

GOSHEN SCOUT RESERVATION

# FAMILY CAMP



## FAMILY ADVENTURE GUIDE

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Memorial and Labor Day Weekends

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

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# WELCOME TO FAMILY CAMP!

Dear Scouts and Scouting Families,

Welcome to the Goshen Scout Reservation and thank you for choosing us for your Family Camp adventure! Seated on the steps of the George Washington & Jefferson National Forest in the Blue Ridge Mountains of Virginia, the Goshen Scout Reservation is proud to have been a part of the scouting experience since 1967. Our mission is to provide you with a memorable scouting experience, whether you are joining us at Goshen for the first time, or for the tenth time. At GSR Family Camp, we are looking forward to continuing to offer a wide variety of programs and outdoor experiences for you and your family and friends to enjoy together.

Family Camp is always one of my favorite events of the year. It is an opportunity to spend time with loved ones in the great outdoors and explore the Scouting Program. During the day, Family Camp Attendees can be found swimming and boating on Lake Merriweather, participating in target and range activities on the range, and climbing to new heights on the climbing tower. During the evening, families are found relaxing around the campfire, singing songs, and gazing at the stars.

This guide will provide you with information you need to plan and prepare for your upcoming family camp experience. We continually update and add new information on our website and encourage you to visit our "Family Camp" page at [www.gotogoshen.org](http://www.gotogoshen.org) for more information, including program schedules.

Thank you for all you do for the scouting community throughout the year, and we cannot wait to welcome you at the Goshen Scout Reservation.

Yours in Scouting,



Elisabeth Warren

Goshen Scout Reservation Director

Scouting America National Capital Area Council

# WHAT IS GOSHEN SCOUT RESERVATION?

Operated by Scouting America National Capital Area Council, the Goshen Scout Reservation is home to five Nationally Accredited summer camps; Bowman, Marriott, Olmsted, Ross, and Lenhok'sin High Adventure. Each of the camps offers specialized programs and advancement opportunities, as well as different dining methods.

## *CUB SCOUT OPPORTUNITIES*

### **CAMP ROSS**– [www.gotogoshen.org/ross](http://www.gotogoshen.org/ross)



Camp Ross is A weeklong resident camping programs for rising Webelos and rising Arrow of Light Scouts! With the goal to give scouts “a great week and an introduction to scouting,” Camp Ross serves as a steppingstone into the Scouts BSA program and future scouting experiences. Camp Ross offers camping for 300 and supports programs in nature, outdoor skills, crafts, shooting sports, and aquatics (including a water trampoline!). Units at Camp Ross enjoy meals from the Dining Hall and participate in camp songs and celebrations with the staff.

## *SCOUTS BSA OPPORTUNITIES*

### **CAMP OLMSTED** – [www.gotogoshen.org/olmsted](http://www.gotogoshen.org/olmsted)



Camp Olmsted is a center for STEM, hosting the “Tech Center” with programs including robotics, animation, and design. Olmsted also offers a wide variety of programs in aquatics, ecology, outdoor skills, range and target activities, and crafts. Units at Olmsted enjoy meals prepared in the Forster Dining Hall and take part in a dynamic “dining hall program.” Camp Olmsted offers camping for 400 and is the largest camp at the Goshen Scout Reservation.

### **CAMP BOWMAN** – [www.gotogoshen.org/bowman](http://www.gotogoshen.org/bowman)



Units who attend Camp Bowman will take part in the Patrol Cooking program, creating the opportunity for Scouts to apply their new and developing scout skills. By working together to cook each meal and care for the campsite, Camp Bowman units see growth in scout independence and teamwork. Camp Bowman offers camping for 300, and includes program areas for outdoor skills, range and target activities, aquatics, crafts, and more.

### **CAMP MARRIOTT** – [www.gotogoshen.org/marriott](http://www.gotogoshen.org/marriott)



With a focus on vocational and trade skills, Camp Marriott offers a large variety of merit badge programs in areas including aquatics, ecology, outdoor skills, range and target activities, and eagle advancement. With an emphasis on vocational and trade

# WHAT IS GOSHEN SCOUT RESERVATION?

skills, “The Guild” hosts classes in metal working, welding, automotive maintenance. Camp Marriott offers camping for 300 and offers patrol cooking and “heater stack” dining methods. The use

## *HIGH ADVENTURE OPPORTUNITIES*

**LENHOK’SIN HIGH ADVENTURE** – [www.gotogoshen.org/lenhoksin](http://www.gotogoshen.org/lenhoksin)

Lenhok’sin High Adventure offers backpacking and canoeing trek programs for units and older scouts. Based on a “plan your own adventure” structure, Lenhok’sin’s customizable Backpacking Trek and 61-mile James River Canoe Trek serve as a preparation opportunity for units who may be aspiring to attend a National High Adventure Base, such as Philmont or Northern Tier, in the future. Lenhok’sin backpacking units also take part in other high adventure activities including caving, black powder rifle shooting, blacksmithing, stand-up paddle boarding, and more!



## Want to learn more about Goshen Scout Reservation?

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

Facebook: Goshen Scout Reservation

Instagram: @goshenscoutreservation

YouTube: Goshen Scout Reservation



## QUICK REFERENCES

### FAMILY CAMP DATES

Event	Dates	Registration Opens
Memorial Day 2026	May 22—25, 2026	February 1, 2026
Labor Day 2026	September 4—7, 2026	May 1, 2026
Memorial Day 2027	May 28—31, 2027	February 1, 2027
Labor Day 2027	September 3—6, 2027	May 1, 2027

### CAMP RESOURCES

Name	Email	Phone
Elisabeth Warren, Reservation Director	<a href="mailto:elisabeth.warren@scouting.org">elisabeth.warren@scouting.org</a>	(301) 214 - 9192
Sarah Moses, Camping Specialist	<a href="mailto:sarah.moses@scouting.org">sarah.moses@scouting.org</a>	-



# CHECK-IN PROCESS

## Address

Goshen Scout Reservation  
340 Millard Burke Memorial Highway  
Goshen, Virginia 24439

If utilizing GPS services on your way to Goshen, we suggest using the address above. Google Maps is reported to be the most accurate; we have worked with this service to ensure that the directions are accurate and highlight the best route. Other GPS services will also work with the address above.

## Recommended Route—From DC Area

66 West to 81 South  
81 South to Exit 225  
Merge right onto Hwy 262  
After about 5 miles take the exit on the right for Hwy 254 West (it comes up a little fast)  
Turn right onto 254/42 towards Goshen.  
Stay straight for about 20 miles and then take a left on to Rt. 39  
After about 3-4 miles take a left on to Hwy 601  
After about a ¼ mile you will see the big Goshen Scout Reservation sign on the right!

## Check-In and Campsite Selection

Check-In for GSR Family Camp will occur at Camp Olmsted at the Goshen Scout Reservation. After entering the Goshen Scout Reservation, proceed straight on “Beltway Drive” until you reach the “Camp Olmsted” sign on your left. “Family Camp” signs will be set up to guide you.

Check-In will begin at 5:00 pm on Friday on last until 9:30 pm. As part of your Family Camp registration, you will have the opportunity to reserve a space in a campsite prior to arrival. When you arrive at Camp Olmsted, you will be greeted by Camp Staff who will help direct you to your campsite.

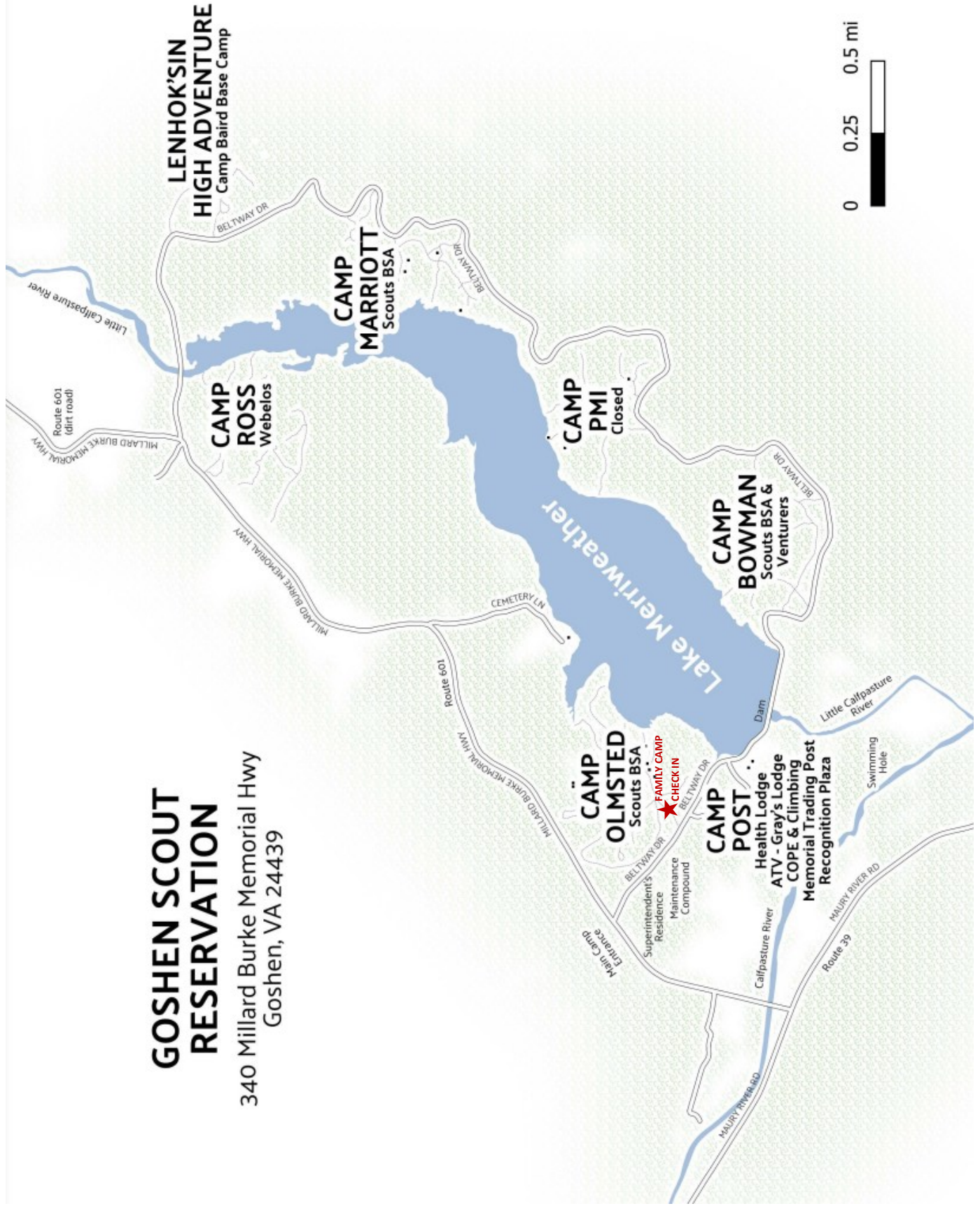
Are you planning to arrive later than 9:30 pm or on Saturday morning? No worries! Check-in documentation (maps, program schedules, etc.) will be available at the Camp Olmsted First Aid Stations just passed the parking lot.

## Goshen Scout Reservation and Camp Olmsted Maps

A copy of the Goshen Scout Reservation and Camp Olmsted Maps are available on the following pages and for download at [www.gotogoshen.org/familycamp](http://www.gotogoshen.org/familycamp).

# GOSHEN SCOUT RESERVATION

340 Millard Burke Memorial Hwy  
Goshen, VA 24439



# CAMP OLMSTED

GOSHEN SCOUT RESERVATION

## MAP KEY

- GRAVEL ROAD 
- SERVICE ROAD 
- TRAIL 
- TREELINE 
- CAMPSITE 

- A. MAINTANENCE FACILITY
- B. COPE & CLIMBING
- C. DUMPSTER
- D. FORSTER DINING HALL
- E. RANGE & TARGET ACTIVITIES
- F. TRAILSHEAD I PAVILION
- G. TRAILSHEAD II PAVILION
- H. ECOLOGY PAVILION
- I. SHOWER HOUSE
- J. HANDICRAFT PAVILION
- K. PARKING LOT
- L. TECH CENTER
- M. ADMIN / FIRST AID
- N. QUARTERMASTER / TRADING POST
- O. SCOUTCRAFT
- P. LENHOK'SIN AQUATICS
- Q. CAMPFIRE HILL
- R. CHAPEL HILL
- S. CULTURE CRAFT
- T. AQUATICS
- U. CAMP POST / ATV

1000 ft  
200 m

RT 501 MILLARD BURKE MEMORIAL HWY

STAFF

ENTRANCE

N E  
W S

Patrick Fitzgerald '17  
Sarah Bain '20  
Elisabeth Warren, 2025

LAKE MERRIWEATHER

# FAMILY CAMP PROGRAMS AND ACTIVITIES



## AQUATICS

Join us at the Camp Olmsted Aquatics area for swimming, kayaking, canoeing, and row boating!



## COPE & CLIMBING

Navigate climbing wall, soar through the air on the Giant Swing, and participate in family initiative games.



## HANDICRAFT

Includes T-shirt Tie-Dye, Leather Working, Painting, Coloring, Clay Molding, Bracelet Making, Gimp, Wood Carving, and more!



## RANGE & TARGET ACTIVITIES

Test your aim at the BB, Archery, Rifle, and Shotgun ranges! Compete against others in our Shotgun Competitions!



## VIEWING ROCK HIKE

Hike to the most beautiful spot on the whole Reservation! Wave to your friends down below as you view Lake Merriweather from above.



## SWIMMING HOLE

Cool off in the swimming hole and enjoy our natural "water slide"!

# FAMILY CAMP PROGRAMS AND ACTIVITIES



**FIELD GAMES**

Take advantage of Camp Olmsted's wide open fields!



**GIANT CHESS**

Challenge other families in a friendly game of Giant Chess!



**FISHING**

Fish in Lake Merriweather!



**CLOSING CAMPFIRE**

Join us in presenting a song, skit, or cheer at our closing campfire!



**TRADING POST**

Join us in the Camp Olmsted Trading Post for slushies, ice cream, snacks, and Goshen Gear!



**GSR MUSEUM**

Established in 2024, the GSR Museum at Camp Post explores almost 60 years of history made at the Goshen Scout Reservation. We can't wait for 60 more years!

# FAMILY CAMP PROGRAM AND ACTIVITIES

## Family Camp Schedule

For the most up to day version of the Goshen Scout Reservation Family Camp Schedule, please visit [www.gotogoshen.org/familycamp](http://www.gotogoshen.org/familycamp).

## A Day in the Life at Family Camp

The Goshen Scout Reservation Family Camp is an opportunity for families to explore the world of Scout Camp together. Activities are open throughout the day and do not require any sign ups to participate.

## Swim Checks

Swim checks will occur on Saturday from 9:00 am – 12:00 pm at the Camp Olmsted Aquatics Area. A Swim check must be completed in order to participate in aquatics activities while at Family Camp. Swim checks are available after this time on a scheduled basis—just ask the Aquatics Staff!

*What do I have to do to pass the Swimmer's Test?*

To pass the Scouting America **Swimmer's Test**, you must:

- Jump feet first into water over the head in depth, level off, and begin swimming
- Swim 75 yards in a strong manner using one or more of the following strokes: side stroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy resting back stroke.
- The 100 yards must be swum continuously and include at least one sharp turn.
- After completing the swim, rest by floating.

To pass the Scouting America **Beginner's Test**, you must:

- Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.

Anyone who has not completed the beginner or swimmer tests is classified as a **nonswimmer**.

*There are aquatics activities at the Waterfront for all levels of swimming and water comfort, including non-swimmers! Please speak with the Aquatics Director on site for more information.*

## Age Requirements for Activities

In accordance with the Guide for Safe Scouting and Scouting Appropriate Activities, some activities at GSR Family Camp have age restrictions.

Rifle: Have completed 5th grade or at least 10 years old and up

Shotgun: Have completed 5th grade or at least 10 years old and up

Giant Swing: Have completed 5th grade or at least 10 years old and up.

# TRADING POST

The Camp Olmsted has a Trading Post that sells a wide range of goods and supplies including Goshen branded apparel and merchandise, outdoor / camping gear and equipment, merit badge and handicraft supplies, ice cream, cold beverages (including slushies!), and snacks.

## Apparel

- GSR Camp Shirts
- GSR Sweatpants
- GSR Sweatshirts
- GSR Flannels
- GSR Hats
- GSR Belts
- Uniform Socks

## Snacks and Beverages

- Chips
- Ice Cream
- Trail Mix
- Bottled Water
- Soda
- Juice
- Energy Drinks
- Slushies
- Ice Bags

## Camp Supplies

- Rope
- Flashlights
- Batteries
- Fishing Equipment
- Tarps
- Rain Ponchos
- Safety Equipment
- Wood Cutting Supplies
- Hiking Sticks

## Hydration

- Nalgene Bottles
- Mugs and Cups
- Hydration Packs

## Personal Hygiene

- Sunscreen
- Bug Spray
- Toiletries
- First Aid Kits

## Souvenirs

- Patches
- Magnets
- Pocket Knives

## Literature

- Pocket Guides
- Scouting America Literature

## Crafting Supplies

- Tie-Dye Shirts
- Leatherworking Kits
- Wood Carving Kits
- Basketry Kits
- Other Craft Materials

# RECOMMENDED PACKING LIST

## PERSONAL GEAR

### General Equipment

Tent  
Sleeping Bag  
Sleeping Pad  
Camp Chair\*  
Campsite Shade Fly (optional)  
Flashlight / Lantern / Headlamp\*  
Extra Batteries\*  
Backpack / Day Pack  
Pocket Knife / Multitool\*  
Lighter / Matches  
Two 1- Liter Water Bottles\*

### Toiletries

Toothbrush\*  
Toothpaste\*  
Lip Balm\*  
Shampoo, Conditioner\*  
Body Soap\*  
Washcloth  
Shower Towel\*  
Aquatics Towel  
Feminine Hygiene Products\*  
Personal Medications

### Clothing

Shorts / Pants  
Shirts\*  
Underwear  
Socks\*  
Sleep Clothes  
Swimsuit  
Rain Jacket / Pants / Poncho\*  
Hat or Cap\*  
Sweater / Jacket  
Hiking Boots / Shoes  
Sneakers  
Water Shoes  
Shower Shoes

### Other

Sunscreen\*  
Bug Spray\*  
Sunglasses\*  
Money for the Trading Post  
Watch  
Camera (optional)  
Scouting America Medical Form (Parts  
A and B)

\* These items can be purchased in the Camp Olmsted Trading Post

# RECOMMENDED PACKING LIST

## COOKING EQUIPMENT

### Cooking and Prep

- Camp Stove
- Fuel for Camp Stove
- Matches / Lighter
- Cook Pots and Lids
- Cook Pans
- Cooking Utensils (large spoon, spatula, tongs, whisk)
- Can opener
- Knives
- Cutting Board

### Setting Up the Camp Table

- Mess Kit (Plate, Bowl, Cup, Fork, Spoon, Knife)\* - 1 per person
- Table Cloth\*

### Camp Kitchen Storage

- Cooler (for food storage)
- Small food storage containers (for leftovers)
- Plastic Bags

### Camp Kitchen Cleanup

- Wash bins (for cleaning dishes)
- Dish Soap
- Pot Scrubber / Sponge
- Dish Towels
- Matches / Lighter

### Optional Cooking Equipment

- Dutch oven and lid lifter
- Charcoal
- Aluminum Foil
- Mixing Bowl
- Measuring spoons and cups
- Marshmallow roasting forks

### Food and Beverage

- Cooking Oil
- Salt, Pepper, Desired Seasonings
- Coffee and Tea (including sugar, creamer)
- Meal Plan and Groceries

### Provided by Goshen Scout Reservation

At Check-In Table: Trash Bags, Printed Map and Schedule

In the Campsite: Wooden Tent Platforms, Campfire Ring, Picnic Table, Toilet Paper

\* These items can be purchased in the Camp Olmsted Trading Post

# REGISTRATION

## REGISTRATION RESERVATION

Goshen Scout Reservation uses the online registration system “Blackpug” for all camping registrations. All registrations must be completed using this online system at [www.gotogoshen.org/familycamp](http://www.gotogoshen.org/familycamp).

## REGISTRATION LOG IN

Online registration are made using your provided email address; no username or password required. Once you have completed your initial registration, you will be able to access your account with the email address you provided during the initial registration.

## REFUND POLICY

All refunds on non-refundable for Goshen Family Camp Events.

## REGISTRATION REQUIREMENTS

In order to attend Family Camp at the Goshen Scout Reservation, at least *one* member of your party must be a registered member of Scouting America.

# MEDICAL REQUIREMENTS

## SCOUTING AMERICA PERSONAL HEALTH AND MEDICAL RECORD

Every participant should complete a Scouting America Annual Health and Medical Record (Parts A and B) and keep them on file in their campsite at the Goshen Scout Reservation. Scouting America Form #680-001, is the only medical form accepted by Scouting America for events.

## MEDICATIONS

Medication is the direct responsibility of the attending family. If you wish to store prescriptions in the first aid room at camp may do so by talking to the First Aid staff member upon arrival. A locked, medical refrigerator is also available in the first aid room.

## C-PAP MACHINES

Any person who requires a C-PAP machine must bring their own equipment, including a rechargeable battery to camp. The Goshen Scout Reservation does not have powered campsites and is unable to provide batteries and extension cords to participants. Daily charging areas are available in the camp Leader’s Lounge, Admin Building, and select program areas. Please speak with your camp administrative staff with any questions.

# STANDARDS OF CONDUCT

## SCOUTING AMERICA - YOUTH PROTECTION

Preventing child abuse is a critical objective of Scouting America, and the safety of our youth and adults is always of utmost importance. The assistance of every adult is essential to success. All adults are required to be current members of Scouting America and hold a valid Youth Protection Training certification.

Please use the Scouting.org website ([www.scouting.org/training/youth-protection](http://www.scouting.org/training/youth-protection)) and your Youth Protection Training as a reference. Anyone who has questions on how these policies and procedures apply in a summer camp environment should consult with the Reservation Director.

## MANDATORY REPORTING

All Scouting America registered volunteers, parents, and leaders attending the Goshen Scout Reservation, and all other persons over the age of 18 are mandatory reporters. If you suspect that a Scout in camp is a victim, report this to a Camp Staff member immediately. The Camp Staff member will then involve the Reservation Director and Scout Executive, per National Scouting America policy. Virginia law requires that all childcare providers, including Scout Leaders, must report any incidents of child abuse and suspected child abuse to Child Protective Services. The Virginia State Child Abuse and Neglect hotline in Virginia is 1-800-552-7096, and if you are out of state is 804-786-8536. All discussions, both at camp and over the hotline, will be kept confidential.

## CRIMINAL OFFENSES

While exceedingly rare, when a criminal act has been committed, the following procedures apply:

1. The immediate health and safety of both parties must be secured. Please ensure that the parties are separated to stop further actions.
2. Immediately notify the Camp Director of the incident.
3. Upon report, the Camp Director will respond accordingly, working with the Reservation Director and the reporting individuals to contact law enforcement when deemed necessary. Camp leadership has been trained on specific procedures when dealing with offenses of a criminal nature.

# CAMP POLICIES

## THE DIVERSITY, EQUITY, AND INCLUSION STATEMENT OF SCOUTING AMERICA

Scouting America promotes a culture where each youth, volunteer, and employee feels a sense of belonging and builds communities where every person feels respected and valued. Leading by example and encouraging each other to live by the values expressed by the Scout Oath and Scout Law, we welcome families of all backgrounds to help prepare young people to serve as successful members and leaders of our nation's increasingly diverse communities.

## A NOTE ON LANGUAGE

This guide uses several terms interchangeably. The terms, "adult," "leader," "advisor," and "Scoutmaster," describe any attending adult over the age of eighteen participating in the programs of the Goshen Scout Reservation. The terms, "youth," "youth participants," "Scouts," and "Venturers," describe any youth participant in any Goshen Scout Reservation program. Please note that Venturing participants over the age of eighteen are adults for purposes of Youth Protection policies, though they may still participate in the Venturing awards, and advancement program.

## HAZING, INITIATIONS, DISCIPLINE

Any form of hazing, initiation, ridicule, or inappropriate teasing is prohibited and will not be allowed in any circumstance. Any disciplinary action must be constructive and must meet the standards of the Youth Protection policies of Scouting America. Involvement in any of the aforementioned activities may result in removal from the Goshen Scout Reservation property.

## HARASSMENT

The Goshen Scout Reservation and Scouting America prohibit language or behavior that belittles or puts down others, unwelcome advances, racial slurs, chastisement for religious or other beliefs, or any other actions or comments that are derogatory of people. **Participants who do not meet these expectations may be asked to leave.**

## A WORD ABOUT CONDUCT...

The Scout Oath and Law serve as the standards for all interactions between participants (youth and adult) and staff members. The Goshen Scout Reservation and Scouting America serve individuals from diverse backgrounds, and it is important that each group respects each other. Any behavior that belittles, harasses, or makes another individual uncomfortable is not acceptable. Remember, a Scout is kind!

The current edition of the Scouter Code of Conduct is available at <https://www.scouting.org/health-and-safety/gss/bsa-scouters-code-of-conduct/>.

Each family should develop procedures to mitigate and address inappropriate/unacceptable behavior. Expectations and consequences should be set with all Scouts, parents/guardians, and adult

# CAMP POLICIES

Participants; expectations should align with the Scout Oath and Law and the policies of Scouting America, and consequences should be understood and acknowledged.

## RESTRICTED ITEMS

It is against Scouting America and Goshen Scout Reservation policy for any individuals to possess any of the following items while on camp property:

- Personal Firearms or Ammunition
- Illegal and Recreational Drugs
- Alcoholic Beverages
- Fireworks

If any of these items are found in the possession of any camper, either adult or youth, those involved will be dismissed from camp and law enforcement officials contacted if necessary.

Hunting arrows and bows are not permitted in camp.

## CHEMICAL FUELS

The use of chemical fuels in lanterns and stoves is acceptable under the following conditions:

1. A knowledgeable adult must provide supervision over the storage, transport, and usage of the fuel and equipment.
2. Adults will teach Scouts the safe and proper handling and usage of fuel, stoves, and lanterns. Webelos Scouts do not handle liquid fuel, stoves, or lanterns.
3. The storage of liquid fuels must be in a safe and secure location approved by the Camp Director.
4. BY LAW, NO pressurized L.P. gas cylinders and NO liquid fuels (e.g., Coleman, MSR White Gas) may be transported to camp on the bus.

## CAMP CLOTHING POLICY

**General Guidelines:** Each unit/family should have a clothing policy that meets the needs of their members in consultation with their charter partner and within the framework of Scouting America's clothing policy guidelines. Policies should reflect Scouting America's statement and commitment to diversity, equity, and inclusion.

We recommend that swimwear be comfortable, functional, and appropriate for the specific aquatics activity. As always, we remind everyone that Scouting's Barriers to Abuse state, "Appropriate attire is required for all activities." Please see the above section for guidance on establishing your unit's clothing policy.

# CAMP POLICIES

**At the Goshen Scout Reservation, we have the following additional requirements:**

- Clothing depicting or advocating violence, criminal activity, use of alcohol or drugs, pornography, or hate speech will not be allowed.
- Closed-toe shoes should be worn at all times. Shower shoes may be worn in the shower only and water shoes should be worn for aquatics activities outside of the swimming area.

## **OFF LIMIT AREAS**

For your safety, various areas of the Goshen Scout Reservation are considered OFF LIMITS. These include the area above the upstream bridge (located between Camp Ross and Camp Baird), the Lake Merriweather Dam, the Spillway and adjoining embankments, and all Staff Residence Sites and Staff Cabins. Other restrictions include:

- While on the lake, persons using boats or canoes should stay away from any floating logs near the dam spillways.
- Short-cutting through other camps and campsites is not allowed unless hiking on the existing trails with the permission of your Camp Director.
- All campers should be at their unit's site by 9:30 pm each evening unless engaged in a late-night program.
- Fishing is not permitted at any Camp Aquatics Waterfront, from the Lake Merriweather Dam or its embankments (both sides), or the upstream bridge (located between Camp Ross and Camp Baird).

## **SMOKING AND TOBACCO POLICIES**

Smoking is only allowed for adults over the age of 21. This smoking policy includes the use of electronic cigarettes or other smokeless tobacco products. You may smoke in designated areas only, and not in sight of Scouts. Each camp has one or two designated smoking areas. Smoking is not allowed in any campsites, camp building or structure, including tents. Cigarette butts are to be collected and disposed of properly.

## **PETS**

Pets are not allowed in Camp or on the Goshen Scout Reservation property. If a member of your unit requires a registered service animals, they will be permitted to attend. In the case of registered service animals, please contact the Reservation Director at least two weeks prior to camp.

# CAMP SERVICES

## CAMPSITE SET UP

All campsites at the Goshen Scout Reservation Family Camp have wooden tent platforms and picnic tables, and are conveniently next to a latrine with potable, running water for drinking and handwashing. Within each of these campsites is a “patrol site” or “sub site.” Each campsite also has a metal fire grate for your use.

Please note that the Goshen Scout Reservation does not provide tents or shade/dining flies during Family Camp Operations. Families should plan to bring their own tents to sleep in and shade flies, such as a pop-up canopy tent.

## VALUABLES AND LOST & FOUND

The Goshen Scout Reservation camps are not responsible for personal items or their loss. All valuables such as money, cameras, watches, etc. should be carefully secured and labeled. Many families find it useful to bring along a container that can be locked for the storage of their camper’s valuables. If a Scout reports a lost item, the Scout should check with Lost and Found at the Camp Administration Office to see if the item has been found. It is recommended that all items brought to camp be labeled with the Scout’s name and unit number.

At the end of the summer, any items of significant value are brought to the Marriott Scout Service Center in Bethesda, MD and held for a short time before being donated to charity or being disposed of.

## FIRST AID / MEDICAL TREATMENT

At Family Camp, the Goshen Scout Reservation has a trained Emergency Medical Technician (EMT) available throughout your stay. The First Aid room can provide basic first aid treatment including minor cuts and abrasions, dehydration, sunburn, and minor aches and pains. If First Aid is needed while at camp, please proceed to the First Aid room so that the First Aider can properly assess the situation and utilize proper procedures to continue care. The First Aid Room will be fully staffed from 9:00 am—12:00 pm and 1:30 pm—5:30 pm. The Camp First Aider will be present in the Camp Olmsted Dining Hall during our Saturday Board Game night and Sunday Closing Campfire. If you need assistance any point of time, please speak with a staff member or call the Reservation Director directly at (301) 214—9192.

The Goshen Scout Reservation has arrangements with the Carilion Rockbridge Community Hospital in Lexington, VA for all emergency situations. It is important that you visit the First Aid room at your camp prior to departing to outside services, as certain cases may be better handled by mobilizing emergency services to your location rather than moving the patient to the secondary location.

We encourage campers to notify camp staff in the event of an emergency, as we do have staffed

## CAMP SERVICES

EMTs and medical services at camp that are able to provide many of the same services as local EMS. However, in the event of a serious life-threatening emergency, campers should dial 911 immediately, and then notify camp leadership. Parent/guardians should be prepared to travel to the hospital with the patient (may be by self-transport). Transportation back to camp can be arranged through the camp administration team, if needed.

### **Emergencies:**

Carilion Rockbridge Community Hospital  
(540) 458—3300  
1 Health Circle, Lexington, VA 24450

### **Non— Emergencies:**

Velocity Care  
(540) 462—3950  
110 Houston St. Suite D, Lexington, VA 24450



Save a Spot (See QR Code): [https://  
www.velocitycarebycarilion.com/save-a-spot/  
lexington](https://www.velocitycarebycarilion.com/save-a-spot/lexington)

## **SHOWERS AND FACILITIES**

All Goshen Scout Reservation facilities are Family Scouting friendly and are open to families, female and male youth, and adult members. Camp Olmsted at the Goshen Scout Reservation is equipped with shower houses with locking private rooms and changing areas, as well as flushable toilets.

Per National Scouting America Youth Protection Policy, adults must ensure youth member privacy. The Goshen Scout Reservation requires adults accompany youth to the shower house area to help ensure that safety and privacy are being observed by other youth. Scouts and adults should never shower together. The only exception to this rule is for youth requiring medical accommodation and parent/guardians with their small children.

## **FOOD SERVICES**

Food is not provided by the Goshen Scout Reservation for Family Camping Events. Families should come prepared with food to cook while at GSR. Ice is available for purchase at the Trading Post.

## FREQUENTLY ASKED QUESTIONS

**Q: Where is Family Camp being held?**

A: Family Camp will be held at Camp Olmsted at the Goshen Scout Reservation. Camp Olmsted is the first camp on the left after turning onto “Beltway Drive.” Signage and staff members will be present to help direct you!

**Q: Will I need to bring my own food and sleeping accommodations?**

A: Yes, attendees should provide their own tents and food for the duration of Family Camp.

**Q: What campsite am I staying in?**

A: You will have the opportunity to reserve a space in a campsite as a part of your Family Camp registration. We have plenty of space for everyone, but if you want a particular site, be sure to register early! Please see the “Camp Olmsted Map” for campsite locations.

**Q: Can we share a campsite with another family we’re friends with?**

A: Of course! We encourage that you coordinate this in advance and have a backup campsite selection.

**Q: What is provided in each campsite?**

A: Wooden tent platforms, a picnic table, a fire ring, a latrine, and potable access are available in each campsite. There are a total of 19 campsites, with multiple smaller “patrol” sites within each campsite.

**Q: Are there showers and flush toilets available at Family Camp?**

A: Have no fear! There are flush toilets and showers available at the Camp Olmsted Shower House. Please see the “Camp Olmsted Map” for the Shower House location.

**Q: Is there a schedule of events?**

A: Yes. A weekend schedule can be found on our website ([www.gotogoshen.org](http://www.gotogoshen.org)) on the “Family Camp” page and will be handed out upon arrival.

**Q: Which program areas will be available?**

Aquatics (swimming, kayaking, canoeing, and rowing), Shooting Sports (BBs, Rifle, Archery, and Shotgun), Handicraft (Tie-Dye, Arts and Crafts), and Rock Climbing/Giant Swing will be open all weekend. Please see the Family Camp Schedule for more.

## FREQUENTLY ASKED QUESTIONS

### **Q: Are there age restrictions on activities?**

The following activities have age restrictions, accordance with Scouting America policy:

Rifle: Have completed 5<sup>th</sup> grade or at least 10 years old and up.

Shotgun: Have completed 5<sup>th</sup> grade or at least 10 years old and up.

Giant Swing: Have completed 5<sup>th</sup> grade or at least 10 years old and up.

### **Q: What is available in the Trading Post?**

A: The Camp Olmsted Trading Post will have Goshen apparel, snacks, ice cream, slushies, basic camping supplies, bagged ice, t-shirts for Tie-Dying, handicraft projects (leather rounds, wood carving kits, leatherworking kits), and more!

### **Q: Is there firewood available for purchase?**

A: No, but there are ample amounts in the surrounding woods. In accordance with VA State Law, we ask that outside firewood not be brought onto camp property.

### **Q: When should I plan on arriving/departing?**

A: Arrival is any time after 5PM on Friday and departure is any time in the morning on Monday. You don't want to miss the campfire on Sunday night!