



2022 Leader Guide
James River Canoe Trek

2022 Leader Guide

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 paddling down the James River and navigating white water rapids, 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” 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)
 - Aquatics Supervision: Paddle Craft Safety - Basic (at least one crew member, over 21 years 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, B, and 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

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Planning your Lenhok'sin Adventure

Organizing for a Canoeing 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 river 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, 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.

During these shakedowns, 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 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/>

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 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**. Although primarily used for outpost selection for Lenhok'sin Backpacking treks, the Pre-Camp Survey assists Lenhok'sin staff in ensuring that all dietary restrictions are met, prior to a scout's arrival at camp.

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

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- Model Campsite
- Bear Bagging
- Weather Hazards
- Wildlife and Bear Safety
- Leave No Trace
- Health and Safety
- Food Commissary
- Quartermaster
- Trading Post

You will be lead 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 trek preparedness.

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What to Pack: Crew and Personal Equipment

Footwear

When on a canoe trek, crew members should wear closed toed shoes that are in good condition, well fitting, broken-in, and can get wet. Shoes that do not fit properly or are not broken in will lead to blisters, hot spots, and foot pain. Moisture trapped footwear will soften and weaken skin, leading to blisters and other foot related issues. Experienced canoers recommend closed toed sandals, such as Keens, or trail running shoes. Water shoes also serve as an option.

While at your campgrounds, a lightweight pair of sneakers, or “camp shoes,” are nice for allowing your feet to air out and dry while resting at camp. Closed toed shoes must be worn at all times while on the river and at your campsite.

Tent

Be sure to choose a lightweight tent that is in good condition, and practice setting it up before camp. Tent selection should align with the number of participants in your unit. 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 trek; however nighttime temperatures can often drop to the low forties in Goshen throughout the summer. Sleeping bags should be stored in a waterproof stuff sack 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, as many of the campsites along the James River feature gravel pads. 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 to prevent stress marks on the bark. **Please be aware that not all campsites 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.

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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.

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 on 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.

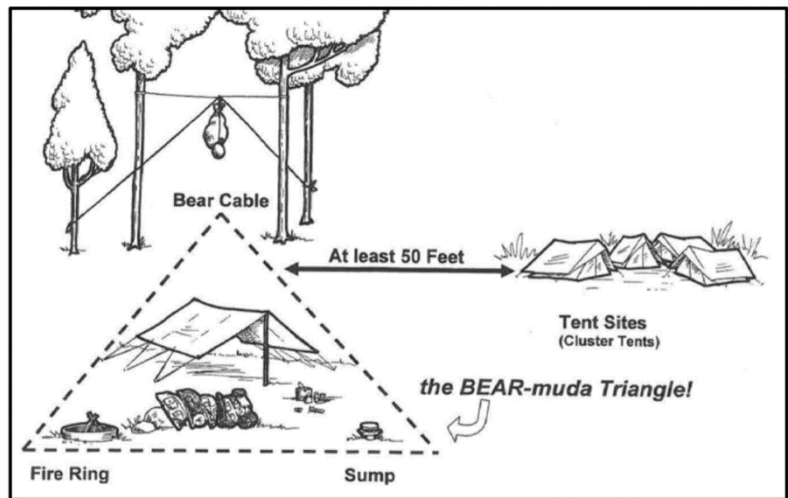
Flashlights

Each person will need a reliable flashlight or headlight with a fresh set of batteries to last the week. The 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 on your trek. 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 "Bearmuda 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.



"Shakedown Guide" (Philmont Scout Ranch, 2019)

Toilet Paper

Don't forget to bring along this essential item! You can choose to carry rolls 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 base camp Quartermaster station.

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 along the James River is **Verizon**; therefore, this emergency number should be a Verizon cell phone if possible. If

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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 Canoe Trek Outfitter (Twin River Outfitter or James River Runners).

Please keep in mind that there is no electricity on the river. 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.

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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.

Trail Menu

River Trek units will receive an entire week’s worth of meals upon arrival at Lenhok’sin Basecamp on Sunday afternoon. The 2022 Menu can be found here: <https://www.gotogoshen.org/wp-content/uploads/2022/05/Lenhok%E2%80%99sin-High-Adventure-Trek-Menu.pdf>

All dietary restrictions and needs should be detailed in your unit’s Pre-Camp Survey.

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 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, 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 dietary restrictions. **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.**

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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. Past units have used a variety of stoves, such as the MSR Whisperlite, MSR Dragonfly, and JetBoil.

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. The type of gas used (e.g., white gas, propane, etc.) should be based upon the requirements of your backpacking stove.

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
- Spend some time organizing your food when you receive it. Some crews find success in dividing food by meal, with one person carrying an entire meal, while others recommend splitting food between buddy pairs.
- 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. Aluminum foil also works!
- Bringing supplemental food is always encouraged.

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On the River: 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**. It can be easy to drift apart while traveling on the river due to differences in paddling speed paired with the natural flow of the river, making it important to always stay together. A separated crew often leads to lost scouts and poses a severe safety risk. The only reason you should ever split a crew is an emergency. 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.

If you notice a crew member struggling to keep pace with the rest of the unit, consider slowing your pace, or putting them towards the front of the group. Your trek will be more successful when you use your ingenuity and teamwork to accomplish tasks and obstacles as one unified crew.

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.

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 are limited trash services at designated campsites.

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.

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Crew members should not attempt to relocate snakes; be cautious, avoid the snake, and continue along your route.

Bear Procedures

There are many bears in the Blue Ridge Mountains! It is important to double, and triple check your crew's 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.

The James River is located in the heart of bear country within the Shenandoah Valley. 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, 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.

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 traveling (but be considerate to other visitors).
- If you have a close encounter, make yourself as big as possible and back away slowly while facing the bear.
- Travel in groups.
- Cook away from sleeping area, don't sleep in the clothes that you wore while cooking.
- Follow the Bear-muda triangle while setting up camp.

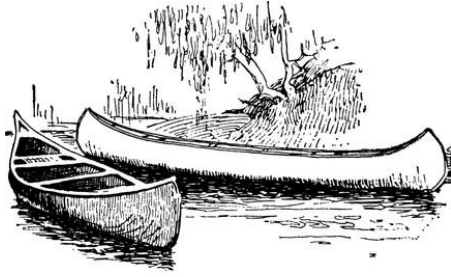
Do Not:

- **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 to 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/

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5-Day Upper James River Canoe Trek

The Lenhok'sin High Adventure Canoe Trek is completed in partnership with the Twin River Outfitters in Buchanan, Virginia (James River Runners used for Week 3 of 2022 Summer Season). The following guide materials reflect a standard River Trek with the Twin River Outfitters.

Itinerary

Sunday

- Arrival at Camp Baird (Lenhok'sin High Adventure, Goshen Scout Reservation) beginning at 1:00 pm
- Complete Round Robin Stations with site guide
- Attend Flags, Dinner, and Campfire with other Lenhok'sin crews (see "Sunday Arrival" section)

Monday

- Arrive at Twin River Outfitters (TRO) by 9:00 AM
 - 640 Lowe St, Buchanan, VA 24066
- TRO will conduct safety brief and collect TRO release forms
- Load up and drive to Iron Gate boat landing.
- Camp at Gala campground
- Paddle length: 10.5 miles / 4.5 hours

Tuesday

- Paddle from Gala to Narrow Passage Campground at Horseshoe Bend
- Paddle length: 17 miles / 6 hours
 - longest paddle day of the trip, recommend early start

Wednesday

- Paddle Horseshoe Bend campground to Arcadia with stop in Buchanan
 - 15 miles total paddle
- Paddle length to Buchanan: 9 miles / 3 - 4 hours
- Resupply in Buchanan: water, ice, trash, laundry services, charge phones, etc.
- Paddle length Buchanan to Arcadia Campground: 6 miles, 2 ½ hours

Thursday

- Paddle Arcadia Campground to Wilderness Canoe Campground
- Paddle length: 12 miles / 5 hours
- Camp Wilderness Canoe Campground, camping fee paid by TRO
- TRO staff will swap out canoes for kayaks in the evening
- TRO staff will stage vehicle for gear pickup, allowing for Friday paddle with no camping gear in boats.

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Friday

- 8:30 am: pack camping gear in TRO vehicle
- Launch by around 9 am, for a 1 PM pickup at Snowden Take Out
- Paddle length: 7 miles, 3 ½ to 4 hours due to difficulty
- Drive back to Buchanan typically by 2:15 PM
- Return to Lenhok'sin High Adventure (Camp Baird Base Camp)
 - See "Friday Schedule" for more information

Trek Route

A copy of the 63 mile trek route can be found here: https://fh-sites.imgix.net/sites/448/2019/09/11202907/Web_Upper-James-Packet_TRO.pdf

Swim Checks

Swim checks are required to participate in any BSA Aquatics activity, including the James River Canoe Trek. Although swim checks can be completed upon arrival, we highly encourage completing them for your unit beforehand. All participants must pass the swim check in order to participate in the trek.

Goshen Scout Reservation 2022 Pre-Camp Swim Check Form: <https://www.gotogoshen.org/wp-content/uploads/2021/11/2022-Swim-Check-Form.pdf>

Outfitter Liability Form

Outfitter Liability Waivers are required for all participants. The waiver will be collected during the Monday morning orientation presented by the outfitter.

The Outfitter Liability Waivers are available here: <https://www.gotogoshen.org/wp-content/uploads/2021/08/2022-River-Trek-%E2%80%93-Outfitter-Release-Waiver.pdf>

River Trek Guide

A Lenhok'sin Staff member will attend the Monday and Tuesday portion of the James River Trek with units. If multiple units are attending during a session, guide will split time between the units.

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River Clean Up Service Project

The Twin River Outfitters is happy to assist any Scouting Unit participating on a 50 miler trip in conducting a “River Cleanup Service Project” as part of the 50 Miler Award Qualification.

50 Miler Service Project Conditions:

“During the time on the trail or waterway, complete a minimum of 10 hours each of group work on projects to improve the trail, springs, campsite, portage or wilderness area. If after checking with recognized authorities, it is not possible to complete 10 hours each of group work on the trail, a similar project may be done in the unit's home area.”

This is an optional activity completed entirely at the choice of each participating unit.

To assist in the service project, TRO will:

- Provide trash bags
- Pick up garbage left at the following boat landings
 - Tuesday: Craig Creek (bags should be left in upper parking lot)
 - Wednesday: Horseshoe Bend boat landing & Buchanan TRO store
 - Thursday: Wilderness Canoe Campground dumpster
 - Friday: Snowden take out
 - Drop garbage bags or debris at public boat landings. Please call TRO at (540) 261-7334 to inform them of each trash drop
 - Make sure bags and debris are left clear of boat launch site (visible, but out of the way)
- Comments:
 - Safety first!
 - Do not pick up trash in a class II rapid or near any unsafe water
 - Do not pick up any sharp or rusty items

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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.

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**

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.)

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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 – Trek Departure Schedule

7:00 am	Continental Breakfast	Dining Hall	Dress for trek
8:00 am	Hit the River!	From Base Camp	Travel to Twin River Outfitters

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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	Parade Field	Scout-led campfire at campfire hill, followed by awards 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 Check List

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 Unit Number. For Crew gear, we recommend considering one's crew size in regard to quantity of each item.

Equipment Provided by Twin River Outfitters (to be returned at end of trek)			
Item	Description/Notes	Quantity	Check
Canoes/Kayaks			
Lifejackets			
Paddles			
5 Gallon water containers			
Dry Bags	Commercial Grade, NRS	3 per canoe (1 large, 2 small)	
Dry Box		1 per unit	
Detailed River Map		1	
Bailers			

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	
Cooking Utensils	Spoon, spatula, etc.		
Compass			
Sewing Kit		1	
Camping Stove			
Fuel Bottle w/fuel			
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	
Toilet Paper			
Cooler for ice (optional)	Ice available Mon, Wed, Thurs		
Folding Saw	For fire wood		
Emergency Cellphone	Verizon Service		
Throw Rope (optional)		1	

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Shovel/Trowel/Snow Stake	For digging catholes		
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Personal/Individual Gear			
General Equipment			
Backpacking Backpack or duffel	Place interior items in waterproof containers/bags	1	
Tent	Often shared by campers in 'buddy pairs'		
Small Stuff Sacks		Multiple	
Sleeping Bag	Lightweight	1	
Sleeping Pad	Inflatable or foam. Most campsites have gravel pads.	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	

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	
Belt		1	
Sleep Clothes		1 set	
Fleece Jacket or Sweatshirt		1	
Rain Jacket and Pants	Sturdy w/ hood, breathable	1 set	
River Shoes	Broken in prior to trek	1 pair	
Camp Shoes/Sneakers		1 pair	
Class A Uniform	Worn during flag ceremonies	1	
Baseball Cap/Wide Brimmed Hat		1	
Swimwear	Scouting appropriate	1-2	

Toiletries			
Toothbrush		1	
Toothpaste	Travel Size	1	

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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	

Other			
BSA Medical Form	Parts A, B, C, and NCAC Health Advisory	2 copies	
Outfitter Liability Waiver		1 copy	
Sunscreen	6 oz tubes, SPF 30 or higher	1	
Bug Spray	Small bottle, no aerosol cans	1	
Sunglasses		1	
Money	Trading post located at base camp		
Watch		1	
Camera (optional)	Batteries, memory card	1	
Notebook/Pen (optional)		1	
Whistle		1	
Personal First Aid Kit		1	
Folding Camp Chair (optional)		1	
Fishing pole/tackle/license (optional)			