



NEW RIVER EXPERIENCE

SUMMIT BECHTEL RESERVE | GUIDE TO ADVENTURE

2022 PROGRAM SUPPLEMENT



Summit
BECHTEL RESERVE 

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EXPERIENCE SPECIFIC INFORMATION CONTACT

Equipment, route details, skills questions etc.

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Programs River Experience

Activities Lake kayaking, river kayaking, white water rafting, stand up paddle boarding and The Summit's Water Reality Obstacle Course.

NEW RIVER EXPERIENCE 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 **3rd Wednesday of the month at 8:00pm** 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, please forward them the invite.

TIME OF BROADCAST- 8:00 PM EST/ 7:00 PM CST/ 6:00 PM MST/ 5:00 PM PST

WEBINAR 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

If you miss a webinar or need to catch up, please visit our [High Adventure webinars page](#).

EXPERIENCE AT A GLANCE

This is a 50-mile paddle trek on the New River. You will navigate the upper portion of the river in inflatable kayaks called "duckies". This portion of the river includes Class I to III rapids. The final whitewater day in the Lower Canyon is a rafting experience and includes Class III to IV+ rapids. Crews camp along the river through the New River Gorge. A gear boat (raft) accompanies the group to transport gear and food. Please note that in exceptionally high water, the entire trip may be conducted in rafts. Participants must successfully complete the [BSA Swimmers Test](#) prior to arrival. We recommend that participants have completed the Kayaking Merit Badge or have equivalent knowledge and skill.

SCHEDULE OVERVIEW

- **Day 1-** [Arrival](#), [check in](#) and [Shakedown](#).
- **Day 2-** Depart the Summit for the river and begin kayaking!!!!
- **Day 3-5-** More Kayaking and Adventure!
- **Day 6-** Whitewater rafting down the Lower New River!! Return to the Summit.
- **Day 7-** Depart for home. All good things must come to an end...

OTHER NOTES

- Nights 1 and 6 are spent at The Summit all others will be camping in The New River Gorge.
- Day 1 dinner, Day 2 breakfast, Day 6 dinner and Day 7 breakfast are in the SBR Dining Hall all others are in the gorge.
- When back at the SBR on day 6 the evening activity areas in the Summit Center are available to New River Experience Participants.
- For Information on Whitewater and or Kayak Merit Badges, 50 Miler Award, or Whitewater Rafting Award see [Merit Badges and Awards](#)

- Unless your reservation is all 4 boats, you may and probably will be on an experience with other troops and or crews. Come prepared to make friends.

PHYSICAL PREPARATION

- Experience days consist of 10 to 15 miles of paddling along the river per day.
- If you have access to water and kayaks organizing group paddling sessions is a great way to prepare. For the purposes of physical training canoes work well also.
- If you do not have access to water and boats exercises that focus on arms, the core and upper body will help you get ready.
- Hiking is also a great way to improve general fitness.
- See more on [physical preparation](#) here.

HIGH WATER

June through September are the months we utilize for our Experiences. During that timeframe, the New River water levels generally remain at what we consider normal flows. Occasionally, we see significant increases in rain which translates into higher than normal water levels. At certain water flows we must change our standard operating procedures for safety reasons. The experience continues during these high flows, but they may be modified for your safety. This does not happen often, but it is worth mentioning. No matter what we will provide the youth with the best experience they can have.

BRANDING

On night 5 of your experience, staff will present you with a closing ceremony at the campsite that is unique to Experience participants. On this night, branding will be available to you if desired. Any items you wish to brand must be acquired prior to your departure on Day 2 of your Experience. **Bring appropriate items to brand from home or purchase them in the trading post before you get on the bus the morning of Day 2** at the latest. Branding irons, heat source, and supervision for branding will be provided.

BIG ZIP

This 3200-foot zip line begins at Yamagata Lodge 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 Experience, you may have the opportunity to ride on the Big Zip. The Big Zip is open Monday through Friday between 9 AM and 430 PM. Check in at the landing no later 330 PM to be safety briefed. Reasons Zip would be closed would be weather related usually lightning hazards. Remember you will need closed toed shoes to Zip. Your water shoes are not recommended. Sneakers are fine. As a guideline, Experiences generally arrive back at the Summit around 1 – 130 PM on Day 6. This allows for plenty of time to unpack gear, finalize any Experience details with Experience Staff, clean up, change, and head to the Big Zip landing in time.

MERIT BADGES AND AWARDS

In High Adventure, we focus more on the experience and less on advancement. However, the New River Experience just happens to organically meet the requirements for the Kayaking Merit Badge, Whitewater Merit Badge, Whitewater Rafting Award and most all the 50-miler award (Service Project hours are not met but can be done outside of Experience). This is not by design, but it is a happy coincidence. Experience Staff will happily facilitate the instructional portion of the above. What we ask of you is that you provide the blue cards and the merit badge counselor as well.

TO DO THE ONLINE TRAINING:

- Login to <https://my.scouting.org/>
- Click Menu in the top left.
- Click My Dashboard from the dropdown menu.
- Click Training Center near the top. It is next to YPT.
- Click Scouts BSA. This will redirect you to Scouting U site.
- Click Course Catalog near the top. Scroll down to Program Learning Pans.
- Click on Learning Events in the Boy Scouting Box.
- Click on Merit Badge Counselor Training

This should pop up 2 options. 1: Merit Badge Counselor -Before the First Meeting and 2: Merit Badge Counselor – Position Trained. Complete both sessions and fill out and submit your Merit Badge Counselor Application. Be sure to Include Kayak, Whitewater, and any other Merit Badges you wish to sign off on. Here's link for merit badge counselor application <https://filestore.scouting.org/filestore/pdf/34405.pdf>

This seems complicated but if you follow the steps it is not too painful. If online learning is not your style, contact your local council to find out about in person training opportunities.

Thanks in advance for your help in this. On any given year in the Experience program alone, we can see up to 1000 or more blue cards and award applications. If we sign them as the merit badge counselor, it becomes our responsibility to organize, archive, and retrieve information on any one of the blue cards should a question come up about the card or for Eagle Court. For this reason, we try to stay out of the advancement business in High Adventure. We will provide the subject matter experts for the awards or badges.

Checkout these links for more information on the specific merit badges/awards.

- [Kayak Merit Badge](#)
- [Whitewater Merit Badge](#)
- [50 Miler Award](#)
- [Whitewater Rafting BSA Award](#)
- [Kayaking BSA Award](#)

NOTE the whitewater merit badge has a prerequisite for either the kayak or canoe merit badge. We will have the opportunity to complete the kayak merit badge and then complete the whitewater merit badge during the trek.

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.**

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 Experiences also have this open to them as well.

NEW RIVER EXPERIENCE STAFF AND THEIR ROLES

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

Experience 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.

Experience 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 Experience Coordinator will lead the Day 1 evening Experience Orientation meeting. The Experience Coordinator will be with you for the entire trek.

Experience Staff All Experience 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 Experience Staff will lead, assist, guide, and support you on and off the water. Experience Staff are made up of the Trip Leader (TL), the Gear Boater, the Experience Coordinator, and the general Experience Staff.

Trip Leader the Trip Leader (TL) has undergone all the requirements from the WVDNR to fulfill his or her responsibilities on and off the river. They have more experience and have taken extra training courses to get to this position.

Gear Boater oversees all things involved with the 18-foot gear boat that will accompany you along your trek. Detail oriented and a master at Tetris, they will pack, stack, and strap down everything needed for your journey onto and into an 18-foot inflatable raft. Then they row the boat downstream to campsite, so your gear is there when you need it.

EXPECTATIONS OF CREWS FOR THE EXPERIENCE CHECK IN HOSTS, EXPERIENCE COORDINATOR AND EXPERIENCE STAFF

EXPERIENCE 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 Experience itself, but the Experience 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 Experience.
- Will assist with the Experience equipment shakedown but the Experience Coordinator will lead this activity.
- Will attend the leaders meeting and the Experience orientation and departure preparation meeting.
- Will join the group for dinner and opening program (Sunday Arrival Only).

EXPECTATIONS OF CREWS FOR THE EXPERIENCE CHECK IN HOSTS, EXPERIENCE COORDINATOR AND EXPERIENCE STAFF-CONTINUED

EXPERIENCE 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 Experience 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 Experience Trip Leader (The TL) and other Experience 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.

EXPERIENCE STAFF

- Comprised of: Experience Trip Leader (The TL), Experience Gear Boater, Experience Coordinator, and Experience Guides.
- Will be trained to lead groups down The New River.
- 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 the sections of river utilized on the Experience.
- Will be trained in basic first aid and CPR (at a minimum) as well as Swiftwater Rescue.
- Will be familiar with the camping locations along the river.
- Will be focused on making the program patrols experience challenging, memorable and positive.

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

ARRIVAL DAY SCHEDULE

11:00 AM - 2:00 PM

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

12:00 PM - 4:00 PM

- Meet your Experience 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

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

MOVE-IN

Paul R. Christen High Adventure Base Experience participants are housed in Base Camp Charlie. You will meet the Experience Manager for the week at the Shakedown area at the Charlie 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

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

- | | |
|--|---|
| • Base Camp facilities | • Chapel Service locations and times (Sunday Arrivals Only) |
| • Summit Center activity areas and hours of operation | • Opening program location and time (Sunday Arrivals Only) |
| • Health Lodge | • Dining hall |
| • Leaders meeting and Experience Orientation Meeting location. | • Guest Services |
| • Program assembly area | • 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 Experience. Scouts/Venture Crews will unpack all items brought with them and repack in the following order.

THE RIVER GEAR BEING WORN THE NEXT DAY WILL BE PULLED OUT AND SET ASIDE.

- | | |
|---|--|
| • Short/Long Sleeve Shirts | • Sunglasses with strap |
| • Swim Trunks/Shorts | • Water Bottle -Nalgene type preferred |
| • Water Shoes (must securely stay on feet) See River Footwear | |

THEN, THE FOLLOWING “CAMP GEAR” WILL BE PACKED INTO THE 110L “CAMP BAG” DRY BAG PROVIDED BY SBR

- Short/Long Sleeve Shirts
- Shorts/Long Pants
- Underwear
- Bra (F)
- Socks
- Camp Shoes (tennis shoes preferred)
- Sleep Clothes (pajamas)
- Deodorant
- Toothbrush/Toothpaste
- Headlamp/Flashlight
- Bug spray
- Jacket/Fleece
- Rain Gear

ON TOP, EXTRA RIVER GEAR ITEMS WILL BE PACKED INTO THE 110L “CAMP BAG” DRY BAG PROVIDED BY SBR

- Short/Long Sleeve Shirts
- Swim Trunks/Shorts

MESS KIT ITEMS WILL BE PACKED INTO THE 110L MESS KIT DRY BAG PROVIDED BY SBR

- Plate
- Fork
- Spoon
- Coffee Mug (optional)
- Extra Water Bottle(optional)

EACH PERSON WILL THEN PACK THE FOLLOWING ITEMS INTO THE 5L “DAY USE” DRY BAG PROVIDED BY SBR

- Chap stick
- Sunscreen
- Pillow
- Locking Carabiner
- Ball cap without button on top

PERSONAL GEAR STORAGE

During your gear Shakedown, everyone will be handed a 110 cubic liter dry bag (We call it your Camp Bag) to store their personal gear in. This will include: Sleeping Bag, Pillow (optional), toiletries, clothing etc.... These are large dry bags, and everything will easily fit into one bag per person for the trip. These bags are much larger than most expedition style backpacks and provide approx... 6700 cubic inches of storage capacity. Take this into account when packing your gear to bring along. Please note: Excessive packing causes excessive weight. If a trek is at max capacity (36 plus 6 staff) and everyone brought an extra unneeded 10 lbs. of gear, we have increased the weight on the Gear Boat by 420 lbs. in personal gear alone. The [Shakedown](#) will be utilized to ensure we all pack correctly, efficiently, and to reduce unnecessary weight.

The Dry Bags will be packed, sealed correctly (we will teach you how to do this), and loaded onto the Gear Boat for transport between campsites while on the river. Even though the gear boat will be floating along with you, access to your Camp Dry Bag once it is loaded up will not be realistic during the day until you reach your campsite for the evening. A small Day Use Dry Bag will be provided to each participant for daily essentials.

These items would consist of: Sunscreen, Vital Medications (Inhalers, EpiPen's, heart medication etc...), Sunglasses, bug spray (optional), waterproof camera (optional), and Water Bottle with a locking carabineer. This bag will attach to your Ducky with your locking carabineer. You will be able to access the items throughout the day during calm stretches on the river and while at lunch. Locking carabineers with the screw down mechanism work the best and the wider carabineers are preferred for dealing with water bottles and such.

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

Any gear that is not taken on the Experience, should be stored in your personal vehicles if available. If no vehicle is available or more storage is required/ desired, we will provide a place for your gear while on the trek. Keys for

vehicles will be kept securely at the Summit until you return to ensure that you have them when you return. You do not want to take keys on the river as they may accidentally fall into the river. Be prepared.

EQUIPMENT INFORMATION

Review [Experience Equipment List](#) 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 into 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.

ADDITIONAL NOTES ON EQUIPMENT AND GEAR

The River Experience season from June to August is considered **summer** on the river. Always check weather forecasts prior to arrival and adjust as needed.

It is simple in the summer when the sun is out. Water and Air temperatures are generally warm, so your main concern will be to protect yourself from the sun.

NOTE: Do not wear cotton items on the river. Cotton holds water and wicks warmth away from your body. Cotton clothing worn at the campsite is fine and can be quite comfortable after a day on the water.

BASIC RIVER GEAR

- **Mandatory** - Closed toed river sandals. An **optional** pair of open toed sandals may be brought if desired. See [River Footwear](#).
- Bathing suit and synthetic **SPF pants**
- Synthetic T shirt and **long sleeve SPF shirt**
- Sunscreen
- Sunglasses with retaining strap
- Hat
- Disposable camera*

**optional yet recommended*

We will supply each trek participant a splash jacket in case of cold temps, high winds, or extended rain showers. 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 dry bag for your extra layer and splash jacket.

We have neoprene wetsuits and neoprene water shoes. These items are almost never needed, so we do not issue out this gear or take on the trip. If weather necessitates the use, we will issue out. **Note:** shirt size XS or XXL and above need to consider providing their own gear. We have some but limited supply of XXL. Shoe sizes 8 or below and 14 and up no sizes available. Neoprene water shoes are not a replacement for your water shoes. This equipment is in case of severely cold weather. It is extremely rare to see severely cold weather.

OPTIONAL RIVER GEAR FOR COLD WEATHER

The list of basic river 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 camp dry 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.
- **Additional-** If you choose to bring gloves, toboggans, and or socks just make sure they are synthetic if used on the river.

CLOTHING AT CAMP

Once at camp, it is nice to get out of your wet river gear and into something dry and comfortable. Cotton is no good while on the water but is nice to change into when at camp. Cotton for camp clothes is highly encouraged. Some people choose to bring 2 sets of “wet” river gear and 2 sets of “dry” camp gear we have what we recommend in the packing list but just to expound on it for a minute.

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 Experience 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.

NOTE “Croc” type shoes will not work as river footwear. You may bring them for camp but on the river, they are not acceptable.

STORAGE OF GEAR WHILE ON THE RIVER

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 do not wish to leave in your vehicle, work with the Check in Host and Experience 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 Experience 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 on the river.** 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 except at the Stone Cliff campsite on Day 4 of the Experience.

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 RIVER

While camping on the river you will have the same style tenting arrangements it is important to note that cots will not be at the river campsites. Cots take up valuable space on the gear boat and because of this they will stay at Base Camp until you return after the Experience. Sleeping pads of a moderate size are recommended. Tents, Water, Camping Gear, Food, and personal gear will be transported on the gear boat. **NO FOOD IS ALLOWED TO BE STORED IN YOUR TENT.** Some daily items will stay with you will on the river. You will keep these items in a personal day use dry bag provided to you for the Experience. These items would consist of: Sunscreen, Vital Medications (Inhalers, EpiPen's, heart medication etc...), Sunglasses, bug spray (optional), waterproof camera (optional), and Water Bottle with a locking carabineer.

CAMPSITES

Four campsites will be utilized on the Experience in and along the New River Gorge National Park and Preserve. <https://www.nps.gov/neri/index.htm>. The campsites are stationary locations owned by the Summit. Of those, three are riverside camping and one is a mountain top campsite. Campsite names are: Meadow Creek, Terry Beach, Stone Cliff, and River Run Park.

FISHING

Fishing- will be available at some of your campsites along the river once you reach camp (Gear not provided). Youth 14 years of age and under DO NOT require a fishing license. For all others, licenses may be purchased online at <https://www.wvfish.com>. Below is a fee breakdown using the non-resident status.

- A \$3 fee for initial purchases.
- Conservation/Law Enforcement Stamp (required for all anglers): \$13
- One-Day Fishing License: \$3 (additional days available and you must choose your dates)

Be aware a, SSN# will be required for any license adult or youth. No other Stamps or fees are required for fishing on the waters of the New River that you will encounter on your trip (Not required: Fed Stamp, Trout stamp etc.) just the three fees mentioned in the bullet points above and total cost of 3-day license should be \$25. Fishing gear is not provided for you. Fishing is optional, and should you choose to do so you will need to provide your own gear.

Fishing is available on Day 2, 3, and 4 of your Experience (Day 1 being arrival day and Day 7 being Departure Day) so if you purchase a license do not purchase more than three days for the Experience duration.

Target species are mainly smallmouth bass but rock bass, bluegill, the occasional catfish, and if you are lucky, walleye are in the New River. Soft plastic baits and small spinner baits work well in the 1/8 oz. to ¼ oz. weight

range. Medium action rods are ideal and 2 piece or more rods are easier to pack. Remember, rods can break or be damaged. Take this into account when deciding which rod to bring. Traditional colors in soft plastics are salt and pepper, watermelon, pumpkinseed, green, brown, motor oil, and chartreuse. Spinner baits in white or chartreuse generally do well. **Fishing gear is not provided for the Experience.** Fishing on the Main Summit site does not require a license and some fishing gear is available for use on Main Summit site but will not be available on the river during trek.

MEALS

You will receive three meals a day during your Experience. 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
Breakfast	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
Lunch	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
Dinner	Summit Dining Hall	Spaghetti, Garlic Bread, Salad, Drink Mix	Hot dogs and Burgers, Chips, Beans, Drink Mix	Red Beans and Rice, Corn Bread, Salad, Drink Mix	Walking Tacos, Drink Mix	Summit Dining Hall	On your own
Dessert	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 Experience 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 Experience. Check out this website for some inexpensive ideas. <https://scoutmastercg.com/a-really-highly-evolved-mess-kit-2/>

PHYSICAL PREPARATION (HIKING AND PADDLING)

During your Trek, you will paddle between 10-15 miles a day. You can prepare for this by paddling a kayak on flat-water. The average paddling speed is 3 MPH so a 3-5 hour paddling session would be reflective of a day on your trek. Canoes will work just as well using the same formula.

Swimming is a great way to physically prepare for your trek. Regular 30 minutes to hour-long sessions is recommended.

If you do not have access to water, then prepare by doing core, arms, and general upper body exercises. 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.

- Carry the 10 essentials. This helps not only with safety but will also simulate the weight you will be carrying in your day pack while hiking on The Summit, roughly 10 to 15 pounds. See the appendix for the list of the 10 essentials.
- 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.