

***PAUL R. CHRISTEN NATIONAL HIGH
ADVENTURE BASE***



***THE SUMMIT BIKEPACKING TREK
PLANNING GUIDE 2018***

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WELCOME TO THE PAUL R. CHRISTEN NATIONAL HIGH ADVENTURE BASE

Welcome to one of the Summit's newest programs, The Bikepacking Trek. This trek will take you and your crew through 50 miles of The New River Gorge, one of the oldest rivers in the US.

The following guide is designed to help you, your participants and their parents prepare for a successful trip down the river. It was written with only The Bikepacking Trek program in mind. If you explore our website, you will find we have a Council & Unit Planning Guide for all our other programs at The Summit besides The Bikepacking Trek. All information from that guide important for your experience is reflected in this guide and information that does not apply has been removed. Please make sure you are using this guide entitled The Bikepacking Trek Planning Guide.

This guide is intended to be shared with all Scouts, Venturers, Leaders and Parents in your group.

Please read this guide carefully as you will find many answers to your questions. If you have further questions, please e-mail us at: summit.program@scouting.org. We can't wait to serve your group this summer at The Summit's Paul R. Christen National High Adventure Base!

Sincerely,



David Kopsa
Director, Paul R. Christen High Adventure Base at The Summit
David.Kopsa@Scouting.org
304-465-2800

CONTACT US

Mailing Address

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Glen Jean, WV 25846
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SUMMIT CORE VALUES

The Summit Bechtel Reserve is home to the Paul R. Christen National High Adventure Base, The James C. Justice National Scout Camp and the John D. Tickle National Training and Leadership Center. These are three distinct operations but throughout these various experiences participants will be exposed to a set of core values important to The Summit, Scouting and Life.

ADVENTURE

Adventure lies in the new, the unknown and the challenging. The New River Gorge will provide the chance for all participants to do something they have never done before. The facilities at The Summit were designed to meet many different ability and experience levels.

SERVICE

“A Scout is Helpful.” As with all the BSA National High Adventure Bases each high adventure crew will spend three hours in cheerful service on a conservation/service project on The Summit site, the New River Gorge or a nearby community. As participants in the Bikepacking Trek your group will participate in a service project along the trip to benefit the trails. Remember, with recreation comes responsibility.

SUSTAINABILITY

Sustainability describes a way of planning and operating that balances environmental stewardship, economics and educates people to ensure that what you do today can be sustained into the future. The Summit Sustainability Award program includes the Sustainability Tree house, a self-contained structure demonstrating sustainable practices located near Action Point. The Award program also involves discussion topics and other requirements for the crew to complete. Those that complete the program will be able to purchase an award patch at The Summit’s Trading Post.

LEADERSHIP

Each crew will operate under the direction of a Youth Crew Leader assisted by the Chaplain’s Aid and Outdoor Ethics Guide. Adult advisors are here to guide and help but not to lead the group. Keep in mind that leadership is more than just having a specific position or title. All participants will get the chance to improve their leadership skills. Summit programs and activities are designed to foster the development of important leadership characteristics for all participants: self-confidence, sound decision-making skills and a commitment to living the ideals of Scouting.

HIGH ADVENTURE PREPARATION WEBINARS

Half hour webinars to prepare leaders for their crew's high adventure experience will be held leading up to the 2018 high adventure season. A series of 4 monthly webinars will begin in February of 2018. Dates and times are listed below. Call in and login instructions will be sent out each month.

The webinars will involve a 15-minute program and a 15 minute question and answer session. The invites will go out each month to the Contingent Advisors and the Crew Advisors we have in our system for each crew. If you have others that you would like to add to that invite list, please e-mail The Summit at:

Summit.Program@Scouting.org.

Time- 7:00 PM EST/ 6:00 PM CST/ 5:00 PM MST/ 4:00 PM PST

Dates:

- **February 21st** – Program Design Review & Bikepacking Trek Planning Guide Review
- **March 21st** – Equipment and Gear and Campsites
- **April 18th** – Roles of Adult and Youth Leadership Positions & Pre-Arrival Packet
- **May 16th** – Last minute information and open forum

CONTINGENT STRUCTURE

THE COUNCIL CONTINGENT

A Council Contingent consists of one or more crews comprised of youth from throughout the local council. Contingents that consist of more than one crew can often save money by sharing travel and other expenses. Each crew will typically be comprised of advisors selected and approved by the local council and youth recruited from different units within the council. At its discretion, a council may organize a crew that is comprised entirely of advisors and youth from one Scouting unit in the council.

CHARTERED UNIT CONTINGENT

A Chartered Unit Contingent is a group of one or more crews organized and administered at the Unit level by a Chartered Sponsored Boy Scout Troop, Varsity Team or Venturing crew. The chartered unit is responsible for selecting appropriate adult leadership and youth participants. The Chartered Unit may select participants from inside their Scouting Unit or from other currently registered Chartered Units.

CREW SIZE

The Crew size for this program is a minimum of 8 people and a maximum of 12. This includes the minimum 2 adult leaders with one 21 years of age or older. The second adult may be 18 to 20 years of age. Co-ed crews must also have co-ed adult leadership with 1 adult leader of each gender over 21.

BSA ADULT LEADERSHIP POLICY*

The best available adult leadership should be recruited to accompany each crew. In keeping with the policy of the Boy Scouts of America, there are no gender restrictions for adult leadership at The Summit except that each Coed Venturing crew must have coed adult leaders at least 21 years of age. **Each adult must be a registered member of the Boy Scouts of America.**

Each Summit crew must have at least two BSA registered adult Advisors for **Boy Scout Troops**, one Advisor must be at least 21 years of age; the second Advisor must be at least 18 years of age. **Each crew is required to have a majority of youth participants, and the maximum number of adults (21 and over) is four (4) per 12 total participants.** A participant 18 through 20 years of age may be counted as a youth or be an assistant adult leader, but must tent with someone 18 years of age or older and **must use the appropriate adult restroom and shower facilities. All participants over 18 must have completed Youth Protection Training.**

Coed Venturing Crews are required to provide coed leadership while in route to and from The Summit and while they are at The Summit. A Coed Venturing Crew must have at least one male Advisor and at least one female Advisor, each of whom must be 21 years of age or older. Male and female youth participants will not share the same sleeping facility. Male and female advisors are required to have separate sleeping facilities. Married couples serving as adult advisors may share the same quarters if appropriate facilities are available. Female advisors must be responsible for the female participants; male advisors must be responsible for the male participants.

Crews with coed youth members must function under Venturing policies.

- A Council Contingent may have both Boy Scout Troops and Venturing Crews as a part of their contingent but each crew within the contingent must be either comprised of Boy Scouts or Venturers not a mix of both.

If a father and daughter (under 18 years of age) are participants, the crew must still have male and female advisors 21 years of age or over.

When staying in tents, no youth will stay in the tent of an adult other than his or her parent or guardian.

* Refer to *Guide to Safe Scouting*, No. 34416, for additional adult leadership policies.

SUMMIT LEADERSHIP ROLES

THE CONTINGENT ADVISOR

For a Council Contingent, the Contingent Advisor is a member of the Council Professional Staff or a Council Volunteer assigned by the Scout Executive. For Chartered Unit Contingents, the Contingent Advisor is a registered Scouting adult member of the Chartered Unit assigned by the Unit Committee. This person coordinates the contingent's participation in Summit programs. Working with the proper council volunteer committee (usually program, high adventure or camping) and/or the appropriate Chartered Unit volunteers the Contingent Advisor:

1. Ensures the recruiting of qualified leaders to serve as Crew Advisors for each crew in the contingent.
2. Develops a plan to recruit youth to join the Council or Chartered Unit Contingent.
3. Sets the participation fee (which includes The Summit fee plus additional travel and ancillary expenses. See creating the budget section on page 44 of this guide).
4. Ensures that participant fees are collected and disbursed to The Summit according to the payment schedule.
5. Applies for the National Tour Plan with their local council.
6. Serves as the primary point of contact between the Council or Chartered Unit and The Summit.
7. Assists the contingent in making travel and other necessary arrangements.
8. Ensures that monies are collected, recorded and disbursed according to council policies.
9. It is not required that the Contingent Advisor travel to The Summit and participate in the experience. If the Contingent Advisor is not going on the trip, it is crucial that the Contingent Advisor and the Crew Advisor are in constant communication and that the Crew Advisor has all the information they need for a successful trip. To facilitate this, The Summit will copy the Crew Advisor on all communications to the Contingent Advisor once the Crew Advisor has been identified. **If the Contingent Advisor is not attending it is crucial that they make sure the Crew Advisors read this guide thoroughly.**

CREW ADVISORS

The Crew Advisors (minimum of two per crew) are the adult leadership of the crew during The Summit program, including travel to and from The Summit site. The Summit recommends that larger groups add one adult in addition to the minimum two for every ten participants past the first ten.

SELECTING CREW ADVISORS

The Contingent Advisor and designated volunteer committee meet together to develop the plan for Crew Advisor selection. Factors to consider include:

1. **The number of leaders required.** Each crew requires a minimum of two Crew Advisors. However, in many cases, it is prudent to have three to four Crew Advisors in each crew in the event one Advisor must drop out at the last moment. The majority of the crew must be comprised of youth members and there can be no more than four adults per twelve total participants.
2. **The minimum age, gender and training requirements.** Depending on desired crew composition, each crew must follow either the Boy Scout or Venturing Leadership Guidelines as detailed in the latest version of the [Guide to Safe Scouting](#). For all female and co-ed crews, the Venturing Leadership Guidelines must be followed. All adult Crew Advisors must be registered members of the Boy Scouts of America and have evidence of completing Youth Protection Training within two years of the last day of their Summit visit.
3. **The desired qualifications.** High adventure activities can be rigorous for both youth and adults. Crew Advisors should be in good physical condition and **MUST** meet the BSA height/weight guidelines as outlined in the BSA's Annual Health and Medical Record. The Crew Advisor should be an experienced unit leader capable of leading by example and maintaining appropriate discipline within the group. Assistant crew advisors may be less experienced than the lead crew advisor, but should have a solid background in the fundamentals of leadership in Scouting or Venturing. See Page 28 for more suggestions on physical preparation.
4. **The ability to recruit.** The Crew Advisors must have the time and ability to recruit youth to participate.
5. **Sufficient time.** There is a time commitment to being a Crew Advisor beyond the length of time for the trip to The Summit. Council or Unit Contingents with participants from different units may need more preparation time for "getting acquainted" activities or campouts to foster camaraderie.

The Summit recommends groups identify alternate Crew Advisors able to "step in" at the last minute in the event one of the Crew Advisors is not able to attend. The Summit CANNOT provide staff to meet the BSA, two-deep leadership requirement for the entire stay at The Summit or travel to and from the site.

THE ROLE OF THE CREW ADVISOR

Each crew is under the supervision of a Crew Advisor and at least one Assistant Crew Advisor, both of whom have been selected and approved by the local council or the chartered unit and who meet the leadership guidelines detailed under the BSA Adult Leadership Policy outlined in this guide and in the current edition of the *Guide to Safe Scouting*.

The Crew Advisor:

1. Works with the Contingent Advisor and advisors of other crews in the contingent to develop the budget, travel plan, and to make arrangements for accommodations, etc.
2. Recruits youth participants as members of the crew.
3. Provides adult supervision of the crew to and from The Summit as well as during the group's stay at The Summit.

4. Conducts necessary training, shakedown and crew development exercises prior to Summit attendance.
5. Coordinates information disseminated to crew members.
6. Ensures that the crew members have proper youth protection, first aid and CPR training.
7. Ensures that crew members meet the minimum physical standards for participation in Bikepacking Trek. See Page 28 for more details on physical preparation.
8. Works with the Contingent Advisor to collect fees and pay expenses.

If the Council Contingent will be travelling as one group, one Crew Advisor may be designated as the tour leader for the purpose of coordinating multiple crews in route to and from The Summit.

NOTE- Contingent advisors are not required to attend the actual experience. Crew advisors **ARE** required to attend the experience. For small contingents, twelve or less, it is likely that the crew advisor and the contingent advisor will be the same person.

YOUTH LEADERSHIP POSITIONS

The Boy Scout program is a youth led experience. Your Summit Crew should select appropriate youth members to fill the following positions prior to arrival at The Summit.

Crew Leader

A well-qualified Scout or Venturer should be selected as crew leader before training begins. The crew leader is a key person for a successful Summit experience and the Advisor must work closely with this person. The crew leader should:

- Be elected by the crew.
- Lead by example.
- Be respected by the crew.

The crew leader responsibilities include:

- Discussing ideas with the entire crew to arrive at a consensus before taking action.
- Organizing the crew, assigning duties and making decisions.
- Checking to make sure camp is safe, clean and secure.
- Guiding crew in their service project.
- Supporting the Chaplain Aide and Outdoor Ethics Guide as they carry out their duties.

Chaplain's Aide

The Summit strongly recommends one crew member be asked to serve as a Chaplain Aide. Someone who has earned or is working on their religious award would be ideal for this position. The Chaplain Aide will be asked to lead daily devotionals and other appropriate religious services. A guide with suggested daily devotionals will

be provided to the Chaplain's Aide. The Chaplain's Aide along with an Adult Advisor will certify completion of requirements of the *Duty to God* award for each crew member. (Awards may be purchased at The Summit Trading Post upon completion at the end of the week.) The Chaplain's Aide also helps serve as a morale officer of the crew communicating with members on their experience and working with the crew leader to address any issues and to promote a positive atmosphere.

Outdoor Ethics Guide

Outdoor Ethics are not a set of rules designed to meet every situation you will encounter in the outdoors. Instead they are a way of thinking about how we use and impact the environment, which guides us to make the best decisions possible in the outdoors ensuring we preserve the land for others to enjoy. The Outdoor Ethics Guide works with the crew to ensure responsible use in the outdoor environment that is The Summit Bechtel Reserve and The New River Gorge. The Outdoor Ethics Guide helps the crew make informed decisions. The Outdoor Ethics Guide will also help the crew through The Summit Sustainability Award program with the help of Summit staff and resources issued upon arrival.

EXPEDITION NUMBER

Each reservation is given a unique expedition number that will look something like **610-A-BT** or **624-B-BT**. The first 3 digits refer to your groups arrival date, 611 = June 11th. The first letter refers to the amount of groups we have arriving on that date, A = The first group to confirm a reservation for June 11th. B = the 2nd group to confirm a reservation for June 11th. BT stands for Bikepacking Trek.

ELIGIBILITY AND AGE REQUIREMENTS

Age- Summit participants attending the Bikepacking Trek with a Chartered Unit or Council Contingent must be a registered Boy Scout, Varsity Scout or Venturer who is or will be at least 14 of age by the time of arrival to The Summit Bechtel Reserve for their trek.

Do not request or expect exceptions. Requirements for Summit participation cannot be relaxed.

In keeping with the policies of the Boy Scouts of America, rules for participation are the same for everyone without regard to race, color, national origin, age, sex, religion or disability.

Youth must be registered members of the Boy Scouts of America, and may participate in the Bikepacking Trek at The Summit Bechtel Reserve program in one of the following ways:

- As members of a Chartered Unit – Boy Scout Troop, Varsity Team, Venturing Crew or Explorer Post.
- As members of a Council Contingent or District Contingent with required leadership. (A coed crew must consist of all registered Venturers or Explorers, and not be a mix of Boy Scouting, Venturing and Exploring Programs. It must operate under the guidelines of the Venturing and Learning for Life Programs.)

Unregistered guests or family members are not permitted to participate in the High Adventure Program or camp at The Summit.

HEALTH AND SAFETY

HEALTH AND MEDICAL RECORD

Every camper and advisor is required to have a medical evaluation within twelve (12) months of their participation date by a physician licensed to practice medicine. An examination conducted by a physician's assistant or a nurse practitioner will be recognized for states where they may perform physical examinations to students enrolled in public school systems. **The BSA Annual Health and Medical Record must be used with parts A, B and C completed. These forms are available at:**

<http://www.scouting.org/scoutsource/HealthandSafety/ahmr.aspx>. There you will find forms for each National High Adventure Base, be sure to download The Summit form.

The Summit does not require the original form. A photo copy of the complete and signed original is recommended so that the original can be kept at home for future use throughout the next year.

Advisors are to collect the forms before leaving for The Summit and be prepared to submit them to the Health Lodge medical provider during Orientation. Each participant will undergo a Medical Re-check at this time. As a backup, you may decide to carry a flash drive with copies of the medical forms. If so, ensure that the flash drive is password protected. **Prior to departure**, advisors should review each participant's medical form to be familiar with any health restrictions; make sure each individual – youth and adult – meets the height and weight participation requirements; check for participant, parental and physician's signatures; and ensure that a copy of the participant's health insurance card is attached.

At the end of your stay at The Summit, you will need to return to the Health Lodge and retrieve your Health Forms for your trip home. **ANY AND ALL HEALTH FORMS LEFT AT THE SUMMIT AFTER YOUR GROUP'S DEPARTURE WILL BE SHREDDED DUE TO THE PROPRIETARY NATURE OF THE INFORMATION.**

An individual should always contact the family physician first and call The Summit at 304-465-2800 if there is a question about the advisability of participation. The Summit's chief medical officer and other medical staff of the Health Lodge reserve the right to make medical decisions regarding the participation of individuals at The Summit.

IMMUNIZATIONS

Verification is required that adequate tetanus immunization has been given within the last ten years prior to arrival at The Summit. If this service must be performed at The Summit, the participant will be charged accordingly.

RELIGIOUS BELIEFS AND MEDICAL CARE

The following is the policy of the Boy Scouts of America regarding medical requirements:

Medical examinations for camp attendance are required of all campers for the protection of the entire camp group. The immunization requirement is waived for persons with religious beliefs against immunization.

Go to the following link to download the Immunization Waiver Form and bring the completed for with your medical form. <http://www.scouting.org/filestore/pdf/25-02.pdf>

MEDICATIONS

Each participant at The Summit who has a condition requiring medication must bring an appropriate supply. The pharmacy at the Health Lodge is very limited and the identical medications may not be available, in many instances the medical staff will have to use pharmacies in the near-by communities to address these needs. In certain circumstances duplicate or even triplicate supplies of vital medications are appropriate. Participants will be charged for maintenance medications or medications that should have been brought to The Summit and end up being dispensed by The Summit Health Lodge.

It is recommended that leaders bring a lockable storage device to store all medications while in route to and from The Summit and while at The Summit. Medications that are required to be kept cooler than room temperature should be transported accordingly. During the trek itself coolers with cooling packs or ice will be used. Participants should bring extra doses that can be left in The Summit Health Lodge refrigerator to be brought out in case the medications are lost at some point during the trek.

Persons who have had an **anaphylactic reaction** from any cause must contact The Summit before arrival. If you are allowed to participate, ***you will be required to have appropriate treatment with you.*** Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler. If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate.

FIRST AID REQUIREMENTS

- **FIRST AID AND CPR CERTIFICATION REQUIRED 1 person**
- **Wilderness First Aid 1 person adult or youth**

The Summit requires that at least one participant, (an adult or a youth) in each crew be currently certified in Wilderness First Aid or the equivalent* and CPR from the American Heart Association, the American Red Cross or the equivalent*. It is recommended that each crew have at least two participants certified in Wilderness First Aid and CPR. If unforeseen circumstances prevent one of the WFA trained participants from attending you will have a second member with the qualifications. **You must present current certification cards or copies of current cards upon check-in.**

*Equivalent training can be obtained from the following nationally-recognized organizations:

American Red Cross - www.redcross.org
American Safety and Health Institute - www.ashinstitute.org
Emergency Care and Safety Institute - www.ESCInstitute.org
National Outdoor Leadership School (Wilderness Medicine Institute) - www.nols.edu/wmi/
National Safety Council – www.nsc.org
National Ski Patrol – Outdoor Emergency Care - www.nsp.org
Stone health Open Learning Opportunities (SOLO) – www.soloschools.com
The Mountaineers – www.mountaineers.org
Wilderness Medical Associates (WMA) - www.wildmed.com
Wilderness Medical Society (WMS) - www.wms.org
Wilderness Medicine Outfitters – www.wildernessmedicine.com
Wilderness Medicine Training Center www.wildmedcenter.com
Wilderness Safety Council www.wfa.net
Wilderness Safety & Emergency Response (W.I.S.E.R.) www.wiser-wfr.com

The Boy Scouts of America and the American Red Cross have a national agreement, the primary goal of which is to help councils (with their districts and units) become self-sufficient in teaching American Red Cross courses, including First Aid. *Wilderness First Aid* is specified in the agreement. Through this agreement, a local council can coordinate training of American Red Cross courses by providing BSA volunteers who are certified to instruct the course by the American Red Cross. The fees for the course taught by the BSA volunteers are dramatically reduced and include a \$5.00 administrative fee and the cost of materials. Visit with your council service center for more information about the American Red Cross National Agreement.

The Summit requires each crew to have at least one person trained in Wilderness First Aid or the equivalent. However, The Summit will accept the following advance levels of training and a copy of the current license or certification must be shared with The Summit during the registration process:

- Wilderness First Responder
- Outdoor Emergency Care
- EMT Basic, Intermediate, or Paramedic
- Military Corpsman or Medic
- Registered Nurse
- Licensed Nurse Practitioner
- Licensed Physician's Assistant
- Licensed Physician, MD or DO

OTHER TRAININGS AND REQUIREMENTS

OFF-ROAD MOUNTAIN BIKE TRAINING

In preparation for the Bikepacking Trek, your unit should be ready to ride 12-16 miles of trail per day. We suggest getting the crew out for regular mountain bike rides of at least 10-20 miles.

AERIAL SPORTS ACTIVITY WEIGHT GUIDELINE

On the final night at the SBR Bikepacking Trek participants will have the opportunity to experience some program areas in the core of the site known as The Summit Center. Some of these activities are what we call Aerial Sports. For these activities, there is a minimum and maximum weight requirement. The engineering and safety systems used by The Summit's Aerial Sports activities require participants to meet certain weight guidelines in order to participate in our climbing, rappelling, bouldering, canopy tour, challenge course and zip line activities. **Participants in these activities must weigh between 50 lbs. and 250 lbs. (including clothes) regardless of their height.**

PERSONAL PROTECTIVE EQUIPMENT (PPE) FOR ALL SUMMIT ACTIVITIES

The Bikepacking Trek like all our programs require the use of PPE. We have a wide selection of equipment to fit most all shapes and sizes. On rare occasions, a unique body type may not fit safely into our equipment. If a participant can't wear the appropriate equipment as it is intended to be worn they will not be able to participate in that activity. If you have a concern about this e-mail Summit.Program@Scouting.org ahead of time and we will do our best to accommodate the participant in question.

INSURANCE

The Summit participation fee includes insurance coverage for health, accident and sickness in route to and from home and while participating in Summit programs. This policy is an Excess Insurance Plan meaning that the plan will pay eligible expenses incurred from a covered accident or sickness not paid by any other collectable insurance or pre-paid health plan in force. If no other collectable insurance or pre-paid health plans are in effect at the time of the loss, this plan will pay eligible covered expenses up to the plan limits. There is no deductible under this plan. Please e-mail The Summit at Summit.Program@Scouting.org for the brochure that covers the details of this plan.

YOUTH PROTECTION

All registered adults must have current BSA Youth Protection Training (within the past two years) for participation in any national event/activity. This means all participants 18 years of age or older must have current Youth Protection Training. This includes Venturers who are 18 years of age or older. Adult Leaders are required to bring evidence of YPT compliance with them to the SBR.

Youth Protection Training documentation are available through your local council or online at www.scouting.org or www.myscouting.org. Youth Protection Training is required to be a registered adult leader in the Boy Scouts of America. It is required in order to complete your Tour Plan worksheet and have it approved by your local council before you travel to The Summit. The Tour Plan worksheet can be found online at: <http://www.scouting.org/scoutsource/HealthandSafety/TourPlanFAQ.aspx>.

The Summit will strictly enforce Youth Protection policies.

HAZING - INITIATIONS – DISCIPLINE

Any form of hazing, initiation, ridicule, or inappropriate teasing is prohibited and must not be allowed.

A WORD ABOUT CONDUCT . . .

The Scout Oath and Law serves as the guide in all interactions with other participants and staff.

The Summit serves groups from many different backgrounds and it is important that each group respect the other. This includes coed and female units and female staff. It is not acceptable to act in a manner which belittles, harasses or makes others uncomfortable.

Each group should develop a procedure regarding unacceptable behavior and/or conduct. The best method to accomplish this is to outline expectations before the trip, as well as consequences if a participant chooses to act in a way contrary to established guidelines. Parents/guardians must be informed of the guidelines.

Remember, advisors are responsible for their participants at all times – The Summit cannot provide supervision. Should a participant be removed from the crew for disciplinary reasons, s/he will be sent home at their own expense. **An adult advisor will be required to provide supervision and assist with transportation arrangements in the event a participant is sent home.**

TOBACCO

For adults The Summit strongly recommends tobacco products not be used. Smoking and the use of smokeless tobacco is prohibited in all of The Summit's buildings, tents, vehicles and trails. If tobacco is used by an adult leader it must be in designated areas out of sight of participants. **There is no use of tobacco allowed at all by youth participants.**

ALCOHOL AND DRUGS

Possession or use of alcoholic beverages or non-prescribed drugs (including marijuana) or abuses of prescribed drugs are expressly prohibited while at The SBR or participating in a SBR event or program. Groups or individuals found in violation of this policy will be sent home immediately at the participant's expense as arranged with the responsible council or parent/guardian.

FIREARMS

Firearms including bows are not to be brought onto The Summit. The Summit provides all firearms needed for shooting sports programming. Personal firearms are not permitted at The SBR's Ranges.

TOURIST INFORMATION

For crews that want to add additional activities at the beginning or end of their high adventure experience, West Virginia has many recreational activities and historic sites. Information about these locations and activities can be found at www.wvtourism.com.

Bikepacking TREK STAFF AND THEIR ROLES

Interaction with quality staff members is always an important facet of any camp experience.

Bikepacking Trek Director- The Trek Director will provide leadership for the Trek staff and manage logistics. Sometimes the Trek Director will be acting as one of the instructors and sometimes will be in the background as support.

Bikepacking Trek Instructors- The Trek Instructors will greet your group upon arrival, help you settle into your campsite for the first night, lead you through a comprehensive trek gear shakedown and get you prepared for departure on Monday morning. The Trek Instructors will be with you for the entire trek.

6:00 PM Arrival Day Adult and Youth Crew Leader Meeting

At 6 PM your arrival day is a meeting for the Adult Advisors, youth crew leader, chaplain's aide and outdoor ethics guide for the Trek. They will meet with a member of The Summit's High Adventure Management Team. Their roles in the coming week will be discussed and they will have a chance to ask questions. **(Location will be indicated upon arrival.)**

6:30 PM Arrival Day Trek Orientation and Departure Preparation

At 6:30 PM all participants will meet with the Trek staff to make final preparations for the next morning's departure and answer any questions about the week ahead.

Expectations of Trek Staff

Trek staff

- Will be trained on the processes and operations of The Summit Bechtel Reserve.
- Has received thorough training on leading groups Bikepacking through the New River Gorge.
- Will provide a comprehensive trek equipment shakedown.
- Will lead crew through the check in process.
- Will prepare crew for the week ahead.
- Will work through the youth leadership of the group.
- Will be at the closing program on Friday to present the youth crew leader with their crew's patches.
- Will be focused on helping to make your crews experience memorable and positive.

The Trek staff ARE NOT crew leaders. This is a youth led experience and the Trek Staff are here to be a resource for information, specific skill instruction and to encourage leadership development in the youth.

TRANSPORTATION TO THE SUMMIT

The Summit does not endorse specific transportation companies. The information provided below is for your information. This does not constitute a complete list of companies who may provide the transportation services that you require.

The Summit Bechtel Reserve is located in Mount Hope, WV near the city of Beckley, WV. The Summit is convenient to major interstate highways (I-77 and I-64) via SR-19. Please note that I-64/I-77 between Charleston and Beckley is a toll road with two fee stations (\$2 toll each per vehicle).

AIR TRANSPORTATION

1. Yeager Airport (CRW), Charleston, WV, 75 min

- a. Service from US Air (Charlotte, Washington Reagan), American (New York, Chicago), United (Houston, Chicago O'Hare, Washington Dulles), Delta (Atlanta, Detroit) and Spirit (Ft. Lauderdale, Myrtle Beach).

2. Beckley Raleigh County (BKW), Beckley, WV, 20 min

- a. VIA Air to Charlotte Douglas Airport (CLT), Charlotte NC

3. Greenbrier County (LWB), Lewisburg, WV, 65 min

- a. VIA Air to Charlotte Douglas Airport (CLT), Charlotte NC

4. Charlotte Douglas (CLT), Charlotte, NC, 3.5 hours

- a. Most major airlines

GROUND TRANSPORTATION

1. WEST VIRGINIA CHARTER BUS COMPANIES

- a. Spring Valley Charter – (304) 733-4074 – www.springvalleycharter.com.
springvalleybus@aol.com
- b. Chandler Limousine Service (15 passenger vans). Services Yeager Airport and Prince Amtrak station. 1-304-345-5434 or 1-800-779-5434. www.chandlerslimo.com.

2. COMMERCIAL BUS CARRIERS

- a. Greyhound Bus Lines – www.greyhound.com (Beckley, WV)

3. VEHICLE RENTAL

- a. Avis – www.avis.com (CRW, BKW, LWB, CLT)
- b. Enterprise – www.enterprise.com (CRW, BKW, LWB)
- c. Hertz – www.hertz.com (CRW, BKW, LWB, CLT)
- d. National/Alamo – www.nationalcar.com (CRW, LWB, CLT)
- e. Budget -- www.budget.com (CRW, LWB, CLT)
- f. Alamo – www.alamo.com (CRW, CLT)

4. TOUR COMPANIES

- a. Soaring Eagle Tours <http://soaringeagletoours.com/>. Providing tour packages from Charlotte to The Summit.
- b. Blue Sky Adventures- <http://www.blueskyadventures.net/SBR.html>. Providing tour packages from Charlotte to The Summit, as well as Pittsburgh to The Summit.

5. RAIL TRANSPORTATION

Amtrak -- www.amtrak.com

- a. Passenger service to the Prince, WV station located about 30 minutes from The Summit. The station is part of the Cardinal Line that runs between New York City and Chicago.

6. PRIVATE VEHICLES

This method of transportation should be used only with full assurance that the vehicles are safe and the drivers are reliable. Make sure there is adequate insurance coverage for each vehicle. **The Summit is not responsible for vehicles parked in parking areas.**

EMERGENCY TRANSPORTATION

The Summit will assist with transportation arrangements when a family, work or other emergency occurs during a Summit program requiring a participant to return home, or if a participant must return home for medical reasons. Participants will be required to reimburse The Summit for any transportation services provided, including transportation to a required airport.

ARRIVAL DAY

ARRIVAL PLAN

In April of 2018, after the final payment deadline the contingent advisor will be e-mailed instructions on how to fill out their arrival plan information in the registration system. Crews will indicate their anticipated arrival time and mode of travel. If applicable this is where crews can register for an extra day of housing at The Summit for either an early arrival or late departure.

ARRIVAL TIME

Crews are asked to **arrive between 11:00 AM and 2:00 PM on Sunday of their scheduled week.** Arriving earlier rather than later in this window will allow for a smoother completion of your crew's arrival day activities.

Crews will be departing for the Bikepacking Trek after breakfast on Monday. Because of this it is very important that crews arrive on time to The Summit Bechtel Reserve on Sunday so that they can be properly prepared. There is around 3 hours of preparation needed before starting the trek, this **must** be accomplished on Sunday. Please take this into consideration when arranging your travel.

***Please note** that if you are considering traveling by train, current schedules for trains arriving on Sunday do not allow for proper trek preparation time. It is not uncommon for the train to be late by 2 to 3 hours.

EARLY ARRIVAL OR LATE DEPARTURE

If transportation logistics require a crew to arrive to The Summit a day early on Saturday or depart a day later on Sunday at the end of their experience, the cost is **\$35.00 per person** per night. This covers the cost of housing and meals for these additional times. Crews register for this in April of 2018 using the arrival plan function of the registration system. Remember it is better to arrive early than late, please consider this when making your travel arrangements.

The Summit does not operate program areas on Saturdays or Sundays. Crews who pay for the extra day receive a place to stay and food to eat but our program facilities are not available. Equipment for field games and board games are available from the Tent City staff. Hikes around the site are also an option but the crew's adult advisors must provide the two-deep adult leadership. Please indicate on your arrival plan that you will need an early arrival and/or late departure for your crew.

DIRECTIONS TO THE SUMMIT SITE

Crews will first go to The J.W. and Hazel Ruby West Virginia Welcome Center located right off Highway 19. From the welcome center, you will be directed onto the main site and your specific campsite by a Summit staff member.

Welcome Center Address:

**J.W. & Hazel Ruby Welcome Center
55 Hazel Ruby Lane
Mt. Hope, WV 25880**

CHECK-IN & PAPERWORK

At the Welcome Center the friendly registration staff will take the crew leader and adult advisor through the check-in process and make sure all forms and financial requirements are settled.

Things to Bring to Check-in:

Please sort forms by type and then alphabetically for the medical and waiver forms.

- **Any outstanding fee payments** - Only checks made payable to BSA can be accepted at check-in.
- **Medical forms**- The registration staff will make sure all participants have a properly completed medical form but will not collect them from you. (The adult advisor will keep them until the entire crew makes its way to the Health Lodge to have medical re-checks later during your walking tour of The Summit Center.)
- **Summit Waivers for all participants**- All participants must have; a parent's signature is required for participants under 18.

MOVE-IN

Paul R. Christen High Adventure Base participants are housed in Base Camp Bravo. You will meet the Trek Staff for the week at the arrival area in Base Camp Bravo. Carts will be available at the unloading zone to help move gear to the campsite. After all gear is unpacked from the vehicles the adult leaders will move the vehicles from the unloading zone to the parking lot a short distance away.

After the crew gets their gear settled in their campsite the Trek Staff will take them through the other parts of the arrival process.

SUMMIT CENTER WALKING TOUR

In order to familiarize your group with The Summit the Trek Staff will take you on a walking tour of the Summit Center. During this walking tour, you will also go through the medical recheck process. Make sure before you leave camp that you have all your medical forms. Your Trek Staff will also have a pre-medical evaluation for the adult leader to fill out to identify any known issues with members of the group.

- Base Camp Bravo facilities
- Summit Center activity areas and hours of operation
- Health Lodge and medical re-check (See medical recheck section below for details.)
- Leaders meeting and Trek Orientation Meeting location.
- Program assembly area
- Chapel Service locations and times
- Opening program location and time
- Dining hall
- Guest Services
- Trading Post

MEDICAL RE-CHECK

During the walking tour, the Trek Staff will take the crew to The Summit Health Lodge. While there, The Summit's medical staff will take the crew through the medical re-check process. A medical staff member will meet with each participant and review their health form.

Crews need to bring the following to medical re-check:

- Pre-Medical Evaluation – 1 per crew (short form issued upon arrival.)
- Medical forms – 1 per person
- Any prescription medications
- Inhalers and Epi-Pens

The medical staff will review any concerns and prescription medications with the adult advisor regarding their crew members. Parents should also review with the adult advisor any prescription medications and medical issues prior to departure from home.

PARTICIPANT AWARDS

The following awards can be a part of your experience at The Summit.

Paul R. Christen High Adventure Base Patch

This patch is earned and awarded to each participant who completes their program including the ½ day service project. **There is no additional cost for this patch.** The crew's patches will be handed out to the youth crew leader at the close of their program. The crew leader can distribute to the individual members of the crew at time determined by the crew.

The Summit Duty to God Award

A scout is reverent. Requirements for this award are designed to encourage participants to reflect on their experience and their faith. Requirements for the award can be completed while at The Summit and no requirements need to be completed before arrival. This is an optional award. The crew leader, the chaplain's aide and adult advisor will sign-off that the crew has completed the requirements. The chaplain's aide will receive instructions and materials to complete this award at the chaplain's aide meeting. The crew will present the sign-off sheet to the trading post staff and then **they will be able to purchase the award from The Summit Trading Post. See Appendix 6 for all requirements.**

The Summit Sustainability Award

This award is designed to encourage participants to learn about how they can live a more sustainable lifestyle and how the decisions we make affect the world we live in. Requirements for the award can be completed while at The Summit and no requirements need to be completed before arrival. This is an optional award. The crew leader, the outdoor ethics guide and the adult advisor will sign-off that the crew has completed the requirements. The outdoor ethics guide will receive instructions and materials to complete this award at the outdoor ethics guide meeting. The crew will present the sign-off sheet to the trading post staff and then **they will be able to purchase the award from The Summit Trading Post. See Appendix 7 for all requirements.**

COMMUNICATION AND PHONE NUMBERS

EMERGENCY MESSAGES

During summer operations (June 11th – July 15th) SBR will have a land line at our Summit Operations Center (SOC) on site monitored 24 hours a day by a duty officer: **304-465-2900**. Note that this number is different than the one provided under the “Contact Us” section. This number is only in operation during the summer.

We would direct all emergency communications from home to this number. Parents or Unit representatives at home should have the name of the participant they are trying to reach and their expedition number when they call. Routing the call through this number allows The Summit to get appropriate resources to help the crew deal with the emergency message from the start. If an emergency message is given directly to a crew through a personal cell phone, please alert a Summit staff member or the 24 hour duty officer as soon as possible so that The Summit staff can begin assisting with the situation. Note that cell coverage in the Gorge is sporadic at best.

24 HOUR PHONE NUMBER – 304-465-2900. Share this number with all participant parents, guardians and spouses as well as key adult leaders from the unit or council who have remained at the home council during the event. This number will be monitored 24 hours a day starting June 11th and until July 15th.

While on the trek cell phone service will be limited if not completely unavailable. The Trek Staff will have radios and extra batteries for communication with the SOC. It is important that you communicate the SOC phone number (304-465-2900) to parents and spouses at home. Important information from home to participants on the trek should be called into the SOC. The SOC will relay the information to the Trek Staff via radio. As the situation dictates the SOC and Trek Staff can coordinate transportation of participants to a location where cell service is reliable for direct communication home. Please remember especially during the day when the staff and participants are on the trek it may take some time to establish communication. To conserve batteries the Trek Staff will check in by radio with the SOC at 7 AM, 12 PM, 5 PM and 10PM. Unless there is an emergency on the trek the radios will be off.

YOUR ACCOMODATIONS

ACCOMODATIONS WHILE AT THE MAIN SBR SITE

The first and last nights of your experience will be spent on site at The Summit Bechtel Reserve. These 2 nights your crew will stay in a campsite at the Paul R. Christen National High Adventure Base located at The Summit. The Summit provides tenting and cots for participants. Tents are 9 ½ by 9 ½ feet dome tents. 2 cloth cots are provided for each tent as well as a plastic ground cloth. A backpacking sleeping pad or air mattress may provide additional comfort, but are not required to use the cots. For most cases tents, will be up prior to arrival but in some cases crews may need to set up some or all their tents upon arrival.

The Paul R. Christen National High Adventure Base has roughly three restroom/shower house clusters for every ten campsites. Shower houses use ambient temperature water to save energy and to be more sustainable. The use of solar bag showers is permitted; bags must contain no more than 2.5 gallons of water and must be used in the shower house. Showers are not available on the trek. Trek staff will instruct on appropriate cloth baths while on the trek to stay clean. Shower houses are marked Youth Male, Adult Male, Youth Female and Adult Female. **Those under 18 must use the youth facilities for their gender and those 18 years of age and over must use the adult facilities for their gender. This includes Venturers and Explorers who are over 18, but under 21.**

Shower houses are given a deep clean every Saturday by Summit staff. Remember a Scout is Clean so after use make sure you leave the shower facilities clean.

While at the SBR's main site food is served at the dining hall and cooking facilities are not needed in the campsite. **Campfires are NOT allowed in campsites at the SBR Site. NO FOOD IS TO BE STORED IN THE TENTS OR CAMPSITE.** The Summit has communal fire rings for use that can be utilized by crews. Instructions on use will be given upon arrival. Appropriate facilities for campfires while on the trek are provided and trek staff will instruct on safe and appropriate usage.

Laundry services for participants will not be available in 2018. There is access through the staff to a few machines for "emergency" laundry needs when at the Summit site. (Vomit/blood on sleeping bags, soaked sleeping bags etc.) Trek participants should bring a separate bag of travel clothes that will not go on the trek so that participants have clean clothes to wear on the trip home.

Uniforms

The Summit recommends wearing the BSA field uniform at Chapel Service, the opening and closing programs as well as travel to and from the site. The field uniform is not needed while on the trek or other activities. Follow the personal equipment list provided in this guide (Appendix 1).

Storage of Gear While on The Trek-

Groups with personal vehicles should store all personal gear not taken on the river in their locked vehicles. If you have temperature sensitive items or valuable items you don't wish to leave in your vehicle, work with the Trek Staff to make safe and secure accommodations.

Groups traveling via planes, trains and shuttle vehicles will not have personal vehicles to store items. More extensive secure storage will be made available to these groups. Work with the Trek Staff to make safe and secure accommodations.

Because of limited storage space all groups should limit as much as possible items that need secure temperature controlled storage. Electronics would be a good example of these types of items.

WHAT TO TAKE AND WHAT TO LEAVE AT THE SBR SITE?

Regarding non-essential items like cameras, GPS units binoculars etc. it is pretty simple: **If it's going to break your heart or your wallet to lose it, don't take it on the Trek.** Any items like these that you decide to take with you make sure you have the protective equipment to keep them safe.

CELL AND WIFI SERVICE WHILE AT THE SBR SITE.

The Summit main site offers wireless and cell phone connectivity. AT&T Wi-Fi Hotspots are available at The Summit's base camps and in the Scott Summit Center. A password is not required to access these hotspots. Charging stations are located in the base camps and Summit Center. These are not lockable storage areas and it is intended that you monitor your items while charging. There are no charging capabilities in the Gorge.

Participants must remember that we are still a **CAMP** and participants should bring protective equipment to secure any sensitive electronics from the weather and elements.

ACCOMODATIONS WHILE ON THE TREK

While camping on the Trek you will stay backpacking style tents. It is important to note that cots will not be at the Trek campsites. Backpacking style sleeping pads are recommended. Tents, Water, Camping Gear, Food, and personal gear will be transported on your bicycle. **NO FOOD IS ALLOWED TO BE STORED IN YOUR TENT.**

Campsites- Three campsites owned by the Summit will be utilized along the New River Gorge National River. All three are mountain top campsites with a latrine station, fire ring and food locker.

Nourishment - You will receive three meals a day during your Trek. Breakfast and Dinner will be prepared and consumed at the campsites. Lunch will be prepared at the campsite and consumed at some point during the day along the Trek. Meals will typically be backpacking trail food with some perishables on the layover day. For Special Dietary Needs see section below.

We will use backpacking style stoves, pots and pans and basic kitchen cooking utensils at the campsites to prepare breakfast and dinner. Youth will prepare, cook, serve, and clean up meals under the guidance of the Trek Staff and Adult Leaders.

You will need to provide your own mess kit. This should include: Bowl, Knife, Spoon and/or Fork (or spork). We will have the pots, pans, "large kitchen" items etc., so no need for you to bring those. This doesn't need to be complicated or expensive but it does need to last the duration of the Trek. Check out this website for some inexpensive ideas. <https://scoutmastercg.com/a-really-highly-evolved-mess-kit-2/>

Personal Gear Storage – During your gear Shakedown, everyone will be handed a series of bikepacking bags to store their personal gear in. This will include: Sleeping Bag, toiletries, clothing etc. Two of these are dry bags and the others are rain resistant. Everything should fit into these bags for the trip. Total space in these bags is about 30-40 liters, which is less than most expedition style backpacks and more like a lightweight backpacking style trip. Take this into account when packing your gear to bring along. You should bring along a hydration pack with capacity for at least 3 liters of water.

Should you have any medications that require cold storage we will not be able to accommodate those needs while on the trek. For all vital medications, it is highly recommended that you bring twice what you would need for the duration of the Trek. One batch goes with you on the Trek. One batch stays with the Health Lodge at the Summit in case of any unforeseen accidents.

FOOD AT THE SUMMIT

While at The Summit you will eat at The Summit dining hall for breakfast and dinner. For 2018 this will be a comfortable temporary tent facility. Your first meal upon arrival will either be lunch or dinner, depending on the arrival time you indicate in your arrival plan. Your last meal at The Summit is breakfast on the day of departure. Your Trek Staff will orient you to dining hall operations during your walking tour.

SPECIAL DIETARY NEEDS

The dining hall has the capability to provide meals that meet various special dietary needs throughout your stay at The Summit, including but not limited to vegetarian, vegan, religious diets, food allergies, and many more. In the spring of 2018 you will be able to indicate on your roster in the registration system any special dietary needs for your crew members. In addition, please note any special diet needs on your medical forms, also identify yourself with dining hall management upon arrival and they will be happy to assist and review ingredients in the different items and review items that are available to you.

Common Special dietary needs that The Summit Dining Hall Accommodates

- Vegetarian
- Vegan
- Kosher
- Halal
- Gluten Free
- Peanut Allergies

The dining hall can accommodate other special dietary needs in addition to the ones above. If you have questions about a special dietary need e-mail Summit.Program@Scouting.org.

If you have participants in your unit with special dietary needs, you must indicate that in the arrival plan portion of the registration system available to you in April. This will allow the dining hall and your Trek Manager to have appropriate food ready for your experience.

WILDLIFE AT THE SUMMIT

The Summit Bechtel Reserve and the New River Gorge are full of wildlife. While here, participants will get a chance to see deer, turkey, reptiles, fish, birds, insects and other creatures. While far less commonly spotted, black bears are present on the site and along trek. Respect for wildlife and the habitat we share with them here at The Summit is important during your stay.

A crucial part of keeping a positive relationship to the wildlife at The Summit is how we store and handle food at the campsite. **NO FOOD CAN BE STORED IN YOUR TENT.** Any food should be secured in a personal vehicle or with Summit staff. The Trek Staff will instruct you on how to secure your food while on the trek. The Summit has secure storage for shelf stable supplemental food. Please alert staff upon check-in that you have food that needs secured.

Please read the Wild Life and Natural Hazards section found in Appendix 3 for more detailed information on black bears, snakes and insects.

PHYSICAL PREPARATION (HIKING and BIKING)

The programs at the Paul R. Christen High Adventure are designed as HIGH ADVENTURE which means there will be a challenging physical aspect to the program.

A couple things you will be doing a lot of at The Summit is hiking and biking. The Summit is located in West Virginia, the MOUNTAIN STATE. This means that you will be riding and hiking trails of varying elevations and grades while at The Summit. Take this into consideration when selecting routes for your preparation rides. Brand new shoes hurt feet the worst. Break them in prior to arrival.

During your Trek, you will ride about 12-16 miles a day. You can prepare for this by riding mountain bikes off-road 10-20 miles or on-road 20-40 miles at least once a week. There are 3 long steep climbs with about 1000 ft. of elevation gain along the route, so try riding up steep hills also. Some people will choose to get off their bikes and push up the long hills. This is completely okay.

If you do not have access to bikes or trails, then prepare by hiking, running and doing core exercises. Hiking is always a great way to get in shape.

Remember the goal, when planning your physical preparation exercises try to do them as a group. This will accelerate the bonding experience and truly pay dividends when you are on your trek. Encourage participants to get up big hills, even if it means walking their bike.

Participants who want to attend The Summit but do not currently meet the BMI requirements listed in the BSA Annual Health and Medical Record should consult with their physician regarding a safe and healthy plan for weight loss.

A "Preparation Ride" is still a ride and the safety precautions you take on any ride should be taken on your preparation rides. The following are some guidelines you should follow when riding as a group or with a buddy.

- Carry the 10 essentials. This helps not only with safety but will also simulate some of the weight you will be carrying in your bike bags while riding on the Trek.

- Follow the BSA Bike Safety Guidelines found here, <http://www.scouting.org/Home/OutdoorProgram/Safety/bikesafety.aspx>
- Make sure parents and other leaders not on the ride know your route, estimated departure and return times and let them know when you have returned.
- Check the weather forecast and make sure you are prepared for any possible rain, snow, wind, heat and cold.
- For organized group rides, two deep leadership must be maintained just like any other Scouting event.
- Make sure to utilize the buddy system. As discussed above, sometimes participants may have to do some rides other than organized group rides.
- If you have a cell phone carry it for emergency communication.

The 10 Essentials

While on preparation rides, it is a good idea to carry items you will need throughout the day. A guide for what you will be carrying is the “10 Essentials for Hiking” which are also just as applicable to riding.

- 1) **Navigation Materials-** Map and Compass are essential to knowing and finding your way. GPS can be a great and useful tool, but you should also have the basic map and compass in case technology fails.
- 2) **Water-** Staying hydrated is key. If hiking in a wilderness area water treatment or filtration should be brought as well.
- 3) **Food-** Make sure to bring enough food appropriate for the planned length of your hike.
- 4) **Sun Protection-** Sunscreen, hats and sunglasses are all great tools to protect you from the sun’s rays.
- 5) **Appropriate Clothing-** Depending on the time of year, make sure to have clothing and weather protection for the conditions you may encounter. This could include rain gear, fleece sweater, a winter jacket etc.
- 6) **Fire Starter-** Matches and or lighter.
- 7) **First Aid Kit**
- 8) **Illumination-** Flash light or head lamp.
- 9) **Repair and Tool Kits-** Make sure to bring supplies to fix common problems with any items you may have. A mountain bike specific multi-tool style is an efficient way to bring a lot of tools, plus extra tubes and tire changing supplies are a must.
- 10) **Emergency Shelter-** A tent, tarp or space blanket for emergency shelter.

EQUIPMENT INFORMATION

Review Appendix 1 for a detailed list of Equipment. The equipment is broken down into personal gear, crew gear and equipment provided by The Summit. Personal gear and crew gear are the responsibility of the participant and crew. **It is strongly suggested that label your belongings.** The equipment provided by The Summit will be issued upon arrival and checked back in to The Summit at the end of the week. The Summit expects the same diligent care of our equipment that you will give to your personal and crew equipment.

FOOTWEAR

Flat soled mountain bike shoes are ideal. However, skate shoes or trainers will also work. Inappropriate footwear includes boots, sandals and water shoes.

Clothing

One of the most important decisions you will make in preparation for your trek is what you bring to wear while on the trail. We hope for beautiful bluebird sunshine days for everyone who is on a trek, however Mother Nature sometimes has other plans. If you are appropriately dressed you will stay as comfortable as possible in even the worst conditions. Below is some information and guidelines to support you when making decisions on your clothing selections.

The 2018 Bikepacking Trek season from June to August is considered **summer** in the New River Gorge. Always check weather forecasts prior to arrival and adjust as needed.

Do not wear cotton items on the trek, such as socks, sweatshirts or blue jeans. Cotton holds water and wicks warmth away from your body.

It is simple in the summer when the sun is out. The temperatures are warm so your main concern will be to protect yourself from the sun. A wicking t-shirt or jersey and a pair of nylon shorts is a good base layer. A long-sleeve synthetic shirt or light windbreaker is good to have in case of a sudden shower or temperature change. You will have room in your bags for your extra layer. A hat, sun block, sunglasses (must fit snugly), disposable camera and you're good to go.

Cycling specific clothing should include a pair of **chamois shorts**. These are padded shorts specifically made for cycling that will keep you comfortable for long days on the saddle. They can be worn either by themselves or under a pair of cycling shorts. We also encourage you to bring a pair of cycling specific full finger **gloves**.

Rain gear should include pants and a jacket. Cycling specific rain gear is ideal, but not necessary.

Other clothes to bring on the Trek-

- **Base Layer-** Polypropylene, capilene, thermax and thermion are some of different types of synthetic long underwear that is available. Anyone who does anything outdoors should invest in a set. It is indispensable for hiking, biking, skiing, water sports, gardening or just staying comfortable in a chilly house. These fabrics are designed to wick moisture away from your body. They are hydrophobic, meaning they do not absorb water; rather they transfer it to your outer layers where it can evaporate

keeping your core more comfortable. Silk long underwear is available and feels great but it is not as effective as synthetics.

- **Mid Layer-** Next, you'll want to add a layer of fleece or pile. These are thicker and fluffier than your base layer and supply insulation and warmth. Made from synthetic fibers, they will not absorb nearly as much water as natural fibers. Wool provides some insulation when it gets wet but not as much. Cotton is an absolute no-no. It will make you cold. We guarantee it. Leave that sweatshirt at home or save it for snuggling into after your trip.
- **Outer Layer-** The purpose of this layer is to block the water. It can take several forms. Cycling rain jackets are ideal because they have an extra tail that prevents water from reaching your sensitive core. Waterproof-breathable (such as Gore-Tex) or coated nylon rain shells work well too. Ponchos will not work while riding.
- **Socks and Hats-** If your feet are warm, your whole body will be warm. We recommend lightweight cycling socks. The next best thing is wearing lightweight wool or synthetic socks. For your head, a lightweight cycling or skiing beanie will keep you warm. There will be room under your helmet for a thin hat.
- **Safety equipment-** The Summit provides all required program and safety equipment such as helmets, pads, PFDs, ear protection, harnesses, etc. Do not bring your own safety equipment. The Summit knows the history of the equipment being used.
- **Closed toed shoes-** All Summit activities require closed toed shoes for participation.
- **The Summit Trading Post-** We all know the motto of the BSA is **Be Prepared**. We also all know that no matter how hard you try someone is going to forget something. The Summit Trading Post will be stocked with many of the items on the equipment list that are crucial for participation. If the Trading Post is out of an item, The Summit staff will assist participants with purchasing crucial items from a retailer in the local area.
- **Custom Crew T-Shirts-** In 2018 you will be able to order custom crew t-shirts directly from The Summit Trading post. Details on ordering and pricing will be released in January of 2018.

ADDITIONAL NOTES ON EQUIPMENT AND GEAR

The Summit will provide bikes, bikepacking bags, maps, tents, a dining fly, cooking equipment, water purification equipment, and a first aid kit.

- There will be 1 backpacking style **tent** per 2 campers
- You are required to bring your own hydration pack with capacity for at least 3 liters of water. If you desire, you can add more additional gear space by bringing a larger hydration pack.
- You can bring your own equipment such as bikes, bikepacking bags, tents, cooking equipment, etc. However, we cannot guarantee that our equipment will match up to your equipment, such as our bikepacking bags fitting appropriately on your bike.

- **CREATING THE BUDGET**

THE SUMMIT program fee represents only a portion of your overall expense. Please consider the following items before determining the per person fee that you will collect.

1. **SUMMIT FEE.** This is the per person amount that you will pay to THE SUMMIT for your planned program track.
2. **TRANSPORTATION.** Transportation costs may include air, bus or train fares, vehicle rental and fuel. Remember that some commercial carriers charge additional fees for checked baggage.
3. **LODGING.** Depending on your travel arrangements, you may need to stay one or more nights in route to and from THE SUMMIT. Lodging costs may include hotels, campgrounds, hotels or other similar arrangements.
4. **MEALS.** THE SUMMIT will provide meals beginning with lunch or dinner on the day of your arrival and ending with breakfast on departure day. Plan to purchase travel meals in route to and from THE SUMMIT.
5. **TRAINING.** This includes all costs for crew events designed to prepare for your experience at THE SUMMIT.
6. **PROMOTION.** Include the cost of printing and postage. Additionally, many crews enjoy creating crew t-shirts, hats or other personalized attire or equipment.
7. **EQUIPMENT.** THE SUMMIT will provide all tents, cots and program equipment for your SUMMIT experience. However, if your trip includes additional camping, tours, etc., you may need to purchase crew equipment to accommodate these activities.
8. **SIDE TRIPS and TOURS.** If desired, your crew may choose to plan additional activities in route to and from THE SUMMIT. The cost of these activities should be part of your crew budget.
9. **CONTINGENCY.** Building a contingency into your budget creates a “rainy day” fund to meet unexpected expenses related to your trip. If desired unexpended contingency funds may be refunded to crew members at the end of your trip.

FEE INFORMATION 2018:

FEE: \$799.00 per participant.

PAYMENT SCHEDULE:

- a. \$800 per unit deposit—May 31st, 2017 or within 30 days of reservation
- b. 1st half remaining unit fees due by October 31, 2017. Or within 30 days if reservation is made after October 31st.
- c. 2nd half (or any outstanding balance) due by March 30th, 2018. All fees must be paid prior to arrival.

If a reservation is made after January 31, 2018, a unit has 30 days to become current on the deposit and first half-payment. If reservation is made after March 31, 2018, a unit has 30 days to become current on all payments. Reservations made after May 25th, will be required to be paid in full at least one week prior to arrival.

Online credit card payments are the preferred method for making deposits and paying balances. However, checks can be accepted, if necessary.

Any checks should be mailed to:

2018 High Adventure Program
Summit Bechtel Reserve
2550 Jack Furst Drive
Glen Jean, WV 25846

REFUND POLICY

The Summit must commit financial resources to purchase equipment, hire staff and otherwise prepare to provide a high-quality program. Therefore, participants must also make a financial commitment to attend. All fees are non-refundable and non-transferable in the event of cancellation. Please be conservative when making deposits or payments. Pay only for those who have financially committed to your unit or council to attend.

KEY PLANNING MILESTONES

(C) Applies to items specific to Council contingents

FALL 2017

- Contingent approval notification to councils. (C) **November 15, 2017**
- Scout Executive assigns council staff member to serve as Contingent Advisor. (C)
- Council committee and advisor recruit qualified leadership. (C)
- Draft a tentative transportation plan.
- Participant fee established and approved, including Summit fee, transportation, travel housing, travel meals, and sightseeing fees, if desired.
- Council committee and advisor publicize contingent opportunities to troops and crews, including cost and age/weight requirements. (C)
- Collect deposit from each participant.
- Send contingent deposit to The Summit. **Within 2 weeks of Reservation**

- Continue recruiting to fill available space in crews.
- Crew leaders plan crew preparation schedule.

WINTER 2017/2018

- Conduct Summit Parents' Orientation- conduct meeting with parents to review important information from this guide.
- Participants schedule medical exam.
- Collect advance fee payment from participants.
- Finalize travel arrangements.
- Transmit advance fee to The Summit.

January 31st, 2018

SPRING 2018

- Crews conduct training experiences and shakedown activities.
- Collect balance due from all participants.
- Transmit balance due to The Summit.
- Review Summit Leader and Participant materials.
- Ensure participant compliance with BSA Height/Weight restrictions.
- Complete the Arrival and Departure Plan card.
- Crews conduct training experiences and shakedown activities.

March 31, 2018

SUMMER 2018

Your crew's high adventure experience is ready. The adult advisor will need to bring the following items to Check-In:

- Annual Health and Medical Record properly signed with attached copy of health insurance card for each participant.
- Properly completed and signed Summit Waiver Form (required by the State of WV) for each participant
- Completed crew roster (with any changes or updates included)
- Evidence of wilderness first aid/CPR training certifications (card).

LATE SUMMER/EARLY FALL 2018

- Conduct Summit Family Night upon your return to share stories and photos with parents.

SUMMIT STAFF DIRECTORY

Below is a listing of full time staff at The Summit that can help you with questions related to your High Adventure Experience at The Summit. **All can be reached by phone at our main number 304-465-2800 during regular business hours 8 AM to 5 PM Monday through Friday.** This is not an entire list of the full-time staff but this is a list of those who will mostly likely be able to answer the questions you have about your trip to The Summit.

Director of High Adventure

For general questions on the high adventure program such as facilities, housing, food, transportation, etc. contact:

David Kopsa- Director of the Christen High Adventure Base at The Summit

E-mail Address- David.Kopsa@Scouting.org

Programs- The Director is responsible for all High Adventure Programs and directly oversees The Summit Experience as well as the 3-hour service projects in which all HA groups participate.

Reservation Information

For questions on your reservation, payments, paperwork, etc. contact our registration team:

Cristi Richardson- Registrar

Camela Rodgers- Registration Coordinator

E-mail Address- Summit.Program@Scouting.org The Registration team is the administrator for this e-mail address which you have seen throughout this guide.

Trek Specific Information: equipment, route details, skills questions etc.

Wheels Sports Manager- Phil Waidner

Email Address- Philip.Waidner@scouting.org

APPENDIX 1:

TREK EQUIPMENT LIST: These items will fit into your Dry Bag or Day Use Dry Bag.

Code:

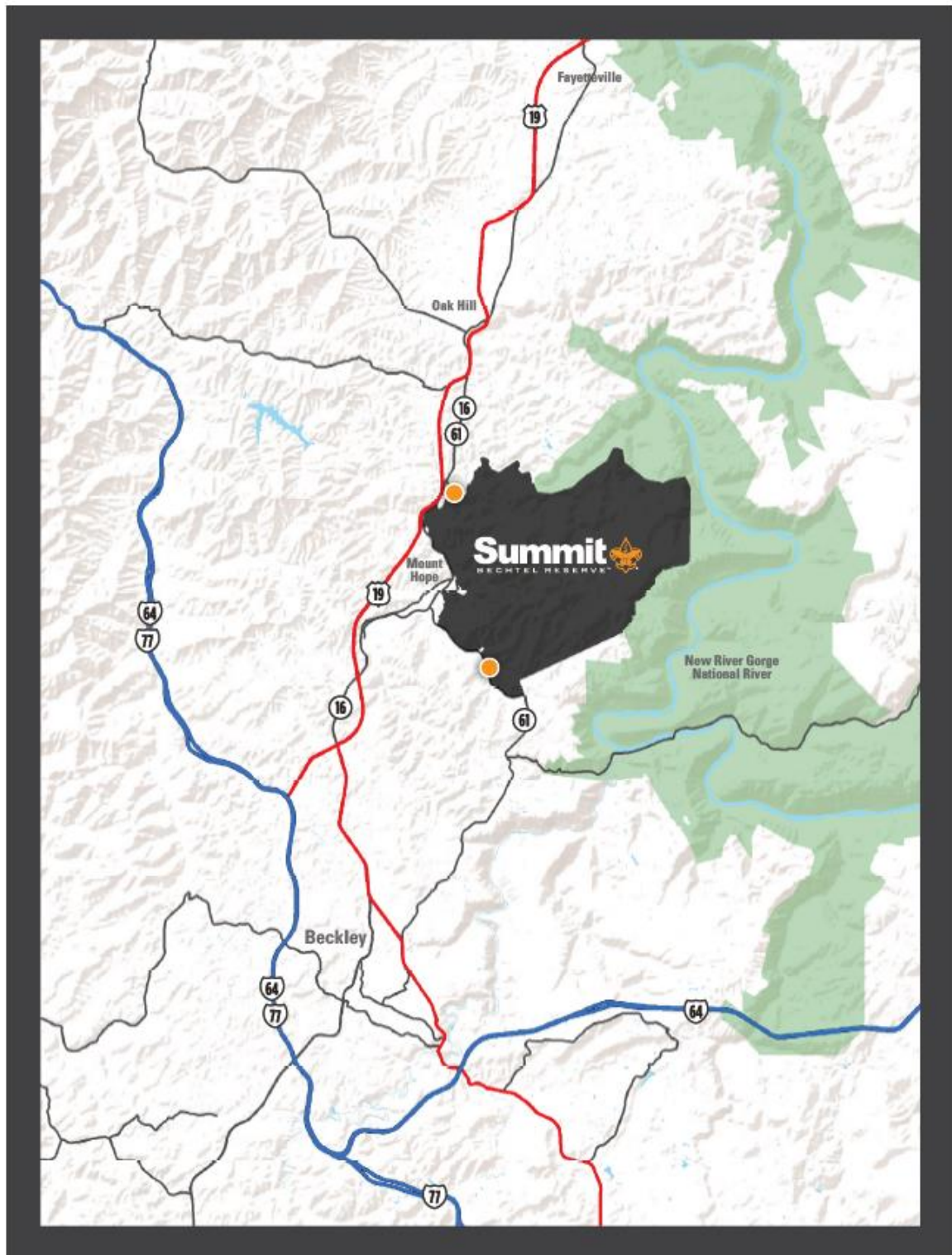
- *- available at trading post
- S- Share with buddy
- F-Female participants

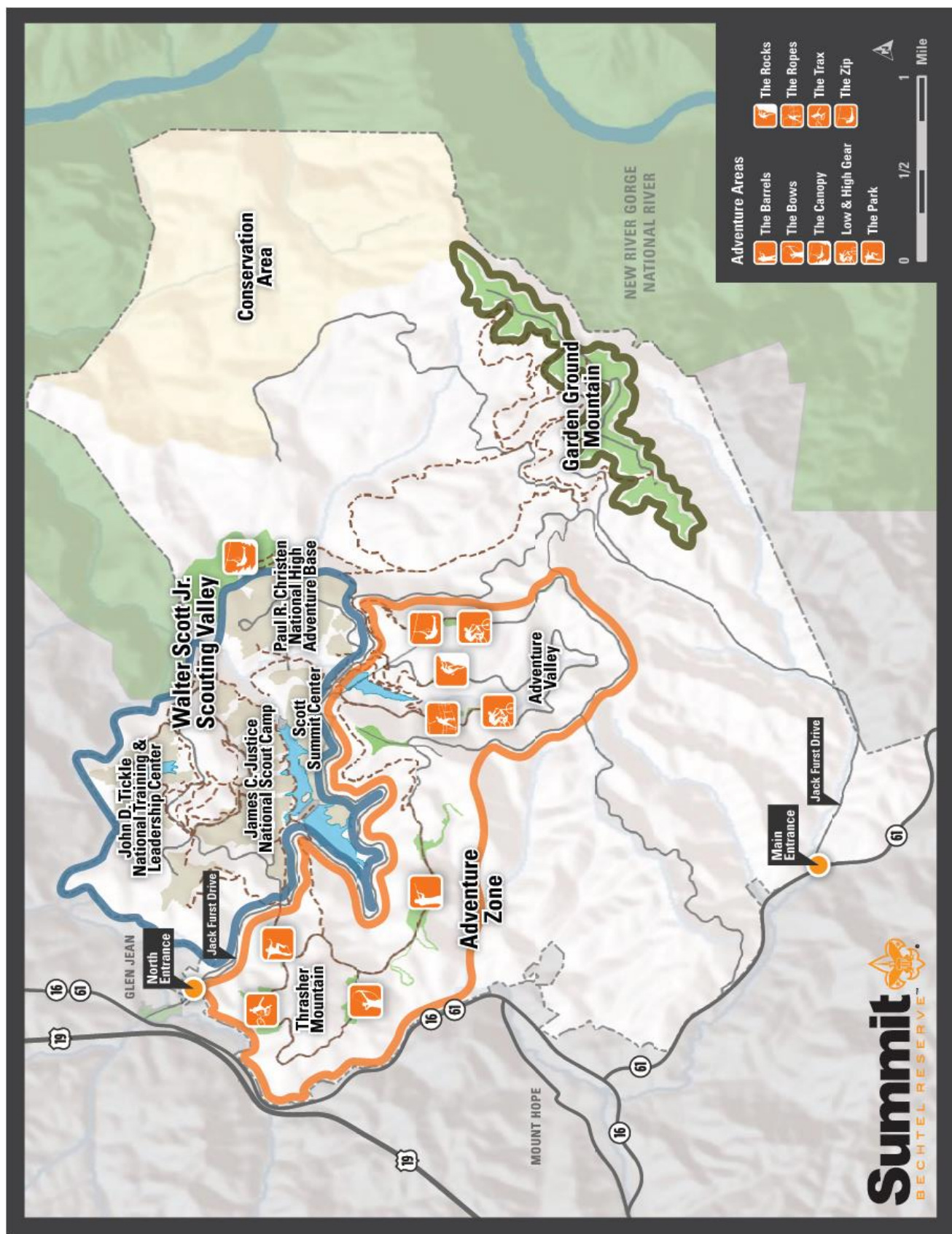
EQUIPMENT	QTY	COMMENTS	Codes	Check
Personal Clothing				
lightweight hat	1	for cool mornings and nights	O	
socks	2-3 pairs	Cycling specific socks are nice, but other thin wool or synthetic socks will do	*	
underwear	3	Moisture wicking, no cotton or nylon	*	
base layer	1	Moisture wicking, no cotton or nylon		
camp pants	1	lightweight, no heavy jeans	*, O	
cycling/chamois shorts	1	One or both, may be built together. Chamois are highly encouraged.		
rain pants	1	lightweight and sturdy, cycling specific is nice, but not necessary	*	
rain jacket	1	cycling specific is nice but not necessary	*	
lightweight mid-layer	1	wool or fleece pullover	*	
shirt - short sleeve	2	moisture wicking, no cotton	*	
sports bra	2	synthetic or wool	F	
cycling gloves	1 pair	full finger encouraged		
Personal Sleep System				
sleeping bag	1	less than 5 pounds packable in a compression sack	*	
sleeping pad	1	air or lightweight self-inflating, needs to roll or stuff instead of z-fold	O	
Footwear				
Flat-soled shoes	1	flat soled mountain bike shoes ideal, skate style shoes or sport trainers okay.		
Personal Equipment				
hydration pack - 3 L bladder	1	Ideally a cycling specific hydration pack with capacity for at least 3 liters of water		
1 liter bottle	1	1 L or 32 oz. Water bottle, "Nalgene" style	*	
gal. zip lock bags	6-12	For organization and extra waterproofness		
small stuff sacks	2-3	pack/organize personal items	*, O	
bowl	1	deep bowl, lightweight material		
mug/cup	1	lightweight material	O	
spoon/spork	1	lightweight sporks are popular		

flashlight/headlamp	1	lightweight, durable and extra batteries	*	
compass	1		*	
money	\$60			
lip balm	1	w/ SPF-25 or greater	*	
soap	1	Biodegradable	*, S	
toothbrush	1	trial size	*	
toothpaste	1	trial size	*, S	
camp towel	1	small, quick dry	*, O	
tampon/pads			*, F	
personal medication		enough for duration of trek		
sunglasses	1	durable and fit securely on face, need to stay on while riding over rough terrain	*	
watch	1		O	
camera	1	bring a memory card and extra batteries or a disposable camera	S	
whistle	1			
chamois cream/body powder	1			
notepad & pen	1		O	
Equipment Provided by Crew				
matches/lighter	3-4			
sewing repair kit	1			
backpacking stove	2-3	know how to use		
fuel bottle	2			
duct tape	1	small amount for trail repairs		*
spices		extra flavor for cooking	O	
nylon cord	3	50' x 1/8"		
sunscreen	2-3	SPF 25 or higher		*
insect repellent	2	no aerosol		*,
water purifiers/filters	1-3	optional	O	
multi-tool	1-2			
trowel/shovel	1			
toilet paper	1-2			
Issued By SBR				
map set	2			
Dining Fly	1			
tent	1 per 2 campers			
tent stakes	5 per person			
nesting pot set	2-3			

cutlery kit	1			
hot pot tongs	1			
plastic trash bags	10			
water purification tablets 30 CT pack	10	1 tablet treats 1 L of water		
nylon rope 100' x 1/4"	1			
first aid kit	1			
red light	1	clip-on red blinking rear tail light w/ batteries		
Bike & set of bikepacking bags	1 per person	Bringing your own equipment is allowed, but please contact bike trek program manager first		
Helmet	1 per person			

APPENDIX 2:
VICINITY MAPS





APPENDIX 3: **WILDLIFE AND OTHER NATURAL HAZARDS**

The Summit is home to a variety of wildlife and natural hazards. All participants and staff need to be alert to these hazards and know what to do in the event of a wildlife situation. Never feed any wild animals and maintain a safe distance even from seemingly harmless animals.

WARNING: There is to be no food, soda, etc. stored in any tent overnight. All food MUST be consumed or placed in a trash container each evening.

Potential wilderness hazards include:

1. Snakes
 - A. Copperheads
 - B. Eastern Timber Rattlesnakes
 - C. Water Moccasins
1. Black Bears
2. Deer Ticks
3. Stinging insects (Biting Flies and Mosquitoes.)
4. Poisonous plants

Snakes: Avoid tall grassy areas, areas with surface rock, and wet areas. Stay on trails. Do not approach any snake and treat all snakes as poisonous. If bitten, have the victim lay prone and rest quietly to reduce the spread of venom. Bitten areas should be kept in a neutral position at the level of the heart. If possible, attempt to identify the type of snake.

Bears: In the event a bear is encountered, attempt to leave the area. Do not under any circumstances approach a bear or go between a bear and bear cubs. Do not attempt to feed bears. If a bear approaches, make noise and wave your arms to scare it off. If the bear charges it may be necessary to fight back to avoid serious injury. **All bear sightings should be reported immediately to the Camp Director and all personnel removed from the immediate area of the sighting.**

Rabies Carrying Animals: Raccoons and other commonly observed small animals are known to carry rabies. Never attempt to approach any animal and report any animal acting in a strange manner, especially if the animal is unnaturally aggressive, to the Camp Director.

Deer Ticks: Deer ticks are known to carry Lyme disease. They can be found in grassy as well as wooded areas. While ticks are often hard to detect in the woods, they can be located by carefully checking clothes, skin and hair. A tick check should be performed several times a day and whenever leaving tick habit. Remove ticks from clothing, but seek medical assistance in removing ticks embedded in the skin or hair.

SUMMIT WILDLIFE HAZARDS



Copperhead

Copperheads are usually colorful and strikingly patterned snakes. They derive their name from the copper-like coloring of the head. The background color of the back and sides is tan to pinkish. There are darker, chestnut colored bands across the back and sides. Each band is of varying width, often described as hour-glass shaped. Newborn Copperheads are colored and patterned like adults, excepting the last inch or so of the tail which will be a bright, sulfur yellow color. Adults are usually in the range of 24 to 36 inches in length, although specimens of greater than 42 inches are not rare. Copperheads eat small rodents, birds, lizards, snakes, amphibians, and insects.

Copperheads are venomous, pit vipers. Copperheads account for more cases of venomous snake bite than any of our other species. Fortunately, their venom is the least toxic of the species. Bites from Copperheads are very seldom fatal; however, a bite may still produce serious consequences.

Copperheads can be found in most all habitats, although they often prefer to be near streams and other waterways. They may be found on hilltops or lowlands. It is not unusual for Copperheads to be found in forested or undeveloped areas within and near suburban developments. Copperheads prefer habitats with lots of vines, vegetation and/or debris. Their coloration and patterning is very effective for camouflage in dead leaves on the forest floor. Copperheads rely upon camouflage and cover for safety.

When danger is perceived, Copperheads will usually freeze in place and remain motionless for the threat to pass. This strategy works well in their natural habitat. Unless a person steps on them, grasps them, or otherwise comes very, very close to them, Copperheads will not usually bite. However, the bite will be readily used as a last defense. An agitated Copperhead will vibrate its tail rapidly. The relative abundance of Copperheads and their occurrences near human habitations is the reason bites from Copperheads are at the top of venomous snake bite statistics in the eastern US.



Eastern Timber Rattlesnake

Timber rattlesnakes are secretive and passive animals. Timber rattlesnakes are thick-bodied snakes which may reach a length of five feet. Their diet consists primarily of small mammals, but may also include birds and eggs.

Rattlesnakes buzz or rattle only to warn approaching humans and predators. They assume a defensive posture or coil their bodies with a raised head and tail when they feel threatened. Similarly, they strike when feeding or as a defense and will retreat if possible.

Timber rattlesnakes often remain unnoticed due to their cryptic colors and camouflage patterns. In such instances, their secretive nature and passive behavior allow humans and predators to pass without interference. Most reported bites result from disregarding defensive displays and unnecessarily provoking the rattlesnake. Unexpected encounters with timber rattlesnakes are best avoided by employing a watchful eye in forest settings and by stepping carefully when in timber rattlesnake habitat.

BEARS, SPIDERS AND TICKS



Black Widow Spider



Brown Recluse Spider



Deer Tick



Black Bear

APPENDIX 6:

The Summit Duty to God Award

The Summit provides this optional crew lead award to help keep participants focused on one of the 12th point of the Scout Law: Reverent.

- Chaplain's Aide must attend the Chaplain's Aide meeting on Sunday night.
- Attend one of The Summit's Chapel Services or conduct a crew lead service.
- Participate in a daily devotional lead by the Chaplain's Aide. Devotional guide provided at the Chaplain's Aide meeting.
- Participate in a daily Thorns, Roses and Bud's session.
- The Chaplain's Aide, Crew Leader and Adult Advisor will sign off on completion of the Award.
- When Completed present this sign-off sheet at the trading post and you will be able to purchase the patch.



Expedition # _____

Number of crew members who have completed the requirements _____

Chaplain's Aide Signature _____ Date _____

Crew Leader Signature _____ Date _____

Adult Advisor Signature _____ Date _____

APPENDIX 7:

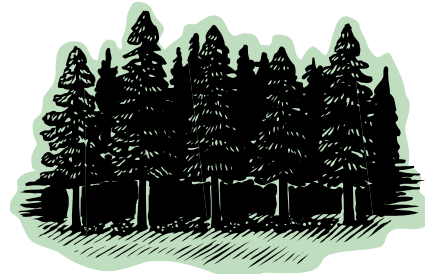
The Summit Sustainability Award

Each participant at The Summit can earn The Summit Sustainability Award. There are five requirements to earn this award. Two of the requirements include documenting things, and one includes sharing those documentations. Documentations can be anything from a picture or video to a journal entry. (If your documentation is something you can post online, do it! The Summit has Wi-Fi!) We encourage you to earn this award and stay at The Summit of Sustainability both with us and in your future endeavors.



The Summit Sustainability Award requirements:

- Your Crew's Outdoor Ethics Guide must attend the Outdoor Ethics meeting held on arrival day. There they will pick up a small guidebook on Leave No Trace and hang tags for each member of your crew.
(Only the Crew Ethics guide must complete this requirement.)
- Upon your return to the site on Friday tour the Sustainability Treehouse and document at least five things that you learned. Write a pledge on the top of the Sustainability Treehouse (metal tags).
- Throughout your stay at The Summit practice the seven principles of Leave No Trace, document at least one example of each principle.
- Share the things you have documented with your troop/crew and ask them to share what efforts they've made to be sustainable either at The Summit or at home.
- Complete at least three hours of a service project with Summit Staff during your stay at The Summit.



In order to purchase The Summit Sustainability Award from the trading post the following crew members must certify the # of crew members who have completed the requirements:

Expedition # _____

Number of crew members who have completed the requirements _____

Outdoor Ethics Guide Signature _____ Date _____

Crew Leader Signature _____ Date _____

Adult Advisor Signature _____ Date _____