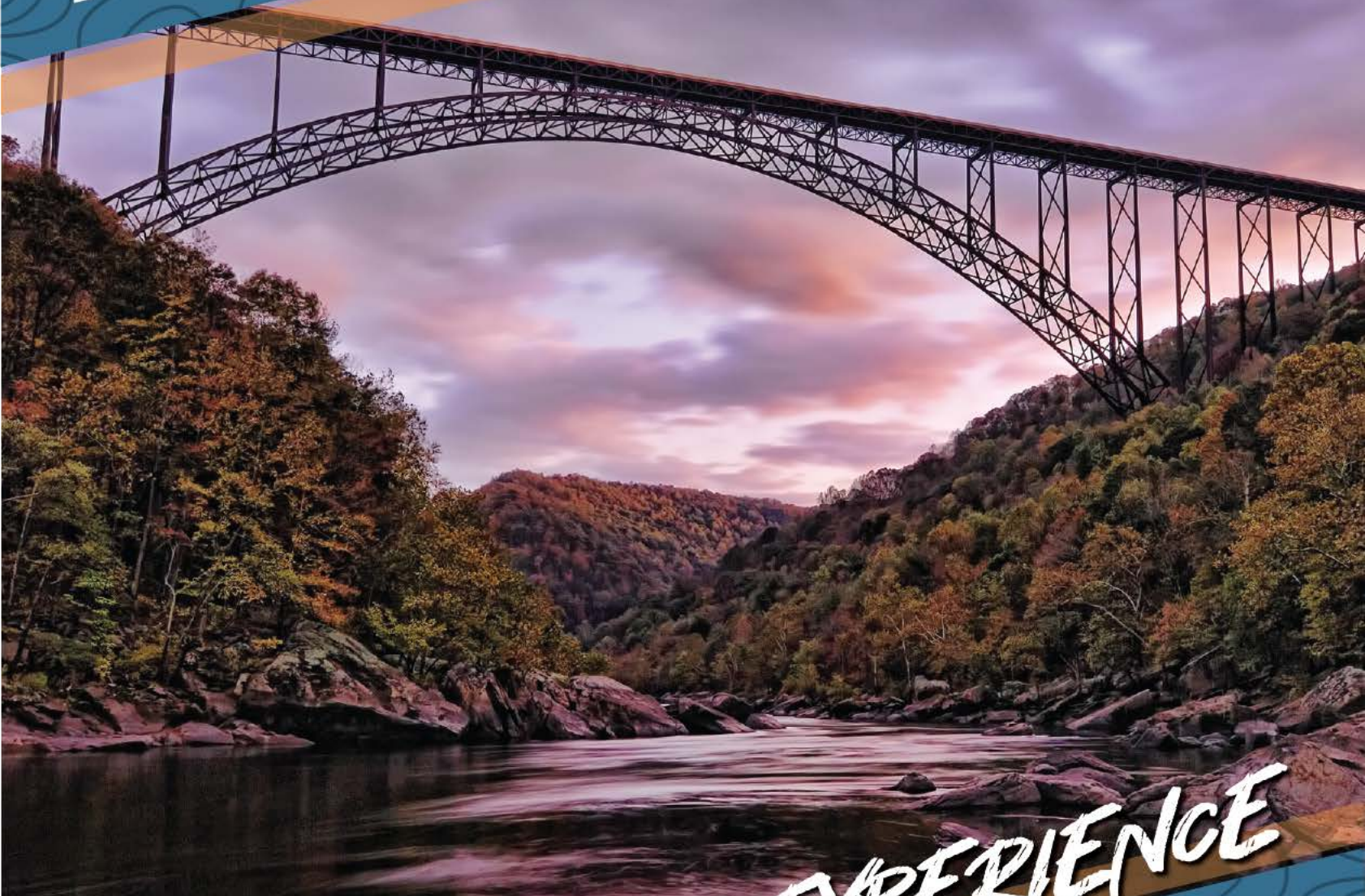


THE PAUL R. CHRISTEN NATIONAL  
**HIGH ADVENTURE BASE**



**PACK N PADDLE EXPERIENCE**  
**2021 PROGRAM**  
**SUPPLEMENT**

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## WELCOME TO THE PAUL R. CHRISTEN NATIONAL HIGH ADVENTURE BASE

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

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 Pack and Paddle program in mind. If you explore our [website](#) you will find we have a [Council & Unit Planning Guide](#) for all of our other programs at The Summit besides The Pack and Paddle 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 Pack and Paddle 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](mailto:summit.program@scouting.org). We cannot wait to serve your group this summer at The Summit's Paul R. Christen National High Adventure Base!

Sincerely,



Matthew Reineck  
Director, Outdoor Adventures at The Summit [Matthew.Reineck@scouting.org](mailto:Matthew.Reineck@scouting.org)  
304-465-2800

# PLANNING INFORMATION

## DIRECTIONS TO THE SUMMIT SITE

Units will first go to The J.W. and Hazel Ruby West Virginia Welcome Center located on Highway 19. After you check in with the registration staff at the Welcome Center, you will be directed onto the main site and your specific campsite by a Summit staff member. For wayfinding devices, it is best to use Google Maps to find this address.

**NOTE** There are two 2550 Jack Furst Drives. Be sure to use Glen Jean not Mount Hope.

### Welcome Center Address:

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

### North Gate/Main Entrance

2550 Jack Furst Drive  
Glen Jean, WV 25846

[Google Maps Ruby Welcome Center Address](#)

[Google Maps Main Entrance Address](#)

### **North Gate/Main Entrance**

Summit Bechtel Reserve  
2550 Jack Furst Drive  
Glen Jean, WV 25846

### **Ruby Welcome Center**

55 Hazel Ruby Lane  
Mt. Hope, WV 25880

### **Mailing Address**

Summit Bechtel Reserve  
2550 Jack Furst Drive  
Glen Jean, WV 25846  
ATTN: Participant Name/Unit Number

## CONTACT US

Call 304-465-2800

Email [Summit.Program@Scouting.org](mailto:Summit.Program@Scouting.org)

**Website:** [www.SummitBSA.org](http://www.SummitBSA.org)

**Gear:** [www.gardengroundoutfitters.com](http://www.gardengroundoutfitters.com)

## EMERGENCY MESSAGES

The Summit 24 hour a day hotline number is **304-465-2900**. We 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 unit 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 immediately.

**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 is monitored continuously. Please note this is an emergency number. Routine business should be handled through SBR Business number: 304-465-2800.

## SUMMIT STAFF DIRECTORY

Below is a listing of full-time staff at The Summit that can help you with questions related to your experience at The Summit. **Everyone 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.

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## ASSOCIATE DIRECTORS

For specific questions about program equipment and activities, contact one of the program managers of the six Summit activity families: Aerial Sports, Aquatic Sports, Hunters Education, Shooting Sports, Wheeled Sports, and the James C. Justice National Scout Camp.

**Associate Director of Outdoor Adventures** David Homce  
**Email Address** [David.Homce@Scouting.org](mailto:David.Homce@Scouting.org)  
**Programs** Pack and Paddle Experience  
**Activities** Climbing, rappelling, canopy tours, zip lines and challenge courses.

**Associate Director of Outdoor Adventures** Ryan King  
**Email Address** [Ryan.King@Scouting.org](mailto:Ryan.King@Scouting.org)  
**Programs** Marksman Experience  
**Activities** Shotgun, rifle, pistol, and archery.

**Associate Director of Outdoor Adventures** Isaac Colvard  
**Email Address** [Isaac.Colvard@Scouting.org](mailto:Isaac.Colvard@Scouting.org)  
**Programs** River Experience  
**Activities** Lake kayaking, river kayaking, white water rafting, stand up paddle boarding and the Water Reality Obstacle Course

**Associate Director of Outdoor Adventures** Thom Merkle  
**Email Address** [Thom.Merkle@Scouting.org](mailto:Thom.Merkle@Scouting.org)  
**Programs** Polaris ATV Experience/Bikepacking Experience  
**Activities** Cross-country and Downhill Mountain biking, BMX biking, skateboarding

**Associate Director of Outdoor Adventures** Chris Perkins  
**Email Address** [Chris.Perkins@Scouting.org](mailto:Chris.Perkins@Scouting.org)  
**Programs** Hunters Education  
**Activities** Crafton Sportsman's Complex & Skills Center

**Associate Director of Outdoor Adventures** Wally Lester  
**Email Address** [walter.lester@scouting.org](mailto:walter.lester@scouting.org)  
**Programs** Scout Camp, Summit Experience  
**Activities** Merit Badges

## 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](mailto:Summit.Program@Scouting.org) The Registration team is the administrator for this e-mail address which you have seen throughout this guide.

## DIRECTOR OF OUTDOOR ADVENTURES

**Matthew Reineck** Director of Outdoor Adventures

**E-mail Address** [matthew.reineck@scouting.org](mailto:matthew.reineck@scouting.org)

**Programs** The director ultimately responsible for all Summit Programs.

## COMMUNICATION

### ROUTINE MESSAGES FROM HOME OR WORK

The Summit has very strong cell phone coverage in most areas of the property. You should be able to receive and respond to most calls on a timely basis. The cell phone numbers of all the leader should be shared with the parents of the participants. In addition, all participants who bring cell phones should share their numbers with each other to facilitate easy communication between the members of the group on site and throughout the trip. Many groups set up a group text function to allow quick communication to all crew members.

WI FI service will be available in certain locations on site and within the unit living area as well as certain locations within The Scott Summit Center.

## PACK AND PADDLE TREK PREPARATION WEBINARS

Half hour webinars to prepare leaders for their crew's high adventure experience will be held leading up to the high adventure season. Webinars will start on the 3<sup>rd</sup> Wednesday of the month starting in February and continue through April. 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](mailto:Summit.Program@Scouting.org).

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

### Dates:

- **February** – Planning Guide, Equipment and Gear, and FAQ's
- **March** – Roles of Adult, Youth, Staff, and Leadership Positions
- **April** – Final Schedules, Overview, and Wrap up

## 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 Scouts BSA Troop 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 15. (There is a maximum of 15 spots available for each arrival date.) Adult Leaders must be and registered members of the BSA. Co-ed crews must have co-ed adult leadership with 1 adult leader of each gender over 21. The Summit recommends that larger groups add one adult in addition to the minimum two for every ten participants past the first ten.

## 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 2 BSA registered adult Advisors 21 years of age or older. **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 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](#). Adult Advisors are responsible for tent assignments.**

## COED VENTURE CREWS

Coed Venture 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. Both must be registered with the BSA as Adult Leaders. 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.

- A Council Contingent may have both Scouts BSA Troops and Venturing Crews as a part of their contingent but each crew within the contingent must be either comprised of Scouts BSA 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, even if it is their parent.

\* 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. For more information, see [creating the budget section](#) of this guide.
4. Ensures that participant fees are collected and disbursed to The Summit according to the [payment schedule](#).
5. Serves as the primary point of contact between the Council or Chartered Unit and The Summit.
6. Assists the contingent in making travel and other necessary arrangements.
7. Ensures that monies are collected, recorded, and disbursed according to council policies.
8. 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 to develop the plan for Crew Advisor selection. Factors to consider include:

1. **The number of leaders required.** Each crew requires a minimum of one Crew Advisor. 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 [physical preparation](#) section for fitness preparation suggestions.
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 involved in 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

- Works with the Contingent Advisor and advisors of other crews in the contingent to develop the budget, travel plan, and to arrange for accommodations, etc.
- Recruits youth participants as members of the crew.
- Provides adult supervision of the crew to and from The Summit as well as during the group's stay at The Summit.
- Conducts necessary training, shakedown, and crew development exercises prior to Summit attendance.
- Coordinates information disseminated to crew members.
- Ensures that the crew members have proper youth protection, first aid and CPR training.
- Ensures that crew members meet the minimum physical standards for participation in The New River Trek. See [physical preparation](#) section for more details.
- 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 Scouting 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 acting.
- 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-RT** or **615-B-RT**. The first 3 digits refer to your group's arrival date, 610 = June 10<sup>th</sup>. The first letter refers to the number of groups we have arriving on that date, A = The first group to confirm a reservation for June 10<sup>th</sup>. B = the 2<sup>nd</sup> group to confirm a reservation for June 10<sup>th</sup>. RT stands for River Trek.

## ELIGIBILITY AND AGE REQUIREMENTS

**Age- Summit participants attending the New River Trek with a Chartered Unit or Council Contingent must be a registered with Scouts BSA, Venturer or Sea Scout 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 New River Trek at The Summit Bechtel Reserve program in one of the following ways:

- As members of a Chartered Unit – Scouts BSA 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

Each camper and advisor are 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, C, and D completed. These forms are available at: [Health and Medical Form](#). 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 photocopy 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 everyone – 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. [Immunization Exemption Request](#)

## 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, 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 Adult or Youth**
- **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](http://www.redcross.org)

American Safety and Health Institute - <https://emergencycare.hsi.com/> Emergency Care and Safety Institute - <http://www.ecsinstitute.org/>

National Outdoor Leadership School (Wilderness Medicine Institute) - [NOLS link](#) National Safety Council – [www.nsc.org](http://www.nsc.org)

National Ski Patrol – Outdoor Emergency Care - [www.nsp.org](http://www.nsp.org)

Stone health Open Learning Opportunities (SOLO) – [www.soloschools.com](http://www.soloschools.com) The Mountaineers – [www.mountaineers.org](http://www.mountaineers.org)

Wilderness Medical Associates (WMA) - [www.wildmed.com](http://www.wildmed.com) Wilderness Medicine Outfitters –

[www.wildernessmedicine.com](http://www.wildernessmedicine.com) Wilderness Medicine Training Center [www.wildmedcenter.com](http://www.wildmedcenter.com)

Wilderness Safety Council [www.wfa.net](http://www.wfa.net)

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 yet do include a small 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 (Advanced), or Paramedic
- Military Corpsman or Medic
- Registered Nurse
- Licensed Nurse Practitioner
- Licensed Physician's Assistant
- Licensed Physician, MD or DO

## OTHER TRAININGS AND REQUIREMENTS

### BSA ANNUAL SWIM TEST

**All participants must have passed their annual BSA Swim Test Prior to arrival.** Crews must perform a BSA swim test for all participants (youth and adult) prior to arrival. Crews must bring with them a completed [Swim Test Master](#) Form. Each member of the crew must have passed their test as a swimmer and be listed in that section of the form.

### AERIAL SPORTS ACTIVITY WEIGHT GUIDELINE

On the final night at the SBR New River 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 Aerial 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.**

## 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 \[Summit.Program@Scouting.org\]\(mailto:The\_Summit\_at\_Summit.Program@Scouting.org\)](mailto: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](http://www.scouting.org) or [my.scouting.org](http://my.scouting.org). Youth Protection Training is required to be a registered adult leader in the Boy Scouts of America. YPT will be verified at check in. Please bring your certificates.

## **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 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. While on the Trek, ask your Trek staff where the appropriate locations may be if desired. **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 an 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](http://www.wvtourism.com).

## DIRECTIONS TO THE SUMMIT

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**

[Ruby Welcome Center google link](#)

## 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 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 CASH ONLY or EZ-Pass Transponders (\$4 toll each per vehicle more if hauling a trailer). More information on their site [WV Parkways Authority](#)

### AIR TRANSPORTATION

#### **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).

#### **BECKLEY RALEIGH COUNTY (BKW), BECKLEY, WV, 20 MIN**

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

#### **GREENBRIER COUNTY (LWB), LEWISBURG, WV, 65 MIN**

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

#### **CHARLOTTE DOUGLAS (CLT), CHARLOTTE, NC, 3.5 HOURS**

- d. Most major airlines

### GROUND TRANSPORTATION

#### **WEST VIRGINIA CHARTER BUS COMPANIES**

- a. Spring Valley Charter – (304) 733-4074 – [springvalleybus@aol.com](mailto: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](http://www.chandlerslimo.com).

#### **COMMERCIAL BUS CARRIERS**

- c. Greyhound Bus Lines – [www.greyhound.com](http://www.greyhound.com) (Beckley, WV)

### VEHICLE RENTAL

- d. Avis – [www.avis.com](http://www.avis.com) (CRW, BKW, LWB, CLT)
- e. Enterprise – [www.enterprise.com](http://www.enterprise.com) (CRW, BKW, LWB)
- f. Hertz – [www.hertz.com](http://www.hertz.com) (CRW, BKW, LWB, CLT)
- g. National/Alamo – [www.nationalcar.com](http://www.nationalcar.com) (CRW, LWB, CLT)
- h. Budget -- [www.budget.com](http://www.budget.com) (CRW, LWB, CLT)
- i. Alamo – [www.alamo.com](http://www.alamo.com) (CRW, CLT)

**NOTE:** Enterprise Rent-a-car has a vehicle drop at SBR's Ruby Welcome Center. Depending on circumstances, some groups find it advantageous to turn in their rental on arrival at SBR and then, pick-up a rental on departure day. Various factors will determine whether this option is more economical for you. To talk to an Enterprise representative familiar with SBR, we suggest calling the Harper Road office in Beckley, WV – (304) 929- 2445. This must be arranged manually with that office you will not find the option to turn in the vehicle at The Ruby Welcome Center on the Enterprise website.

### TOUR COMPANIES

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

### RAIL TRANSPORTATION

- l. Amtrak -- [www.amtrak.com](http://www.amtrak.com)  
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.

### 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. Adhere rigidly to the Tour Plan requirements. **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.

## 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 feet 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.

**NOTE:** that the tents on the trek will be the same style but there will be no cots. A ground pad is recommended.

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; however, bags must contain no more than 2.5 gallons of water and must be used in the shower house while on the main Summit site. Shower Houses are not available on the river. Trek staff will instruct on appropriate cloth baths or areas to use solar bag showers (if you brought one) while on the trek to stay clean. Shower houses on the main site 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. All Scouts will help perform some cleaning duty on the shower houses. Trek staff will assist you in this process.

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 river are provided and trek staff will instruct on safe and appropriate usage.

Laundry services for participants are not available at The Summit. There will be access through the tent city staff to a few machines for "emergency" laundry needs. (Vomit/blood on sleeping bags, soaked sleeping bags etc.) While on the Trek, "emergency" laundry needs are extremely limited due to logistics. 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 river or other activities. Some activities, such as the service projects, require long pants and or long-sleeved shirts. Follow the personal equipment list provided in this guide ([Trek Equipment List](#)).

## TREK AT A GLANCE

### Day 1

- Introduction to backpacking techniques
- Shakedown

### Day 2

- On the trail
- History of Mining at Turkey Knob
- Mt. Jack overlook

### Day 3

- Southside Junction Trail
- Thurmond Exploration
- Cunard Mining Town
- Camping At River Run

### Day 4

- White Water Rafting
- Team Building At River Run

### Day 5

- Kaymoore Trail
- Kaymoore Mine

- Craigs Branch Campsite

### Day 6

- Long Point Overlook
- Group Picture
- Return To SBR
- Big Zip

## BIG ZIP

This 3200-foot zip line begins at HIGH GEAR above ADVENTURE VALLEY and speeds riders at speeds nearing 60 mph over the valley and TRIDAVE LAKE.

### AERIAL SPORTS ACTIVITY WEIGHT GUIDELINE

The engineering and safety systems used by The Summit's Aerial Sports activities require participants to meet certain weight guidelines 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.**

When you arrive back at the Summit on Day 6 of your Trek, you may have the opportunity to ride on the Big Zip. The Big Zip is open Monday through Friday between 9 AM and 4:30 PM. It is approximately a 45-minute hike from the Zip landing up to the Zip launch. Check in at the landing no later than 3:30 PM to be safety briefed, leave any items you wish to not hike with, zip with, or potentially lose. This will give you time to make the hike. If you choose to take items with you, they must fit inside a normal school size backpack. Reasons Zip would be closed would be weather related usually lightning hazards. Remember you will need closed toed shoes to hike in and Zip. Your water shoes are not recommended. Sneakers are fine. As a guideline, Treks generally arrive back at the Summit around 1 – 1:30 PM on Day 6. This allows for plenty of time to unpack gear, finalize any Trek details with Trek Staff, clean up, change, and head to the Big Zip landing in time.

## 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 [Summit Duty to God Award](#) 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 [Summit Sustainability Award](#) for all requirements.

## TREK SERVICE PROJECTS

“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 New River Trek your group will participate in a service project along the trip to benefit the river. These projects may include: River Beach cleanup, campsite cleanup, and or co-ordination with the NPS to do a project for the community. Due to the dynamic nature of the River environment, service projects may greatly change week to week. If your project should require equipment that is not normally packed, we will supply you with what is needed.

## OPENING AND CLOSING CEREMONIES

The main Summit site operates on a Sunday to Saturday arrival and departure schedule. On Sundays there is a main opening program open to all people on site regardless of program choice. On Fridays there is a main closing programs open to all people on site regardless of program choice. If your arrival day is not Sunday and your departure day to return home is not Saturday, there will be a trek specific opening and closing program for you delivered by trek staff and yourself. Sunday-Saturday Treks also have this open to them as well.

## PACK AND PADDLE TREK STAFF AND THEIR ROLES

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

**Trek Check in Host-** will take you through the basic arrival day check-in procedures. This will include a basic Summit Center Tour and during the tour you will meet with our registration staff to turn in paperwork and meet with our medical staff to go through a medical recheck. Your host will join you for dinner and evening program (Sunday Arrival only) but will not be on the trek with your group.

**Trek Coordinator** - will greet soon after arrival and registration, they will 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 Day 2. The Trek Coordinator will lead the Day 1 evening Trek Orientation meeting.

**Trek Staff-** All Trek Staff will join the group on Day 2 morning for departure. They will be with your group from departure from the Summit to arrival back to the Summit. The Trek Staff will lead, assist, guide, and support you on and off the trail. Trek Staff are made up of the Trip Leader (TL), the Trek Coordinator, and the general Trek Staff.

## EXPECTATIONS OF CREWS FOR THE TREK CHECK IN HOSTS, TREK COORDINATOR AND TREK STAFF.

### TREK CHECK IN HOSTS

- Will guide you through the check in process.
- Will take you to our registration staff who will collect paperwork and complete the registration process. They will also assist you in turning in your medical forms and complete a medical recheck.
- Will be trained on the processes and operations of The Summit.
- Will be trained to answer many basic questions about the Trek itself, but the Trek Coordinator and Guides will be the subject matter experts.
- Will guide you on a basic tour of the Summit Center and what will be available for you to enjoy on Day 6 when you return from your Trek.
- Will assist with the Trek equipment shakedown but the Trek Coordinator will lead this activity.
- Will attend the leaders meeting and the Trek orientation and departure preparation meeting.
- Will join the group for dinner and opening program (Sunday Arrival Only).

## TREK COORDINATOR

- Will be trained on the processes and operations of The Summit.
- Has received thorough training on leading groups down The New River.
- Will provide a comprehensive trek equipment shakedown.
- Will co-ordinate with Trek Check in Host to lead them through the check in process.
- Will prepare them for the week ahead.
- Will work through the youth leadership of the group.
- Will introduce group to the Trek Trip Leader (The TL) and other Trek Guides.
- Will be at the closing program on Day 6 to present the youth crew leader with their crew's patches.
- Will be focused on helping to make your crews experience memorable and positive.

## TREK STAFF

- Comprised of: Trek Trip Leader (The TL), Trek Coordinator, and Trek Guides.
- Will be trained to lead groups
- Will help participants improve their skills and confidence.
- Will be trained on the processes and operations of The Summit.
- Will work through the youth leadership of the group.
- Will be trained and experienced on skills utilized on the Trek.
- Will be trained in basic first aid and CPR (at a minimum)
- Will be familiar with the camping locations along the trail
- Will be focused on making the program patrols experience challenging, memorable, and positive.

**The Trek Coordinator IS NOT a crew leader.** This is a youth led experience and the Trek Coordinator is here to be a resource for information, specific skill instruction and to encourage leadership development in the youth.

# ARRIVAL DAY

## ARRIVAL PLAN

In April, 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 their scheduled arrival day (day 1)**. 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 trail at the beginning of the day after breakfast on day 2. Because of this it is very important that crews arrive on time to The Summit Bechtel Reserve on their arrival day so that they can be properly prepared. There is around 3 hours of preparation needed before starting the trek, this **must** be accomplished on arrival day. All crews will leave for the trail at the same time, one crew's delay will delay all persons on the New River trek that week. Please take this into consideration when arranging your travel.

NOTE: that if you are considering traveling by train, current schedules for trains arriving 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 or depart a day later 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 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.

## ARRIVAL DAY SCHEDULE

### 11:00 AM - 2:00 PM

- Arrive at Ruby Welcome Center
- Meet your Trek Check in Host
- [Check in](#) and Register
- [Medical Recheck](#)
- Head to Summit Main Site

### 12:00 PM - 4:00 PM

- Meet your Trek Coordinator
- Conduct [Shakedown](#)
- Adult Advisors, youth crew leader, chaplain's aide, and outdoor ethics guide meeting
- Check in to [Tents](#)

### 5:00 PM - 6:00 PM Dinner at Dining Hall

### 6:30 PM Trek Orientation and Departure Preparation

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

## 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:

- **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.
- [Whitewater rafting waivers](#) - All rafting participants must have; a parent's signature is required for participants under 18.
- **Buddy Tags** - For all aquatic activities. Review [Buddy Tags](#) for details.

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

### MEDICAL RE-CHECK

Medical Re checks will happen at Ruby Welcome Center. 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
- Extra set of critical medications for Health Lodge to store (if needed)

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.

### MOVE-IN

Paul R. Christen High Adventure Base Trek participants are housed in Base Camp Alpha and Bravo area. You will meet the Trek Manager for the week at the Shakedown area at the Alpha Pavilion. 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.

### SUMMIT CENTER WALKING TOUR

In order to familiarize your group with The Summit the Trek Check in Host will take you on a brief walking tour of the Summit Center. Walking Tour highlights below.

- Base Camp facilities
- Summit Center activity areas and hours of operation
- Health Lodge
- Leaders meeting and Trek Orientation Meeting location.
- Program assembly area
- Chapel Service locations and times (Sunday Arrivals Only)
- Opening program location and time (Sunday Arrivals Only)
- Dining hall
- Guest Services
- Trading Post

## SHAKEDOWN INSTRUCTIONS

After arriving at the Alpha Pavilion, the scouts/venture crews gear will be disassembled then repacked to eliminate extra weight, unnecessary items, and ensure proper equipment is taken on Trek.

***As a rule, packs cannot weigh more than 20% of the participant's body weight.***

## PERSONAL GEAR STORAGE

Any additional gear that does not end up going with the crew on the trek can be stored in your vehicles, your tents, or in a rented locker at the Scott Visitor Center. (50 cents)

## EQUIPMENT INFORMATION

Backpacking essentials list <https://www.rei.com/learn/expert-advice/backpacking-checklist.html>

### OPTIONAL GEAR FOR COLD WEATHER

The list of basic gear is fine for almost everyone. If you are concerned it is not enough, you can choose to pack more gear for the “just in case”. There is room in your bag for this. Below are some suggestions on how to choose optional gear.

- **Base Layer-** Polypropylene, Capilene, and Thermax are some of different types of synthetic long underwear that is available. 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.
- **Mid Layer-** 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 and therefore is not recommended.

## CLOTHING AT CAMP

### BASIC CAMP GEAR

- T shirt\* (long or short your choice)
- Shorts or pants\*
- Underwear\*
- Socks \*
- Camp Shoes (sneakers work great)
- Light Jacket
- Head lamp or flashlight
- Bug spray
- Warmer Jacket or Fleece for night
- Rain Jacket (hopefully stays in your tent)

\*cotton is fine and desirable at camp

As with the basic river gear, additional camping clothing may be brought if desired and if you are concerned about being comfortable. There is room in the dry bag for additional items.

### OTHER EQUIPMENT WORTH MENTIONING

- **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. Onsite Aquatics – no shoes required while on water. This does not apply to on the river. See [River Footwear](#) for on Trek info.
- **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-** 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.
- **Service Projects-** Long pants and a long-sleeved shirt are required for service projects. Some projects involve painting, so these clothes should be ones that you don't mind getting paint on or a little dirty.

## TRAIL FOOTWEAR

<https://www.rei.com/learn/expert-advice/hiking-boots-vs-trail-runners-the-great-debate.html>

hiking boots are a critical piece of gear for this trek. These will serve as your primary means of travel and so they will need to be a choice item that should have some thought put into them. There are many different types of boots and brands out there and they all claim to be the best, the only true way to know if the boots work for the individual is to test them out. We highly encourage the individual to find this out before they begin their trek because blisters and injuries will take away from the experience. Boots should have a rigid and supportive sole that supports the wearer and their pack as they hike.

As defined in this article, there are many things to consider.

<https://www.rei.com/learn/expert-advice/hiking-boots.html?series=hiking-boot-basics>

## TREK EQUIPMENT LIST:

### ESSENTIALS

Backpack

Backpacking tent (1 or 2 person allowing scouts to share the tent and the weight)

Sleeping bag Sleeping pad

Headlamp or flashlight \* (with extra batteries)

### OPTIONAL:

Trekking poles

Packable lantern

Tent footprint

Pillow

Map \* (in waterproof sleeve)

Compass \*

### CLOTHING

Moisture-wicking underwear Moisture-wicking T-shirts Quick-drying pants/shorts

Long-sleeve shirts (for sun and bugs)

Lightweight fleece or jacket

Boots or shoes suited for the distance and weight and terrain.

Socks (synthetic or wool)

Extra clothes

Swimsuit (for rafting)

Optional:

Sandals (camp shoes)

### ADDITIONAL ITEMS FOR RAINY AND/ OR COLD WEATHER:

Rainwear (jacket and pants)

Long underwear

Warm insulated jacket or vest Fleece pants

Gloves or mittens Warm hat

Bandana or Buff

### COOKING

Backpacking stove

Fuel

Cook set Dishes/bowls Eating utensils Mug/cup Biodegradable soap

Small quick-dry towel

## **WATER**

Water bottles and/or reservoir  
Water filter/purifier chemical treatment  
Energy food and drinks (optional)

## **TOILETRIES**

Hand sanitizer  
Toothbrush and toothpaste Sanitation trowel  
Toilet paper/wipes and sealable bag (to pack it out)  
Menstrual products Prescription medications Prescription glasses

## **SUN/SKIN PROTECTION:**

Sunglasses (+ retainer leash)  
Sunscreen  
SPF-rated lip balm  
Sun hat (optional)  
Insect repellent  
Blister Treatment- Mole Skin!

## **MISCELLANEOUS**

Small knife or multi-tool  
Repair kit for mattress (Duct tape)  
Whistle  
Lighter/matches  
Emergency Blanket (Optional)  
Camera or action cam (optional)  
Outdoor journal or sketchbook with pen/pencil  
Book  
Cards or games  
Credit card and/or cash ID (for Thursday optional meal at local restaurant)  
Cellphone (with back up battery)  
Poo Shovel

## **STORAGE OF GEAR WHILE ON THE TRAIL**

Groups with personal vehicles should store all personal gear not taken on the trek in their locked vehicles. If you have temperature sensitive items or valuable items you do not wish to leave in your vehicle, work with the Check in Host and Trek Coordinator 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 Check in Host and Trek Coordinator 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 simple: **If it is going to break your heart or your wallet to lose it, do not take it.** Any items like these that you decide to take with you make sure you have the protective equipment to keep them dry.

## **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 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 TRAIL

On the trail there will be sparse accommodations for the crew. By design we will be carrying our gear and waste with us and embodying principles of leave no trace. There will be bathrooms at some locations and a few places to get water but for the most part we will be trying to stay “off the beaten path.”

## CAMPSITES

Four campsites will be utilized on the Trek in and along the New River Gorge National River. <https://www.nps.gov/neri/index.htm>. The campsites are stationary locations owned by the Summit.

## MEALS

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 river. See the Sample Meal Menu Below:

Sample Meal Schedule							
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Breakfast</b>	On your own	Summit Dining Hall	Eggs, Breakfast Meat, Yogurt, Granola, Drink Mix	Breakfast Burritos, Cereal, Fruits, Drink Mix	Breakfast Casserole, Yogurt, Granola, Drink Mix	Pancakes and Bacon, Granola, Yogurt, Drink Mix	Summit Dining Hall
<b>Lunch</b>	On your own	PB&J, Trail Mix, Drink Mix	Cold cut wraps, Trail Mix, Drink Mix	Bagel Sandwiches, Chip Trail Mix, Drink Mix	PB&J, Trail Mix, Drink Mix	Deli Style Lunch, Drink Mix	On your own
<b>Dinner</b>	Summit Dining Hall	Spaghetti, Garlic Bread, Salad, Drink Mix	Hot dogs and Yc Burgers, Chips, Beans, Drink Mix	Red Beans and Rice, Corn Bread, Salad, Drink Mix	Walking Tacos, Drink Mix	Summit Dining Hall	On your own
<b>Dessert</b>	Summit Dining Hall	Dutch Oven Cobbler	S'mores	Dutch Oven Cobbler	S'mores	Summit Dining Hall	

**This is a sample menu and is subject to change.** For Special Dietary Needs see section below.

We will use large propane camping stoves, pots, pans, griddles, and all the basic kitchen cooking utensils at the campsites to prepare breakfast and dinner we also use charcoal for grilling and Dutch Ovens. Youth will prepare, cook, serve, and clean up meals under the guidance of the Trek staff and Adult Leaders.

## MESS KITS

**You will need to provide your own mess kit.** This should include: Cup, Plate, Bowl, Knife, Spoon, and Fork. We will have the pots, pans, “large kitchen” items etc... So, no need for you to bring those. This does not 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/>

## FOOD AT THE SUMMIT

While at The Summit you will eat at The Summit dining hall for breakfast and dinner. Your first meal will either be lunch upon arrival 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 Host 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, 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](mailto: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 Staff to have appropriate food ready for your experience.

As a backup, please inform your Trek Coordinator on arrival day if you have anyone who has dietary restrictions.

## WILDLIFE AT THE SUMMIT

The Summit Bechtel Reserve and the New River Gorge are full of wildlife. While here most all 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. 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 camp. **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 Wildlife and Natural Hazards section found in [Appendix 2](#) for more detailed information on black bears, snakes, and insects.

## PHYSICAL PREPARATION (HIKING and PADDLING)

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.

During your Trek, you will Hike between 8-10 miles a day. You can prepare for this by hiking with your troop or crew in the months leading up to your trek. During these trainings, it is vital to test your gear and find out what works for you.

Along the way, it is also vital to break in your footwear! No new shoes should be tested during your trek. If you do not have access to trail systems, simple walking anywhere will suffice. Again, Hiking is 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.

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 Hike” is still a hike and the safety precautions you take on any hike should be taken on your preparation hikes. The following are some guidelines you should follow when hiking as a group or with a buddy.

- Make sure parents and other leaders not on the hike know your hiking 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 hikes, 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 hikes other than organized group hikes.
- If you have a cell phone carry it for emergency communication.

## 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. **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.

8. **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:**

### **PAYMENT SCHEDULE:**

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

If a reservation is made after January 31<sup>st</sup>, a unit has 30 days to become current on the deposit and first half-payment. If reservation is made after March 31<sup>st</sup>, a unit has 30 days to become current on all payments. Reservations made after May 25<sup>th</sup>, 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:**

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.

## **SUGGESTED BACKDATING SCHEDULE - WINTER**

### **(C) APPLIES TO ITEMS SPECIFIC TO COUNCIL CONTINGENTS**

- Contingent approval notification to councils. (C)  
**FEBRUARY 15**
- 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)

## **SPRING/SUMMER**

- Collect deposit from each participant.
- Send contingent deposit to The Summit.

### **MAY 31**

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

## **FALL**

- Conduct Summit Parents' Orientation- Go to [www.summitbsa.org](http://www.summitbsa.org) and click on the marketing tool kit under the Council Resources tab for orientation materials. Download the program overview presentation with speaker notes for a canned orientation program. Also available are various videos and fact sheets about Summit programs.
- Collect advance fee payment from participants.
- Transmit advance fee to The Summit.

### **OCTOBER 31**

## **WINTER**

- Participants schedule medical exam.
- Crews conduct training experiences and shakedown activities.

## **SPRING**

- Collect balance due from all participants.
- Transmit balance due to The Summit.

### **MARCH 31**

- Review Summit Leader and Participant materials.
- Ensure participant compliance with BSA Height/Weight restrictions.
- Complete the Arrival and Departure Plan card.
- Complete BSA Swim Check (for river program participants).
- Crews conduct training experiences and shakedown activities.

## **SUMMER**

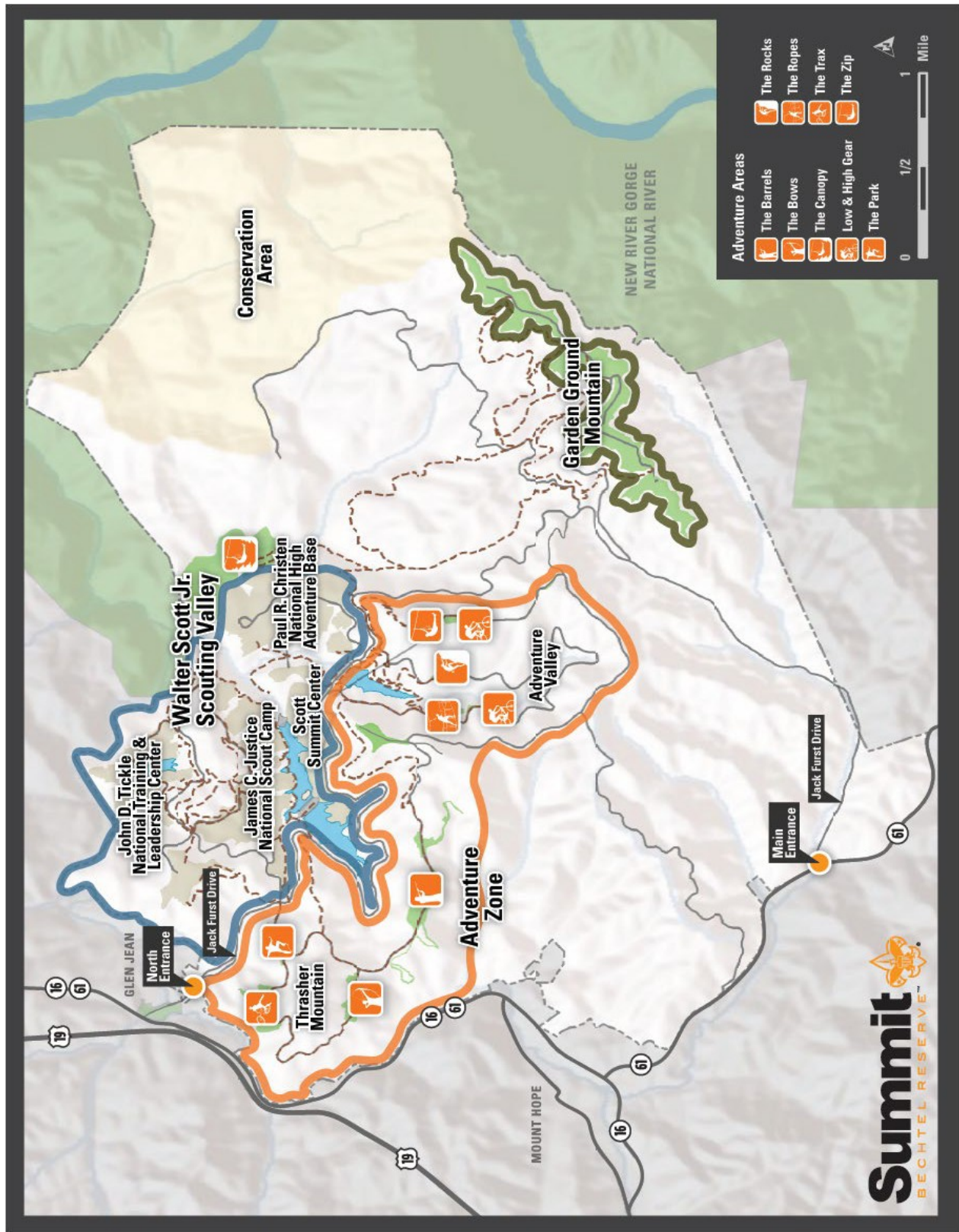
Your crew's high adventure experience is ready. The adult advisor will need to bring the following items to Check-In:

- 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.
- Rafting Waivers.
- Completed crew roster (with any changes or updates included)
- Completed swim check form (for river program participants).
- Evidence of wilderness first aid/CPR training certifications (card).

## **LATE SUMMER/EARLY FALL**

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





## APPENDIX 2:

# 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
2. Black Bears
3. Deer Ticks
4. Stinging insects (Biting Flies and Mosquitoes.)
5. 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 Trek Staff (Camp Director if on Summit main site) 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 Trek Staff (Camp Director if on Summit main site).

**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 hourglass 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 are 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.

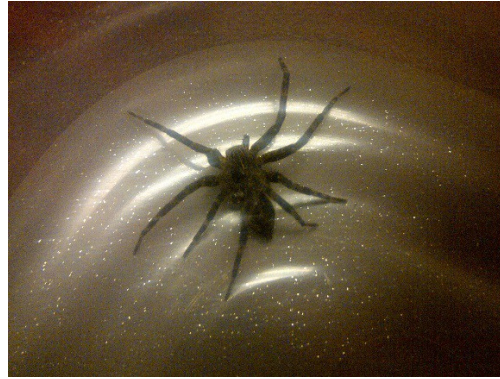
Rattlesnakes buzz or rattle only to warn approaching humans and predators. They assume a defensive posture or coil their bodies with a raised head and tail when they feel threatened. Similarly, they strike when feeding or as a defense and will retreat if possible.

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 3:

# SWIM TEST MASTER LIST



## Swim Test Master List

**Expedition #:** \_\_\_\_\_ **Unit & Unit #:** \_\_\_\_\_

*UNIT LEADER INSTRUCTIONS: All participants must complete a BSA Annual Swim test to participate in Summit programs. Use form 430-122 (<http://www.scouting.org/filestore/Outdoor%20Program/Aquatics/pdf/430-122.pdf>) for swim test instructions, supervision requirements, and to record the results.*

*If your unit will not be completing the swim test at the same time and location, you can use this form to consolidate swim test results as follows:*

- 1) Provide each youth and adult participant a copy of Form 430-122.
- 2) Each participant completes the prescribed swim test under qualified supervision. (see Form 430-122)
- 3) Collect forms from all youth and adult participants. Transfer the results to this master sheet.
- 4) File the original swim test records with your unit records and bring this form with you to the Summit.

**The following participants are classified as BSA SWIMMERS. DO NOT list non-swimmers or beginner swimmers on the list below. Date of swim test MUST be within one year of participation.**

	FULL NAME (PRINT)	DATE OF SWIM TEST
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

***Please list Beginners and Non-Swimmers on the back***

The following participants are classified **non-swimmers** or **beginner swimmers** on the list below. **DO NOT** list BSA swimmers below.

	FULL NAME (PRINT)	DATE OF SWIM TEST	✓ for Beginner Swimmer	✓ for Non-Swimmer
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

I certify that the BSA Swim Test results on this form are an accurate representation of the signed swim test forms (430-122) that have been provided by unit participants and that these forms are filed with the unit records. I understand that the Summits Aquatics Director may, at his or her discretion, re-test any participant.

\_\_\_\_\_  
**Print**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Sign**

**APPENDIX 4:**

**THE SUMMIT DUTY TO GOD AWARD**

The Summit provides this optional crew lead award to help keep participants focused on the 12<sup>th</sup> point of the Scout Law: A scout is Reverent.

- Chaplain’s Aide must attend the Chaplain’s Aide meeting on Arrival night 1.
- 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 High side, Low side, and Horizon Lines 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 5:

# 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 something you can post online, do it! The Summit has Wi-Fi! The river crew encourages you to earn this award and stay at The Summit of Sustainability both with us and in your own 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 Day 6 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 and while on the river, 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 have made to be sustainable either during the Trek 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 \_\_\_\_\_