



# PACKW, PADDLE EXPERIENCE

SUMMIT BECHTEL RESERVE | GUIDE TO ADVENTURE

# 2022 PROGRAM SUPPLEMENT



Summit  
BECHTEL RESERVE

## EXPERIENCE SPECIFIC INFORMATION CONTACT

Equipment, route details, skills questions etc.

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## PACK AND PADDLE 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 3<sup>rd</sup> Thursday 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

## EXPERIENCE AT A GLANCE

One of our newest High Adventure Experiences at SBR is our Pack and Paddle Experience which covers 50 miles of trail and nearly 7 miles of whitewater rafting. This trek is a guided experience which takes participants through the rugged wilderness of West Virginia where a step into the woods is also a step through years of history.

### 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

- Kaymoor Trail
- Kaymoor Mine
- Craigs Branch Campsite

### Day 6

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

### Day 7

- Depart for home. All good things must come to an end

## OTHER NOTES

- Nights 1 and 6 are spent in The Summit base camp, all others will be camping in the SBR backcountry or 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 Pack and Paddle Experience Participants.
- Unless your reservation is all 16 spots, you may and probably will be on an experience with other troops and/or crews. Come prepared to make friends.

## 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 Experience, 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, Experiences 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 Experience details with Experience Staff, clean up, change, and head to the Big Zip landing in time.

## PACK AND PADDLE 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 Experience 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 Experience gear shakedown and get you prepared for departure on Day 2. The Experience Coordinator will lead the Day 1 evening Experience Orientation meeting.

### 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 trail. Experience Staff are made up of the Trip Leader (TL), the Experience Coordinator, and the general Experience Staff.

# 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).

## EXPERIENCE COORDINATOR

- Will be trained on the processes and operations of The Summit.
- Will provide a comprehensive Experience equipment shakedown.
- Will coordinate 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 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 Coordinator, and Experience 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 Experience.
- 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 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.

## SHAKEDOWN INSTRUCTIONS

After arriving at the Charlie Base Camp, the Scouts/Venture crews gear will be disassembled then repacked to eliminate extra weight, unnecessary items, and ensure proper equipment is taken on Experience.

Note: 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 Experience 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  
\*cotton is fine and desirable at camp)
- Light Jacket
- Head lamp or flashlight
- Bug spray
- Warmer Jacket or Fleece for night
- Rain Jacket (hopefully stays in your tent)

As with the basic gear, additional camping clothing may be brought if desired and if you are concerned about being comfortable.

### 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. Water shoes are required for white water rafting. Crocs, flip flops and other shoes that may easily slip off are not allowed.

## 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 Experience. 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 Experience 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>

## EXPERIENCE 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

*Continued on next column...*

### STORAGE OF GEAR WHILE ON THE TRAIL

Groups with personal vehicles should store all personal gear not taken on the Experience 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.

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)  
Cell phone (with back up battery)  
Poo Shovel

## 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 Experience 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 Experience. Meals will be Philmont Style meals. Each meal will contain enough food for 2 participants to share. Breakfast and lunch will be quick meals which require little to no cooking. Dinners will require heating up water.

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, Chipotle, 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 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 Experience staff and Adult Leaders.

## MESS KITS

**You will need to provide your own mess kit.** This should include: Cup, 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)

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 Experience, you will Hike between 8-15 miles a day. You SHOULD prepare for this by hiking with your troop or crew in the months leading up to your Experience. 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 Experience. 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 Experience.

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.