



2023 Leader's and Crew Guide
James River Canoe Trek

2023 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 dan.leichtling@gotogoshen.org. We are looking forward to meeting your units on the trail and providing you with an incredible adventure!

Yours in Scouting,

Daniel Leichtling

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 6, 2023**).
 - 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
 - Safe Swim Defense
 - Wilderness First Aid Certification (at least one member)
 - CPR 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 cell phone with Verizon cell service



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 6, 2023**.
- 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 Preparation

Being prepared for your Lenhok'sin adventure is paramount for the success of your Lenhok'sin Trek. Units should complete multiple pre-camp "shakedown trips," where participants are able to canoe with full equipment for the number of miles your unit aims to complete each day. Shakedown trips should aim to build up your crew's skill and stamina through the addition of weight and mileage. This will ensure that your unit is prepared for your trek, as many sections of the James River are very challenging.

During your shakedown preparation, keep note of items that you used, didn't use, and should be 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.

Crew members should be proficient in map and compass use/land navigation, and know how to set up and use their equipment. This includes bear bagging, water purification, camping stoves, tents, and more.

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. If an adult in your crew has an equivalent or higher level of medical training from their profession, this may be exempted with proof of 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

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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/>

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, 2023. 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 (6) members, and maximum crew size **is limited** to twelve (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 6, 2023**. 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.

The Pre-Camp Survey can be found on the Lenhok'sin website under “Forms and Downloads.”

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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
- 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 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 in 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.**

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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.

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 or 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.

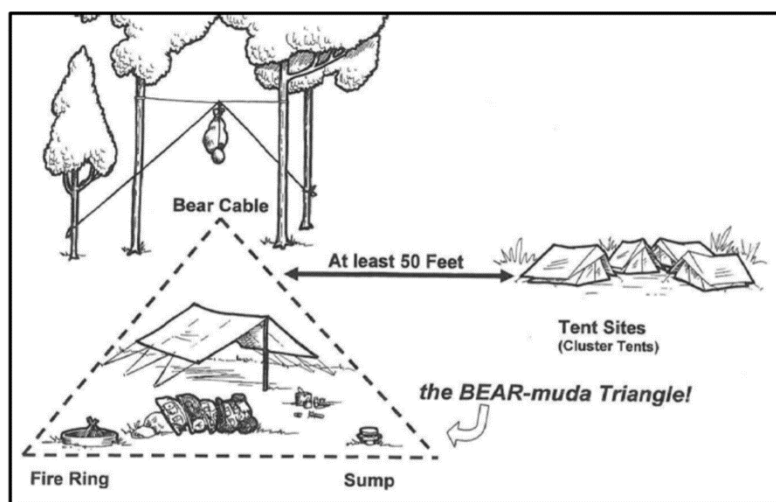
Flashlights

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 “Bermuda 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 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.

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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 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 2023 Trail Food Menu available on the Lenhok’sin webpage.

Trail Menu

River Trek units will receive meals for Monday lunch through Friday lunch upon arrival at Camp Baird Sunday afternoon. Meals for Sunday Dinner, Monday Breakfast, Friday Dinner, and Saturday breakfast will be provided at the Camp Baird Dining Pavilion.

The 2023 Trek Menu (Standard and Vegetarian) is available under the “Forms and Downloads” section of the Lenhok’sin webpage.

Food Allergies/Special Dietary Needs

Dietary restrictions and allergies (including number of individuals and severity) must be reported on the Pre-Camp Survey and on the individual scout’s camp registration. Although we are able to accommodate vegetarian, gluten free, nut free, and no-meat variations, notice must be provided before arrival at camp to ensure that supplemental food is available. **Please do not inform us the day your trek starts of a specific food allergy.**

We encourage participants with severe allergies and restrictions to bring supplemental food items. Depending on restrictions, a participant may be requested to provide their own food for their trek.

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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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

Camp Stoves

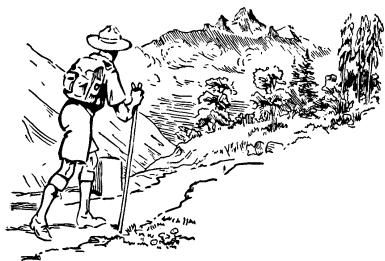
We recommend that the crew use single burner backpacking stoves. Two stoves are recommended for a crew of eight, but a third one may come in handy for larger crews. In keeping with BSA policy, adult advisors must demonstrate safe use, discuss safety rules, and observe closely as each youth demonstrates 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

Fuel must be stored in approved aluminum flasks that are adequately labeled. Fuel should be stored outside of a backpacking pack. During your shakedown preparation, be mindful of how much fuel your unit is using for one cooked meal. Use these observations to determine how much fuel will be needed by your unit. Each day includes one cooked meal, with the addition of one cooked breakfast (see 2023 Menu for more details). Fuel may be left with the quartermaster to be delivered to your unit at the mid-week resupply.

If your unit is utilizing the Bus Transportation organized by the Goshen Scout Reservation, you may not travel with liquid fuel. Lenhok'sin is able to provide white gas **only** for units who are using the bus system.

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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 the Lenhok'sin Camp Director and Twin River Outfitters (canoeing trek partner company), both of whom can be called in an emergency. If an emergency were to occur on the James River, the Twin River Outfitters Emergency line should be contacted immediately, followed by a notification call to the Lenhok'sin Camp Director.

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

Below is the Goshen Scout Reservation Wildlife Policy, also available in the 2023 GSR Leader's Guide.

Wildlife Policies and Procedures Purpose:

Approximately 10,000 scouts, leaders, and staff camp each summer at the six camps within the Goshen Scout Reservation. The large property is home to a vast amount of wildlife that poses a potential risk to all campers. These procedures are in place to minimize the risk to campers and staff as well as protect the wildlife of Goshen Scout Reservation.

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Policies:

1. No wild animals are to be handled or captured. This includes mice, snakes, turtles, raccoons, and all other species. The only exception to this rule is camp staff with explicit permission from their Camp Director to handle or capture wildlife for use in an Ecology or Nature based educational program.
2. All campers should respect the wildlife at Goshen Scout Reservation. Intruding upon, disturbing, scaring, yelling, feeding, or throwing objects at any wildlife is strictly prohibited.
3. All campsites must be kept free of litter to prevent the intrusion of animals such as bears, foxes, raccoons, and mice. All trash should be taken to the dumpster on a nightly (or more frequent) basis.
4. All spiders are to be left alone and campers should be informed of the distinguishing characteristics of venomous ones. Issues with venomous spiders should be reported to camp staff leadership.
5. All snakes are to be considered venomous and not approached. Location should be noted and your Camp Director should be notified.
6. In the event of a large animal or predator being seen, the Camp Director is to be notified so proper authorities can relocate that animal.
7. In the event of an injury caused by wildlife, the Camp First Aider and Camp Director should be notified so that proper medical treatment can be given and the animal relocated.
8. In the event of an injured animal being found, your Camp Director should be notified so that trained and qualified individuals can be called to assist the animal. Only Reservation Ranger Staff and Virginia Department of Game and Inland Fisheries Officials will attempt to handle or treat any injured wildlife at Goshen Scout Reservation.\
9. Goshen Scout Reservation is home to many black bears. Proper preparation is needed to ensure that encounters with these bears are unremarkable. Please refer to our webpage here for more information:
<https://www.ncacbsa.org/blog/2018/07/05/bear-visits-onthe-rise-do-your-part-to-keep-goshen-safe-for-all/>.

Bear Procedures

There are many bears at the 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, please call the Camp Director immediately.** 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 box or bear bag hung away from camp.

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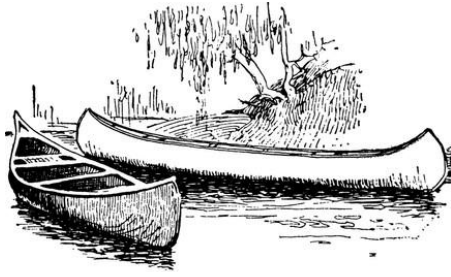
- Make noise while hiking
 - Hiking at dawn or dusk may increase your chances of meeting a bear.
- If you have a close encounter, make yourself as big as possible and back away slowly while facing the bear.
- Hike in groups.
- Cook away from the sleeping area, don't sleep in the clothes that you wore 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/

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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. 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) between 1:30 pm and 3:30 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) no later than 30-45 minutes prior to launch time. Launch time will be communicated by the Lenhok'sin staff prior to your arrival at Camp Baird. *Units are expected to provide their own transportation.
 - 640 Lowe St, Buchanan, VA 24066
- TRO will conduct safety brief and collect TRO release forms (digital option emailed prior to trek)
- 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.

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- TRO staff will stage vehicles for gear pickup, allowing for Friday paddle with no camping gear in boats.

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.

The Goshen Scout Reservation 2023 Pre-Camp Swim Check Form is available on the main Goshen Scout Reservation page under "Forms and Downloads."

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 Waiver is available on the Lenhok'sin website under "Forms and Downloads."

River Trek Guide

Each unit has the option of having a Lenhok'sin Staff member attend the Monday and Tuesday portion of the James River Trek with units. If multiple units are attending during a session, the 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 (Unit 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 camp check-in and Round Robin Stations
- Complete a service project approved by the outfitters (see "River Clean Up Service Project").
- Canoe at least 50 miles in length.
- Present an **original** song, skit, or cheer at **closing campfire**

The Wilderness Award (Unit Award)

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

- Qualify for the River Trek Award (See River Trek Award requirements)
- Minimize use of "basecamp amenities" to once during your trek (e.g., Camp Store, restaurants neighboring campsites, etc.)
- Host a group discussion with your unit about the importance of Leave No Trace and Outdoor Ethics
- Actively follow the seven Principles of Leave No Trace

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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. |
| 1:30 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 |
| 7:00 pm | Staff Interest Meeting | Chapel | For youth campers interested in becoming LHA Staff |
| 8:20 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 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 Unit Number. For Crew gear, we recommend considering one's crew size in regard to the 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 | As many as needed for a unit | |
| Dry Box | | 1 per unit | |
| Detailed River Map | | 1 | |

| 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 firewood | | |
| Emergency Cellphone | Verizon Service | | |
| Throw Rope (optional) | | 1-3 | |

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| | | | |
|--------------------------|--|--|--|
| Shovel/Trowel/Snow Stake | For digging catholes | | |
| Bailer | For removing water from boating vessle | | |

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 | |

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| 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 | |

| 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) | | | |