	Scout-led campfire and award ceremony
10:30 pm	Quiet Time	Everywhere	

### Saturday/ Departure Schedule

6:30 am	Wake Up	Sites	Camp Staff Will Start the Wake Up Process
6:30 am to 7:45 am	Pack up Camp	Sites	Pack up and get ready to roll out of camp
6:30 am to 7:45 am	Continental Breakfast	Dining Shelter	Staff will hand out a continental breakfast
7:00 am to 8:00 am	Check out	Baird Admin	Please have a representative stop by and check out
8:00 am	On the road		By 8 am all Crews should be gone from camp

## 2019 Leader Guide

# 2019 Lenhok'sin High Adventure Pre-Camp Crew Survey

Please complete and email this form to [lenhoksin@gmail.com](mailto:lenhoksin@gmail.com) at your earliest convenience, and at the latest by **June 1st, 2019**, so that we can plan outpost assignments and staffing. Late submission lowers your chances of getting your preferred outposts.

Unit No \_\_\_\_\_ Week attending Lenhok'sin \_\_\_\_\_ Email \_\_\_\_\_

Council \_\_\_\_\_ Crew Contact Person \_\_\_\_\_ Day Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_ Full Address \_\_\_\_\_

Number of youth \_\_\_\_\_ Number of adults \_\_\_\_\_ (Minimum total per Crew is 4, Max. total per Crew is 12 people – any request for exceptions should be made with the Camp Director)

Please choose one of the following:

Traditional Week Long LHA Outpost Trek

Week Long James River Canoe Trip

Please choose one of the following:

Standard Sunday Check in

Monday Check in

Other

Rank the following outposts in order of preference from 1---9, 1 being most desired. We will do our best to provide your crew with your top choices. Crews are sometimes paired up at outposts.

Foxfire

Paddle Sports

Rock Climbing

Mountain Man

Caving

COPE Elements

Robin Hood

Mountain Sports

Primitive

Is your Crew interested in doing a primitive night? \_\_\_\_\_

Special Dietary Requirements:

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Any other notes regarding your trek, e.g. late arrival and early departure, extra primitive nights, etc.

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List Wilderness First Aid Certifications and/or 1<sup>st</sup> Aid and CPR Certifications  
(Provide--- Name, Certification, Expiration Date):

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## 2019 Leader Guide

# What to Bring Checklist

(Please make sure all personal items are marked with name/Troop for lost and found identification.)

### What Participants Should Bring:

Backpacking backpack	Pack Cover
Backpacking Tent(s)	Rain Gear
Sleeping Bag & Pad	Swimming suit (If participating in Aquatics)
Cooking Stove	Socks (minimum 5 pairs)
Cooking Pots	Wool Socks
Closed Toed Shoes	Jacket
Hiking Boots	Pajamas
T-Shirts (Recommend Wicking shirts)	Hat
Underwear	Sunscreen
Short Pants	First Aid Kit
Long Pants (Extra for Caving)	Compass
Flashlight	Bath Towel
Scout Uniform	Personal Hygiene Items
Nalgene Water Bottle(s)	Sunglasses
Camp Shoes	Toilet Paper
Mess Kit	Bear Bag Crew Gear (75-foot nylon cord and sturdy bag(s))
Sewing Kit	

### Optional Items:

Fishing Gear	Notebook
Insect Repellent (Non Aerosol Can)	Camera
Pocket knife	Pen / Pencil
Small Pillow	Trekking Poles

**\*Backpacking Trek Specifically:** All gear should be packing in a backpacking backpack, and be comfortable to carry for long distances. All packs fully loaded should weigh less than 55 lbs.

**\*\*Canoe Trek Specifically:** Should pack all gear in waterproof bags