



2022 Leader Guide

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Introduction

Welcome to Lenhok'sin High Adventure! We are very excited for your crew to join us on the trail this summer, and we hope that this guide will help to prepare you for the challenges and excitement that await you at camp.

Our mission is to provide you with a memorable experience while you are hiking through the beautiful mountains of the Goshen Scout Reservation and paddling down the James River, while also introducing you to activities you've never done before at our outposts, and testing your backcountry skills. We hope that your High Adventure experience will give you treasured memories, a chance to grow as a team, and the opportunity to further your scouting careers.

Please read through this Leader's Guide, as it is updated each year with program additions and adjustments. If you have any questions, you can contact us at lenhoksin@gotogoshen.org, or myself at elisabeth.warren@gotogoshen.org. We are looking forward to meeting your units on the trail and providing you with an incredible adventure!

Yours in Scouting,

Elisabeth C. Warren

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” found on our website under Forms & Downloads <https://www.gotogoshen.org/camps-programs/lenhoksin-high-adventure/>
(Due **May 7, 2022**).
 - Have your crew decide what outposts they would like to participate in, in order of preference.
- Plan and carry out a few weekend “shakedown” hikes/backpacking or canoeing trips prior to arrival.
- Complete the following required trainings prior to your arrival at camp.
 - My.Scouting.org modules
 - Weather Hazards Training
 - Youth Protection Training
 - Safety Afloat (River Trek only)
 - Safe Swim Defense (River Trek only)
 - Wilderness First Aid Certification (at least one member)
 - Paddle Craft Safety (River Trek only, at least one over 21 year old)
- Ensure all your training certifications have been completed, which will be checked upon your arrival at Lenhok’sin.
- Bring to camp
 - Two copies** of each participants completed BSA Medical Form for each person (Parts A-C, including NCAC Health Advisory Form)
 - A crew roster of each participant attending your Lenhok’sin trek
 - Completed training certifications
 - A cellphone with Verizon cell service



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 your pre-camp survey no later than **May 7, 2022**.
- 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 each participant's 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 will assist your crew in analyzing their skill level, prevent injury on the trail, and set goals for their week at Lenhok'sin. We recommend completing several weekend treks, building in length, to slowly build up your crew's skill and stamina, and ensure they are prepared, as many sections of the Lenhok'sin trail are very challenging.

During these hikes, keep note of the 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. You should also pay attention to daily fuel consumption so you can pack an appropriate amount for camp. Shakedowns should include overnight 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/>

Please visit the Lenhok'sin High Adventure webpage for a breakdown of all trainings required for your trek: <https://www.gotogoshen.org/camps-programs/lenhoksin-high-adventure/>

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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, 2022. The youth member(s) must be mature enough for the rigors and challenges of high adventure.

Experience Requirement

National Standards require that at least two 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 three short-term (two-day) overnight backpacking/canoeing outings.

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

The minimum crew size is six members, and maximum crew size **is limited** to 12 unless approved by the Camp Director. If you have more than 12 crew members, we recommend forming sub-crews to maintain ideal program quality. 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. The minimum and maximum crew sizes are set in place by National Standards for your safety and experience, as well as program capacity.

Pre-Camp Survey Form

Complete the *Pre-Camp Crew Survey Form* as soon as possible. The deadline is **May 7, 2022**. 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 outposts if there is a high demand for the week at said outpost.

Trail Itinerary

Once we have received all pre-camp surveys for your week, we will design your unit's outpost itinerary for your week on the trail. You will receive a copy of your itinerary at least two weeks prior to your arrival at Lenhok'sin High Adventure. Although a copy of our topographical map is available on the Lenhok'sin webpage, we recommend that you wait until your arrival at Base Camp to plan your trek, as this will be completed during our Maps and Orientation Round Robin

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Station, which will take into account present trail conditions. Plan to come to camp with an open mind and goals based on Lenhok'sin Awards, or on the mileage and peaks that your crew hopes to hike and summit.

Round Robin Stations







Upon your arrival at Lenhok'sin High Adventure, you will go through several round robin stations, including the following:

- Medical Checks (full crew) and Reconciliation (adult leader)
- Base Camp Tour
- Pack Check
- Model Campsite
- Bear Bagging
- Weather Hazards
- Wildlife and Bear Safety
- Leave No Trace
- Health and Safety
- Maps and Orientation
- Food Commissary
- Quartermaster
- Trading Post

You will be led through the Round Robin Stations by your Staff Site Guide. The time spent on each station will be based on your crew's prior experience, knowledge base, and trail preparedness.

The Trails of the Goshen Scout Reservation

Lenhok'sin High Adventure gives your crew the opportunity to explore Goshen's 4,000+ acres, as well as the 45,000 acres of surrounding state wildlife game land. At our base camp (Camp Baird), 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 double yellow and blue blazes found on trails mark the boundary between public lands and NCAC property.

<p>Continue Straight (White Blaze)</p> 	<p>Right Turn (White Blaze)</p> 	<p>Left Turn (White Blaze)</p> 
<p>Spur Leading to a Different Trail (White Blaze)</p> 	<p>Double Yellow Blaze</p>  <p>Property Line following Anderson Trail (East Side of Lake)</p>	<p>Double Blue Blaze</p>  <p>Property Line (near Foxfire)</p>

As not all trails are labeled with signage, crew members should plan to be proficient in navigating with a map and compass, and should take their time when navigating intersections. Some trails are more primitive and truly a backcountry high adventure, such as those leading to our farthest peaks (Forge Mountain and Big Butt Mountain), while those closer to base camp tend to be well trodden and marked. Crews should plan extra time to use their maps and compasses to navigate and check their maps often.

What to Pack: Crew and Personal Equipment

Your Pack

Choosing an appropriate and well-fitting **pack** remains one of the most important items on your checklist to ensure your comfort on the trail. The weight of your pack should rest on your hips, not on your back or shoulders. Keep alert for crew members who suddenly become exhausted or are falling behind; changes are, their packs are not adjusted properly and may need adjustment. A properly fitted pack with padded hip straps is essential for continued comfort and the trail.

When packing your gear in your pack for the trail, ensure that you leave enough space for shared crew gear, water, and food (approx. 10 liters). Plan to carry enough water, personal equipment, crew equipment, and crew food for 2 ½ days.



"How to Pack a Backpack" (MSR, 2021)

Footwear

Crew members should have either soft-side leather/nylon hiking boots or leather hiking shoes that are in good condition, well fitting, and broken-in. Boots that do not fit properly or are not broken in will lead to blisters, hot spots, and foot pain. Moisture trapped in socks and footwear will soften and weaken skin, leading to blisters and other foot related issues. Veteran backpackers will bring several extra pairs of wool hiking socks and sock liners to wear and swap out a couple of times a day to prevent moisture build up.

While not to be used for hiking, lightweight sneakers or closed toed water shoes (such as Keens) are nice for allowing your feet to air out and dry while resting in camp. **Closed toed shoes must be worn at all times while on the trail and in camp. Water shoes are required for the James River Canoe Trek and Aquatics Outpost.**

Tent

Be sure to choose a lightweight tent that is in good condition, and practice setting it up before camp. Tent

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selection should align with the number of participants in your unit and the type of backpacking you are planning to do. For example, a four-person tent would not be best suited for a Lenhok'sin trek due to its size and weight. Instead, a two-person tent shared between two scouts (buddy pairs) is recommended. If your tent doesn't have a waterproof floor you will want to ensure that you have a sturdy ground cloth, such as a thick piece of builder's plastic or sturdy plastic drop cloth.

Sleeping Bag

We recommend a lightweight sleeping bag for your time on the trail, as nighttime temperatures can often drop to the low forties in Goshen throughout the summer. Sleeping bags should be stored in a waterproof stuff sack or back for extra protection from moisture.

Mattress Pads

Many mattress pads provide an insulating barrier between you and the ground, which will improve a good night's rest. A mattress pad will also increase your comfort in rock areas (it's called Rockbridge County for a reason!). Although inflatable mattress pads tend to provide the best comfort and are more popular in the outdoor community, a foam pad can work just as well.

Hammocks

Hammocks have become very popular in the outdoor community, and have become a preference for many. If you or your unit choose to use a hammock on the trail, please practice setting up and sleeping in a hammock before you arrive at camp. Hammock users may wish to bring an insulating pad to line their hammock with, as well as some form of rain fly/cover. When setting up your hammock, please use tree-safe straps, as well as place sticks in between your straps and the tree in order to prevent stress marks on the bark. **Please be aware that not all campsites at outposts have trees available that are suited for hammocking.**

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 good quality rain gear or a poncho is a must! You will be in the woods or on the river all week, and rain showers often come rolling in with short notice. Please double check that all your crew members bring this item. Rain gear should always be packed at the top of your pack in an easy access external pocket. 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

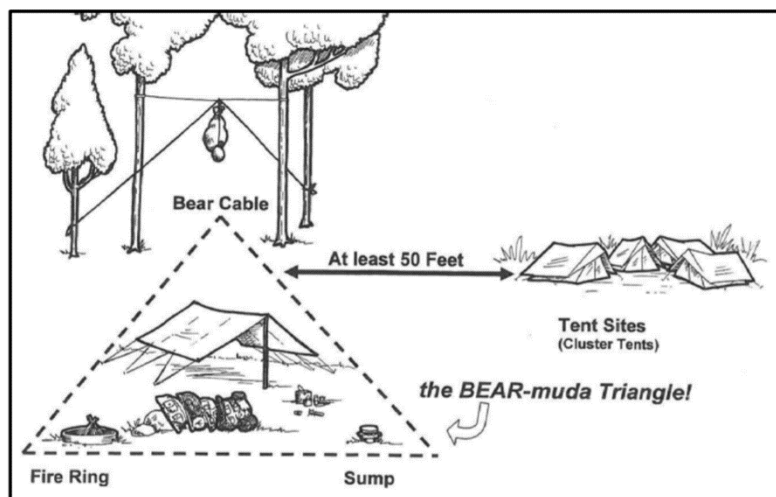
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crew may wish to bring an extra set of AA and AAA batteries in case someone needs a spare set.

Bear Bag Gear

All smellable items must be placed in a bear bag or bear canister while at the Goshen Scout Reservation. This includes all items such as toiletries, food, first aid kits, and water bottles that have held liquid other than water. Units should bring a 75-foot nylon cord as well as sturdy bear bags for this purchase.

We also ask that you follow the “Bearnuda Triangle” method of camp set up in order to protect yourself and our wildlife (see image to the right). Please refer to the “Bear Procedures” section of the Leader Guide for more information on our Black Bears and expectations.



Toilet Paper

Don't forget to bring along this essential item! You can choose to carry roles of toilet paper for communal use, or for everyone to 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 contact numbers for the Camp Director and Health Lodge Director.

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. We have a few spare battery chargers that you may borrow for emergency cell phones. Please ask the Camp Director if you would like one.

We recommend leaving all radios, iPods, electronic games, laptops, etc. at home. However, if they are brought to Lenhok'sin, they should be left in your vehicles at base camp.



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. Please see the 2022 Trail Food Menu available on the Lenhok’sin webpage.

Water Purification

You will be purifying your own drinking and cooking water at our outposts! We recommend bringing 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 may also fill your water bottles up at base camp latrines or shower 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, look to 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 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/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 trek may want to bring extra high-energy supplements.
- Bringing supplemental food is always encouraged.

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On the Trail: Policies, Tips, and Tricks

Emergency Procedures and Medical Attention

Upon your arrival at camp, we will review emergency procedures in detail and give 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.

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 whenever possible and use 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, you must make the decision as a crew whether to continue on or change itinerary, but you **must not** split into two groups. If you decide to alter your route, please notify the Camp Director or Program Director.

Roads

AVOID HIKING ALONG THE BELTWAY or the **601 Highway**. There are a few exceptions to this rule, including crossing the dam wall and gates and the bridge at the upper end of the lake, or if 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. We recommend leading your Class A Uniforms in your vehicles or with the Camp Quartermaster when you are on the trail.

Base Camps

Lenhok'sin crews are welcome to use other base camp facilities, including showers and trading posts, but please do not interfere with the functioning and program of the camp (please keep in mind the Wilderness Award requirements). Base camps will generally allow you to use their shower facilities if they are not in the process of being cleaned, but please check in at the admin building beforehand.

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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.

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

Crew members should not attempt to relocate snakes; be cautious, avoid the snake, and continue along the trail. If you encounter wildlife such as bears, venomous snakes, or coyotes, please contact the Camp Director immediately.

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 following 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 this please call the Camp Director immediately.**

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

Do:

- Make sure food/trash (anything with an odor) is stored in a bear resistant container. Other options include:
 - Trunk of car
 - Bear bag hung 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, make yourself as big as possible and back away slowly while facing the bear.
- Hike in groups.
- Cook away from your sleeping area, don't sleep in the clothes that you wore while cooking.
- Follow the Bear-muda triangle while setting up camp.

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 will receive a hefty fine from the state of Virginia.

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



Outposts and Programs – Historical and Technical

Historical Outposts

Foxfire

Step back in time and learn the art of blacksmithing by forging your own “S” hooks, “J” hooks, and knife blades in our early 20th Century Appalachian forge. Try your hand at branding, candle making, and bullet casting as you relax by the cool waters of the 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 50-caliber muzzle loading 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.

Wood's Edge

Travel back in time in the late 12th century and experience life in a medieval homestead. Compete in archery and knife throwing competitions, and immerse yourself in the challenges of the period. Bake fresh bread and in a mud oven, and learn wilderness foraging techniques. Relax with your crew around the fire as you play medieval games and listen to ballads of heroes and legends of old.

Technical Outposts

Caving

Get down and dirty spending a few hours exploring and crawling through a “wild” cave system. Learn about cave science and formations while you experience absolute darkness as you turn off your headlamps. This cave system is so expansive (nearly 3 miles of explored passages!), that you would need a full day’s rations to explore it all!

- Scouts will be transported in a camp van to the cave and will return in the evening. Larger units will be asked to assist in transportation with their personal vehicles.
- Please bring caving clothes if you attend this outpost – a long pair of durable pants, a long sleeve shirt or sweatshirt, and closed toed shoes (e.g., old hiking boots or sneakers). Clothes will be sanitized after your spelunking excursion

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Mountain Biking – Now featuring beginner, intermediate, and advanced trails!

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 (Challenging Outdoor Personal Experience)

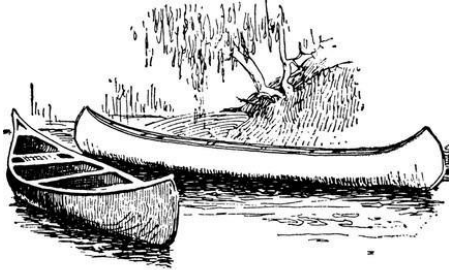
Have you ever wanted to soar above the trees or walk across a wire? Now is your chance! At the COPE outpost, experience all the best elements that Goshen has to offer. Feel the adrenaline rush through your veins and push past your fear to reach new limits. Bond and grow as a unit as you explore our low elements, followed by our challenging high elements, such as the Eagle Walk, Grapevine, Leap of Faith, Giant Swing and more!

Primitive Camping

The primitive camping night is for crews who wish to go above and beyond, and immerse themselves deep into the Goshen Wilderness. Many crews use this day to summit Forge and Big Butt Mountains, and to complete the Moore Five Peaks Award. Other crews complete the Kodiak Leadership Course and work on other advancement, using the time to reconnect as a unit and create new scouting goals.

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!

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5-Day Upper James River Canoe Trek

Spend a week white water canoeing 61+ miles of the James River, from Iron Gate to Snowden. Begin your journey at Lenhok'sin High Adventure Base Camp (Camp Baird), and learn about camp safety. On Monday morning, depart for the Twin River Outfitters in Buchanan, Virginia, embarking on a five-day, four-night canoeing and camping adventure. Earn your River Trek Award and 50 Miler Award along the way by completing a service project on the river. Return to Base Camp on Friday, rejoining the Lenhok'sin backpacking crews for a thrilling, scout lead closing campfire.

We recommend completing your swim checks prior to your arrival at Lenhok'sin High Adventure, although we can also administer them once you arrive. All participants must pass the BSA Swim Test in order to participate in this trek. You will receive trail food for the week upon arrival at Lenhok'sin Base Camp. 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 are provided by the 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 crew member 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 Mountain, 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 and 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 Mountain, 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 practiced 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**

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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 5:30 pm	Round Robin Stations	Camp Baird	At check-in we will give you a checklist for round robin. Please have two copies of your medical forms ready.
1:30 pm to 5:30 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	Camp Baird Admin Building	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	Hit the Trail!	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 - Admin Building	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 Pavilion
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	Sites	

Saturday - Departure Schedule			
5:30 am	Wake Up	Sites	Camp Staff Will Start the Wake-Up Process
5:30 am - 6:00 am	Pack up Camp	Sites	Pack up and get ready to roll out of camp
5:30 am - 6:30 am	Continental Breakfast	Dining Pavilion	Available at your convenience at the Dining Pavilion
6:00 am - 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 7:00 am departure).

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Equipment Checklist

The below items are recommended for your Lenhok'sin trek. Quantities of crew gear items may vary based on the size of your unit. Please label **all** personal items with your Name and Troop Number.

Crew Gear – Shared by All			
Item	Description/Notes	Quantity	Check
75 ft of nylon rope	For Bear Bag	1-2	
Durable bear bags		2-3 (number depends on crew size)	
Carabiner (climbing strength)	For Bear Bag	1-2	
Cooking Pots (1-2)	8 qt w/ lid	1-2	
Compass			
Sewing Kit		1	
Fuel Bottle w/fuel		1-2	
Crew First Aid Kit		1	
Duct Tape		1	
Spices, Assorted	e.g., salt, pepper, Siracha, Texas Pete		
Water Purification/Filtration System	Method your unit is familiar with. Enough for entire trek.		
Trowel/Shovel		1	
Multitool/Hot Pot Tongs		1	

Personal/Individual Gear			
General Equipment			
Backpacking Backpack	At least 65 Liters	1	
Summit/Daypack	For side/day hikes	1	
Rainproof Pack Cover	Waterproof, or heavy-duty garbage bag	1	
Small Stuff Sacks		Multiple	
Sleeping Bag	Lightweight	1	
Sleeping Pad	Inflatable or foam	1	
Waterproof Stuff Sack	To cover sleeping bag	1	
Mess Kit (Plate, Bowl, Mug/Cup, Utensils)		1	
Water Bottle/1 qt.	Or hydration bladder	(4 or more)	
Pocket Knife/Multitool		1	
Lighter/Matches	Waterproof		
Flashlight/Headlamp	Spare batteries	1	
Trekking Poles w/ rubber tips		1 set	

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Clothing			
Short Sleeve Shirt		3	
Long Sleeve Shirt		1	
Shorts		2	
Long Pants		1	
Underwear		6	
Sports Bra		2	
Socks	Wool or synthetic	6+ pair	
Sock Liners	Wool	3 pair	
Belt		1	
Sleep Clothes		1 set	
Fleece Jacket or Sweatshirt		1	
Rain Jacket and Pants	Sturdy w/ hood, breathable	1 set	
Hiking Boots		1 pair	
Camp Shoes/Sneakers		1 pair	
Class A Uniform		1	
Baseball Cap/Wide Brimmed Hat		1	

Toiletries			
Toothbrush		1	
Toothpaste	Travel Size	1	
Lip Balm		1	
Biodegradable Soap	Travel Size	1	
Shampoo, Conditioner	Travel Size	1	
Camp/Bath Towel	Quick dry	1	
Tampons/Pads			
Personal Medication	Enough for entire trek		
Foot Powder		1	
Toilet Paper			

Other			
BSA Medical Form	Parts A, B, C, and NCAC Health Advisory	2 copies	
Sunscreen	6 oz tubes, SPF 30 or higher	1	
Bug Spray	Small bottle, no aerosol cans	1	
Sunglasses		1	
Money			
Watch		1	
Camera	Batteries, memory card	1	
Notebook/Pen		1	
Whistle		1	
Personal First Aid Kit		1	