



# THE BIKEPACKING EXPERIENCE

PROGRAM SUPPLEMENT

Welcome to High Adventure at the Summit Bechtel Reserve! Please refer to this program planning guide in the coming months as you prepare for your visit. If you cannot find an answer in the planning guide, please send questions to [summit.program@scouting.org](mailto:summit.program@scouting.org) or feel free to reach out to me directly.

**Adventure Program Manager**

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## EXPERIENCE PREPARATION WEBINARS

Half hour webinars are designed to prepare leaders for their crew's High Adventure experience. Webinars will be held on 3/25/2024 and 4/15/2024. 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: 7:00 PM EST/ 6:00 PM CST/ 5:00 PM MST/ 4:00 PM PST**

**WEBINAR TOPICS:**

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

### CREW SIZE

The Crew size for this program is a minimum of 8 people and a maximum of 12. This includes the minimum 2 BSA registered adult leaders aged 21 years of age or older. Co-ed crews must have co-ed adult leadership with 1 adult leader of each gender over 21.

## EXPEDITION NUMBERS

### THE CREW EXPEDITION NUMBER

Each reservation is assigned a unique expedition number that will look something like **609-A-BT** or **624-B-BT**. The first 3 digits refer to your group's arrival date, 611 = June 11<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 11<sup>th</sup>. B = the 2<sup>nd</sup> group to confirm a reservation for June 11<sup>th</sup>. BT stands for Bikepacking Trek.

## ELIGIBILITY AND AGE REQUIREMENTS

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

## REQUIREMENTS

- Units must have at least two registered YPT trained adult leaders 21 years of age or older.
- At least one adult leader must have BSA Hazardous Weather Training
- All participants are required to have a medical evaluation within twelve (12) months of their participation date by a physician licensed to practice medicine. The required form and Risk advisory can be found at <https://www.scouting.org/health-and-safety/ahmr/>. You must present documentation upon arrival at the Summit.
- 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.
- All Participants are required to provide documentation of a completed BSA Swimmers Test prior to arrival at the Summit Bechtel Reserve.

## WHITEWATER RAFTING

On day four of your Trek, you will be whitewater rafting down the Lower New River. For this trip you will be in rafts holding up to 8 people, plus a river guide. Remember to bring appropriate footwear for the river! All participants are **REQUIRED** to complete the BSA Swimmers Test prior to arrival at the Summit. You must bring this documentation with you. Follow the link below for more information.

[BSA Swim Test](#)

## BIKEPACKING EXPERIENCE STAFF AND THEIR ROLES

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

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

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

## EXPECTATIONS OF BIKEPACKING STAFF

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

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

## BIKEPACKING SCHEDULE

Your program experience is 7 days from arrival to departure. Nights 1 and 6 are spent at the Summit in Basecamp. Nights 2 through 5 are spent in 3 different campsites along the journey.

- **Day 1** Arrival, orientation, and shakedown day where it's time to get familiar with The Summit and ready for your Bikepacking trip. You will be fitted for a bike and go through a general skills assessment.
- **Day 2** We start the day with riding a few miles on our Low Gear trails. We then pack our bike bags and get ready for the first night of our journey.
- **Day 3** In the morning we ride from camp to the historic railroad town of Thurmond WV, which is on the banks of the New River Gorge. After some site seeing, we make our way back up the mountain to our next camping site at our River Run property.
- **Day 4** The Whitewater River Day on the Lower New River Gorge! The group will be shuttled back down to the New River put-in for a ½ day whitewater trip then brought back to River Run for a 2<sup>nd</sup> night of camping at the top of the gorge.
- **Day 5** This will be our longest riding day where we pass a few more old mine sites on our way to the Town of Fayetteville where our last campsite is located.
- **Day 6** The final day of riding where we get the chance to explore the Arrowhead Trail System that was built by 1500 OA volunteers in 2012. We will finish our morning by riding to a beautiful vista at Long Point. After that, it's back to the SBR for zip lining and some well-deserved.
- **Day 7** Departure Day

## STORAGE OF GEAR WHILE BIKEPACKING

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

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

Because of limited storage space all groups should limit items that need secure temperature-controlled storage such as electronics.

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

Regarding non-essential items like cameras, GPS units, binoculars etc. it is pretty simple; **If it's going to break your heart or your wallet to lose it, don't bring it on the trip.** Any such items that you decide to bring should include protective equipment to keep them safe and dry.

### ACCOMODATIONS WHILE ON THE BIKEPACKING TRIP

While camping on the trip you will stay in your own backpacking style tents. It is important to note that cots will not be at the Bikepacking campsites. Backpacking style sleeping pads are recommended. Tents, Water, Camping Gear, Food, and personal gear will be transported on your bicycle.

**NOTE NO FOOD IS ALLOWED TO BE STORED IN YOUR TENT.**

### CAMPSITES

Remote campsites will be on Summit owned properties adjacent to National Park Service property. The instructors and Crew Leader will discuss campsite options and amenities at each site to determine the best plan for the crew.

### NOURISHMENT

You will receive three meals a day during your trip. 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 ride. Meals will typically be backpacking trail food with some perishables on the layover day. For Special Dietary Needs see section below.

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

You will need to provide your own mess kit. This should include Bowl, Knife, Spoon and/or Fork (or spork). We will have the pots, pans, "large kitchen" items etc., so no need for you to bring those. This doesn't need to be complicated or expensive, but it does need to last the duration of the trip. It's nice to have a bowl with a lid to store lunch in while you're riding. Tupperware can be a good budget option.

### ALLERGIES AND DIETARY RESTRICTIONS

Trail meals are by necessity a high-carbohydrate, high-calorie diet rich in wheat, milk products, nuts, and sugars. **If an individual in your crew is allergic to some food products on our menu or requires a special diet, suitable replacement food must be purchased at home and brought to Summit to replace those items.** Summit asks that food substitutions be made only for medical (including allergies) or religious reasons. There is no fee reduction for individuals who bring their own food.

## FOOD AT THE SUMMIT

While at base camp you will eat at The Summit dining hall. 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.

## SPECIAL DIETARY NEEDS

The dining hall has the capability to provide meals that meet various special dietary needs at The Summit base camp, 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 special dietary need, please visit [SBR Dietary Needs Form](#)**

## PARTICIPANT AWARDS

### 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 and adult advisor will sign-off that the crew has completed the requirements, found [here](#) . The crew will elect a Chaplain's Aid to help guide the rest of the crew through the requirements. The Chaplain's aide will receive instructions and materials to complete this award from the Trek Coordinator. Crew members will present the signoff sheet to the trading post staff and will be able to purchase the award from The Summit Trading Post

### 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. 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.

## ALEXANDER'S EAGLE'S FLIGHT ZIP LINE

This 3200-foot zip line begins at HIGH GEAR above ADVENTURE VALLEY and sends 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 zipline activities. **Participants in these activities must weigh between 80 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 Eagle's Flight Zip. Your group will have a scheduled time slot to ride the big zip. It is a 45- minute hike from the Zip landing up to the Zip launch. You will check in and gear up for the Zip in the basement of the Marriot Leadership Center. If you choose to take items on the Zip with you, they must be inside a normal school size backpack. Reasons Zip would be closed are generally weather related, usually lightning hazards. Remember you will need closed toed shoes to hike in and Zip. 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 Zip landing in time.

### PERSONAL GEAR STORAGE

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

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

## PHYSICAL PREPARATION (HIKING AND BIKING)

The programs at the Paul R. Christen High Adventure are designed to be HIGH ADVENTURE which means there will be a challenging physical aspect to the program. Look over the BSA guidelines to make sure you are medically and physically [prepared](#) for this Trek. **Bikepacking is the most physically demanding Trek offered at the Summit!**

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

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

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

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 ride. Encourage participants to get up big hills, even if it means walking their bike.

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

A “Preparation Ride” is still a ride, and the safety precautions you take on any ride should be taken on your preparation rides.

## EQUIPMENT INFORMATION

Review Appendix 1 for a detailed list of Equipment. The equipment is broken down into personal gear, crew gear and equipment provided by The Summit. Personal gear and crew gear are the responsibility of the participant and crew. **It is strongly suggested that label your belongings prior to arrival.** 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 would give to your personal and crew equipment.

### FOOTWEAR

You need two pairs: one for the trail and one for rafting/camp. Flat soled mountain bike shoes are ideal. However, skate shoes or trainers will also work. Inappropriate biking footwear includes boots, sandals, and water shoes. Closed toed water shoes like Keens can double as camp shoes and rafting footwear.

### CLOTHING

One of the most important decisions you will make in preparation for your trip is what you bring to wear while on the trail. We hope for beautiful bluebird sunshine days for everyone during their ride. However, Mother Nature sometimes has other plans. If you are appropriately dressed, you will stay as comfortable as possible in even the worst conditions. Below you will find information and guidelines to support you when making decisions on clothing selections. Summer temps at the summit can range from highs in the 70s-90s. Mountain weather can be unpredictable, and storms that bring rain and drop the temperature into the low 60's are not uncommon.

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

It is simple in the summer when the sun is out. The temperatures are warm so your main concern will be to protect yourself from the sun. A wicking t-shirt or jersey and a pair of nylon shorts is a good base layer. A long-sleeve synthetic shirt or light windbreaker is good to have in case of a sudden shower or temperature change. You will have room in your bags for your extra layers. A hat, sun block, sunglasses (must fit snugly, a retaining strap like chums are recommended), disposable camera and you are good to go.

Cycling specific clothing should include a pair (maybe 2 pair) of **chamois shorts**. These are padded shorts specifically made for cycling that will keep you comfortable for long days on the saddle. They can be worn either by themselves or under a pair of cycling shorts. We also encourage you to bring a pair of cycling specific full finger **gloves**.

Rain gear should include a jacket, with rain pants being optional. Cycling-specific rain gear is ideal, but not necessary.

### Other clothes to bring on the Trip

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



- **Mid Layer** Next, you'll want to add a layer of fleece or pile. These are thicker and fluffier than your base layer and supply insulation and warmth. Made from synthetic fibers, they will not absorb nearly as much water as natural fibers. Wool provides some insulation when it gets wet but not as much. Cotton is an absolute no-no. It will make you cold. We guarantee it. Leave that sweatshirt at home or save it for snuggling into at base camp after your trip.
- **Outer Layer** The purpose of this layer is to block the water. It can take several forms. Cycling rain jackets are ideal because they have an extra tail that prevents water from reaching your sensitive core. Waterproof-breathable (such as Gore-Tex) or coated nylon rain shells work well too. Ponchos will not work while riding.
- **Socks and Hats** If your feet are warm, your whole body will be warm. We recommend lightweight cycling socks. The next best thing is wearing lightweight wool or synthetic socks. For your head, a lightweight cycling or skiing beanie will keep you warm. There will be room under your helmet for a thin hat.
- **Safety equipment** The Summit provides all required program and safety equipment such as helmets, pads, PFDs, ear protection, harnesses, etc. Do not bring your own safety equipment. The Summit knows the history of the equipment being used.
- **Closed toed shoes** All Summit activities require closed toed shoes for participation.
- **Garden Ground Outfitters** 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.
- **Custom Crew T-Shirts**- You will be able to order custom crew T-shirts directly from Garden Ground Outfitters post at <https://store.summitbsa.org/>. There is a strict order cutoff on April 1, 2024, so get your orders in early!

#### **ADDITIONAL NOTES ON EQUIPMENT AND GEAR**

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

- You will need to bring 1 backpacking style **tent** per 2 campers. The tent will be carried by both campers, one will get the fly and poles, the other will have the tent and stakes.
- You are required to bring your own hydration pack with capacity for at least 3 liters of water. If you desire, you can add more additional gear space by bringing a larger hydration pack.
- You can bring your own equipment such as bikes, bikepacking bags, cooking equipment, etc. However, we cannot guarantee that our equipment will match up to your equipment, such as our bikepacking bags fitting appropriately on your bike. Please contact us to talk about equipment ahead of time if you plan to bring your own.
- This planning guide will be updated as more changes are made prior to the final webinar.

# BIKEPACKING PACKING LIST

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

Code:

\*- available at trading post

S- Share with buddy

F-Female participants

O- Optional

EQUIPMENT	QTY	COMMENTS	Codes	Check
<b>Personal Clothing</b>				
lightweight hat	1	for cool mornings and nights	O	
socks	3-4 pairs	Cycling specific socks are nice, but other thin wool or synthetic socks will do	*	
underwear	4	Moisture wicking, no cotton or nylon	*	
base layer	1	Moisture wicking, no cotton or nylon		
camp pants	1	lightweight, no heavy jeans	*, O	
cycling/chamois shorts	1-2	One or both, may be built together. Chamois are highly encouraged.		
rain pants	1	lightweight and sturdy, cycling specific is nice, but not necessary	*	
rain jacket	1	cycling specific is nice but not necessary	*	
lightweight mid-layer	1	wool or fleece pullover	*	
shirt - short sleeve	2	moisture wicking, no cotton	*	
sports bra	2	synthetic or wool	F	
cycling gloves	1 pair	full finger encouraged		
<b>Personal Sleep System</b>				
sleeping bag	1	less than 5 pounds packable in a compression sack	*	
sleeping pad	1	air or lightweight self-inflating, needs to roll or stuff instead of z-fold	O	
<b>Footwear</b>				
Flat-soled shoes	1	flat soled mountain bike shoes ideal, skate style shoes or sport trainers okay.		
<b>Personal Equipment</b>				
Backpacking style tent (2-person)	1	To be shared between 2 scouts. Light weight is best and consider YPT when pairing scouts		
hydration pack - 3 L bladder	1	Ideally a cycling specific hydration pack with capacity for at least 3 liters of water		
1-liter bottle	1	1 L or 32 oz. Water bottle, "Nalgene" style	*	
gal. zip lock bags	6-12	For organization and extra waterproofness		
small stuff sacks	2-3	pack/organize personal items	*, O	
bowl	1	deep bowl, lightweight material		
mug/cup	1	lightweight material	O	
spoon/spork	1	lightweight sporks are popular		
flashlight/headlamp	1	lightweight, durable, and extra batteries	*	
compass	1		*	
money	\$60			
lip balm	1	w/ SPF-25 or greater	*	
soap	1	Biodegradable	*, S	
toothbrush	1	trial size	*	
toothpaste	1	trial size	*, S	
deodorant	1	trial size		
camp towel	1	small, quick dry	*, O	
tampon/pads			*, F	

personal medication		enough for duration of trip		
sunglasses	1	durable and fit securely on face, need to stay on while riding over rough terrain	*	
watch	1		O	
camera	1	bring a memory card and extra batteries or a disposable camera	S	
whistle	1			
chamois cream/body powder	1		O	
notepad & pen	1		O	
<b>Equipment Provided by Crew</b>				
matches/lighter	3-4			
sewing repair kit	1			
backpacking stove	2-3	know how to use – 1 stove per 4 participants		
fuel bottle	2			
duct tape	1	small amount for trail repairs		*
spices		extra flavor for cooking	O	
nylon cord	3	50' x 1/8"		
sunscreen	2-3	SPF 25 or higher		*
insect repellent	2	no aerosol		*,
water purifiers/filters	1-2	optional	O	
multi-tool	1-2			
trowel/shovel	1			
toilet paper	1-2			
<b>Issued By SBR</b>				
map set	2			
Dining Fly	1			
nesting pot set	2-3			
cutlery kit	1			
hot pot tongs	1			
plastic trash bags	10			
water purification tablets 30 CT pack	10	1 tablet treats 1 L of water		
nylon rope 100' x 1/4"	1			
Water filter system	1	Mostly for emergencies, there is water at each campsite		
first aid kit	1			
red light	1	clip-on red blinking rear taillight w/ batteries		
Bike & set of bikepacking bags	1 per person	Bringing your own equipment is allowed, but please contact Wheeled Sports Program manager first		
Helmet	1 per person			