



2020 Leader Guide

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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 awaits 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 participating in activities you've never done before at our historical and technical outposts as well as 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@gotogoshen.org, or myself at griff.linehan@gotogoshen.org 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

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.
- Fill out the “pre-camp survey” and email to the Camp Director at lenhoksin@gotogoshen.org.
 - Have your crew decide what outposts they would like to participate in.
- Plan and carry out a few weekend “shakedown” hikes, or canoeing camping trips prior to arrival.
- Make sure all your training certifications have been completed (This will be checked at the time of check in).
- If you are doing a river trip, an over 21 year old adult must be Paddle Craft Safety certified
- At least one crew member must be Wilderness First Aid certified

My.Scouting.org modules

- Weather Hazards training
 - Safety Afloat (River Trek only)
 - Safe Swim Defense (River Trek only)
 - Youth Protection Training
-
- Bring to camp
 - a completed BSA physical form for each person (Parts A-C)
 - Please bring two copies of the health form.**
 - A Crew roster of each person attending and present at your Lenhok’sin trek
 - The equipment listed on our provided packing list

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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. Please keep in mind the following:

- The week on the trail will be challenging both physically and mentally, and your 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 no later than **May 8th**. Obtain and complete medical forms as soon as possible so that there will be no barrier to beginning your trail experience.
- Crews are required to bring two copies of their scouts medical forms to camp.
- 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 the trail. We recommend completing 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 trips 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. Please bring proof of these certifications with you to camp. 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 301-530-9360 for information.

You can find accredited Wilderness First Aid Trainings here:

<https://www.scouting.org/health-and-safety/training/wilderness-fa/>

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Minimum Age Requirement

In accordance with National High Adventure policy and the Guide to Safe Scouting, youth attending Lenhok'sin High Adventure **must be 13 years old** by September 1, 2020. The youth member(s) must be mature enough for the rigors and challenges of high adventure.

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 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 **May 8th, 2019**. 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 Aquatics, 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 Aquatics 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 hammocker 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. **Some campsites may have a limited number of trees available to hang hammocks.**

Dry Clothing

We suggest packing your clothing in zip-lock plastic freezer bags or lightweight water-proof stuff sacks. Squeeze out excess air to save room in your pack. Should your clothing get wet or soiled, repacking in the same bags will keep the rest of your gear dry. In emergencies, we are able to wash and dry your gear while you are on the trail.

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 a spare set.

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(s) for this purpose. No smellables in tents! Please refer to the bear procedures section of this leader guide to gain more information.

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.

Personal Electronic Devices

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

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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.

Please keep in mind that no outposts have electricity. If you must charge your cell phone we recommend using a battery pack or a solar panel to charge your personal electronic device.

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. Additionally, 90% of outposts should have a potable water source.

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

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. Please do not inform us the day your trek starts of a specific food allergy.** For meals provided at the dining shelter (Sunday dinner, Monday breakfast, Friday dinner and Saturday breakfast) we can cater for most food allergies. **Packing your own food is always an option. If you have a more complex allergy/restriction then we may ask that you provide your own food for the trek.**

Camp Stoves

We recommend that the crew use single-burner backpacking stoves. Two stoves are recommended for a

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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.

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/Tips

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.
- Bringing supplemental food is always encouraged.

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On the Trail

Emergency Procedures and Medical Attention

Upon your arrival at 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.

It is not uncommon for some members of your crew to not want to complete as much hiking as other crew members, especially when it comes to hiking any of the 5 peaks on the Goshen Scout Reservation. If this is the case, your crew **must not** split into two groups, as this is a change in itinerary and can be a safety issue. As a team, make the decision to either trek on or to alter your route. If you decide to alter your route, you must notify the Camp Director or Program Director.

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 a high traffic area with many blind curves, resulting in the endangerment of those who hike on it. It is also in full sun exposure, which can make your crew weary.

Class A/BSA Field Uniform

Your Class A Uniform is only needed 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

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functioning and program of that camp (please keep in mind the Wilderness Award requirements). Base camps normally will allow you to use their shower facilities 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 permission is required to hike through.
- Showers should not be used by Lenhok'sin Crews if base camp campers are waiting to use them.
- Primitive camps cannot be set up either on or near base camps and roads.
- Lenhok'sin 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 are a direct violation of bear procedures, bringing danger to you, 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; be cautious, avoid the snake, and continue along the trail. If you come across a snake that will not leave a specific area please make the camp director aware of the situation immediately.

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

Bear Procedures

Bears are a large concern on Goshen Scout Reservation. It is important to double, and triple check your crews bear procedures multiple times a day. It is especially important to verify your crew is within proper procedures, when you are about to go to sleep for the evening.

Goshen is located in the heart of bear country within the Shenandoah valley, and people regularly observe bears in their natural habitat on reservation. If you happen to see a bear while on your trek, there is no need to fear. If you see a bear that is close to you on the trail, make yourself "big" and make lots of noise. If the bear does not move away, calmly walk backwards while making noise until out of sight. Certain staff members are trained to deter those **bears that are not afraid of humans, or are unable to be scared off.** **If you encounter a bear like such please call the camp director immediately.**

Please follow these helpful tips to successfully interact with the bears:

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Do:

- Make sure food/trash (anything with an odor) is stored in a bear resistant container. Other options include:
 - Trunk of car
 - Hang out of away from camp.
- Make noise while hiking
 - Hiking at dawn or dusk may increase your chances of meeting a bear.
- If you have a close encounter, back away slowly while facing the bear.
- Hike in groups
- Cook away from sleeping area, don't sleep in the clothes that you wore while cooking.

Do Not:

- **Run from a Bear!**
 - Running may prompt the bear to chase
 - No human can outrun a bear
- Feed a bear or allow bears to access any human related food sources
- Approach a bear for a selfie (or for any other reason)
- Burn food/leftovers in a fire pit.
- Put food, trash, lotions, cosmetics, etc. in tents
- Leave coolers, food, camp stoves, trash, etc. in vehicle with windows open
- Leave coolers, food, camp stoves, trash, etc. out when not on site.

If you are caught baiting a bear intentionally you WILL be asked to leave the property, and received a hefty fine from the state of Virginia.

For more information about bears in Virginia please visit www.dgif.virginia.gov/wildlife/bear/

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Outposts and Programs

Search and Rescue - NEW!

New to Lenhok'sin program, scouts will have the opportunity to learn basic Wilderness First Aid practices, and use their skills and knowledge as they navigate through a variety of Search and Rescue scenarios. Scouts will put their leadership, teamwork, navigation, and communication skills to the test. In the evening, scouts will enjoy cobbler and be led on a stargazing hike.

Foxfire

Learn the art of blacksmithing by crafting your very own tools, such as "S" hooks, "J" hooks, or a knife blade at our Foxfire outpost, set in early 20th Century Appalachia. Other opportunities include woodworking, bullet casting, and candle making. Spend the afternoon relaxing in the cool waters of Kelso Spring.

Mountain Man

With the use of his rifle, tomahawk and traps, the Lone Hunter was not only able to survive, but make a profit as well, blazing the way for the settlement of the West. Test your aim and skill by shooting a fifty caliber muzzleloading rifle and compete in a friendly tomahawk throwing competition with your crew. Listen to the mountain men tell their tall tales about life in the wilderness and haggle as you trade goods.

Robin Hood

Travel back in time to the late 12th century and learn about survival under the Sheriff of Lenhok'sin from the famous outlaw and hero of the people, Robin Hood and his merry men. Compete against the Merry Men 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.

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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- 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 if you come by our outpost-- a pair of long durable pants and a durable long sleeve shirt - blue jeans and a flannel shirt will do fine along with old tennis shoes you don't mind getting dirty. You **must** wear closed toed shoes will in the cave. 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. When you arrive home please put clothes through a washer machine.

Mountain Biking

Hold on tight and brace yourself, you're in for a wild ride at Mountain Biking! Spend the afternoon riding our trails on a mountain bike and feel the rush of the wind as you ride downhill. Bike like you never have before and see if you can carve and shred your way through the turns while taking in the beautiful scenery. In the evening, talk shop and learn how to repair the bikes while enjoying a warm campfire.

Aquatics

Enjoy the beautiful view of Lake Merriweather and the mountain ridges surrounding Goshen as you Stand Up Paddleboard (SUP) and kayak. 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. Experience 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 soar above the trees or walk across a wire? Now is your chance! At the COPE (Challenging Outdoor Personal Experience) outpost, experience all the best elements that Goshen has to offer. Feel the adrenaline rush through your veins and push past your fear to reach new limits. After proving to the COPE staff that your Crew can work effectively and safely as a team, you can choose from: the Giant's Ladder, the Eagle Walk, the Grapevine, and other high and low elements. The COPE Program for Lenhok'sin Crews will run from 2:00-5:00 in the afternoon, unless otherwise scheduled. Crews may have the opportunity to participate in open climbing on the rock climbing tower from 7:00-8:00 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 4,000 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

Spend your week white water canoeing on the James River! Scouts will arrive at the Lenhok'sin High Adventure Base Camp on Sunday, and participate in a day of activities with the Backpacking Trek campers. On Monday morning once the backpackers have hit the trail, the canoe trekkers will drive to their starting point at Twin River Outfitters, and begin their 5 day, 4 night canoe camping adventure! Earn the 50 Miler Award by adding a river service project to your trip. The Canoe trek is approximately 61 miles long. Campers will return to Base Camp on Friday.

All medical checks and swim checks will be conducted at the Goshen Scout Reservation. All participants must pass the BSA Swim Test. You will receive trail food for the week upon arrival at Lenhok'sin Base Camp, and will receive waterproof bags for your gear at our partner organization, Twin River Outfitters. One Leader from each Crew must be trained in Aquatics Supervision: Paddle Craft Safety. Training opportunities will be provided by National Capital Area Council (or your home council) prior to camp. Please see the Council website for more information on Paddle Craft Safety training. You can find more information on the Twin River Outfitters on the Lenhok'sin High Adventure website.

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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:

- 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 can be assigned at the beginning of the week.
- Arrive at outposts **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.
- Hike at least **20 miles** during the week.
- Follow all rules for the trail, including locating primitive campsites 500 yards away from base camps.
- 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 kinds of paddle strokes you learned on your trek.
- Present an **ORIGINAL** Song Skit or Cheer at **Closing Campfire**

2020 Leader Guide

Sunday/ Arrival Schedule

Time	Event	Location	Details
1:30 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. Please have two copies of your med forms ready.
1:30 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
8:20 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

(7:50) 8:00 am	(Flags) and Breakfast	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!

2020 Leader Guide

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.
(5:50) 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

5:00 am	Wake Up	Sites	Camp Staff Will Start the Wake Up Process
5:00 am to 5:30 am	Pack up Camp	Sites	Pack up and get ready to roll out of camp
5:30 am to 6:15 am	Continental Breakfast	Dining Shelter	Staff will hand out a continental breakfast
6:00 am to 7:00 am	Check out	Baird Admin	Please have a representative stop by and check out
7:00 am*	On the road		By 7 am all Crews should be gone from camp (*Departure time for crews departing on council provided buses may vary from the 7 am departure).

2020 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	Sewing Kit
Backpacking Tent(s)	Pack Cover
Sleeping Bag & Pad	Rain Gear
Cooking Stove	Swimming suit (If participating in Aquatics)
Cooking Pots	Socks (minimum 5 pairs)
Closed Toed Shoes	Wool Socks
Hiking Boots	Jacket
T-Shirts (Recommend Wicking shirts)	Pajamas
Underwear	Hat
Short Pants	Sunscreen
Long Pants (Extra for Caving)	First Aid Kit
Flashlight	Compass
Scout Uniform	Bath Towel
Nalgene Water Bottle(s)	Personal Hygiene Items
Camp Shoes	Sunglasses
Mess Kit	Toilet Paper

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. (Waterproof bags provided at Twin River Outfitters, but it is always useful to have your own.)