



THE PACK N' PADDLE 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 or feel free to reach out to me directly.

Adventure Program Manager

Bill Lehrter

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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. A New River Experience planning video will be posted to our Youtube Channel in March. A combined SBR trek webinar will be live on **April 15th at 7 pm Eastern**. This presentation will include a Q&A session with trek staff and Summit management. Call in and login instructions will be sent out for the April Trek Webinar.

TIME OF BROADCAST- 7:00 PM EST/ 6:00 PM CST/ 5:00 PM MST/ 4:00 PM PST

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

REQUIREMENTS

- Units must have at least two registered YPT trained adult leaders 21 years of age or older. Co-ed crews must have Co-ed adult leadership.
- 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 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 adult 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.

EXPERIENCE AT A GLANCE

One of our newest High Adventure Experiences at SBR is our Pack and Paddle Experience which covers around 50 miles backpacking and whitewater rafting. This trek takes participants through the Summit Backcountry and the New River Gorge National Park, where a step into the woods is also a step-through history.

Day 1 – Arrive at the Summit between 1:00 pm and 4:00

- 2-mile hike
- Shakedown
- Trail Overview
- Food handout

Day 2

- On the trail
- Camp in the Summit Backcountry

Day 3

- Hiking the Summit Backcountry
- Explore the mining ghost town

Day 4

- Garden Ground Mountain

Day 5

- Summit Conservation Area

Day 6

- Whitewater Rafting the Lower New River Gorge
- 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.
- Day 1 dinner, Day 2 breakfast, Day 6 dinner, & Day 7 breakfast will be held in the dining hall. All other meals will be on the trail.
- 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 12 spots, you may be on an experience with other troops and/or crews. Come prepared to make friends.

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 Aide 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. Chaplain's Aide resources including a list of devotionals and the Summit Grace can be found at <https://www.summitbsa.org/chaplain-aide/>

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.

Eagle's Flight Zip Line

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 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. 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, but sneakers are fine. As a guideline, Treks 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.

Whitewater Rafting

After the backpacking portion of your Trek, you will go whitewater rafting down the Lower New River! This trip will be in rafts which hold up to 8 people, plus a professional river guide. Remember to bring appropriate footwear for the river! All participants are REQUIRED to complete the BSA Swimmers Test and be classified as a "Swimmer" prior to arrival at the Summit. You must bring this documentation with you. Follow the link below for more information.

[BSA Swim Test](#)

Youth Leadership Roles

This is a youth led experience. The youth leadership team will meet with Summit Staff before departing on the Trek to be briefed on their roles and responsibilities. For Multi-unit treks, we recommend that all of the leaders do not come from the same group.

CREW LEADER

- Live by the Scout Oath and Law.
- Plan and prepare meetings and trainings designed to prepare the group for attending the Summit.
- Communicate and keep crew members informed. Informing crew members of the schedule for the week is an important role.
- Attend the Crew Leader meeting on arrival day and communicate relevant information to crew members.
- Assign tasks to crew members.
- Know the abilities of each crew member.
- Work well with the crew's adult advisors.
- Set a good example.
- Encourage positive morale and spirit in the crew.
- Encourage interaction and positive relationships with other crews attending The Summit

CHAPLAIN'S AIDE

- Serves as a crew morale officer and works with the Crew Leader to make sure the crew is having a positive experience.
- If the crew chooses to pursue the Summit Duty to God Award, they will help lead the group through that program.
- Facilitate a daily High sides, Low sides and Horizon Lines session.
- Attend the Chaplain's Aide meeting.
- Perform a Crew lead service facilitated by the Chaplain's aide

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 of The New River Gorge and The Summit & helps the crew make informed decisions.
- The Outdoor Ethics Guide will attend a meeting on arrival night to receive resources and guidance on their role from The Summit Staff.
- Crew members with experience with the Leave No Trace Principles are a great choice for this role.
- If the crew chooses to earn The Summit Sustainability Award the Ethics Guide will help the crew through those requirements with the resources provided at the Ethics Guide Meeting

PACK AND PADDLE EXPERIENCE STAFF AND THEIR ROLES

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

TREK BASE CAMP MANAGER

This staff member will greet soon after arrival and registration. They will help you settle into your campsite for the first night, direct you to a comprehensive gear shakedown, and get you prepared for departure on Day 2. The Trek Base Camp Manager will also direct you to any available evening program opportunities. This will be your main contact while at the Summit main site.

EXPERIENCE GUIDES

All Experience Guides 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 Guides will lead, assist, guide, and support you on and off the trail.

SHAKEDOWN INSTRUCTIONS

After arriving at Trek Base Camp, crews will follow join our staff on a 2-mile shakedown hike where they will receive information on the week. They will also disassemble gear then repack to eliminate extra weight, unnecessary items, and ensure proper equipment is taken on the trail. Crews will receive the food they will be taking for the week then hiking back to Base Camp.

Note: As a rule, packs should not weigh more than 20% of the participant's body weight.

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 works well for most people. 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, however, overpacking leads to heavier packs and a less enjoyable experience overall. Below are suggestions on how to choose optional gear.

Base Layers- Synthetics like Polypropylene, and Capilene dry quickly and help regulate temperature. Merino wool base layers are also a great option. These fabrics are designed to wick moisture away from your body. They are hydrophobic, meaning they do not easily 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 as much water as natural fibers. Wool also provides insulation but takes longer to dry than a synthetic mid layer.

CLOTHING AT BASE CAMP

Participants may want to keep one clean set of clothes in a vehicle at base camp for traveling home. Save the cotton for traveling clothes. Bring synthetics or lightweight merino wool for 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)

OTHER EQUIPMENT WORTH MENTIONING

Safety equipment- The Summit provides all required program and safety equipment such as helmets, pads, PFDs, 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.

EXPERIENCE EQUIPMENT LIST

Gathering Your Equipment

Backpacking requires proper equipment just like any outdoor sport. Without suitable equipment you will face unnecessary hardships. Take only what you need. After several overnight camping trips, you should be able to conduct your own shakedown to eliminate items that you don't need. Remember, the key to successful backpacking is to go light. Check your equipment against the recommended list. This is the maximum. All backpackers can reduce this list and still be comfortable, clean, and safe. All equipment must be able to hold up to the rigors of a weeklong backpacking adventure.

For more information: [Backpacking checklist](#)

Code:

- *- available at trading post. View apparel offerings in advance at GardenGroundOutfitters.com
- S- Share with buddy
- F-Female participants

Equipment	Qty	Comments	Code	Check
Backpack	1	60 to 75 L Capacity. Internal/External frame pack with hip belts		
Tent	1	1 or 2 Person Backpacking tent can be shared between 2 scouts	S	
Sleeping Bag	1	Synthetic or down (40 Degree Suggested)		
Sleeping Pad	1			
Headlamp/Flashlight	1	Extra Batteries	*	
First Aid Kit		Can have 1 Group kit or individual kits *Guides will carry a group kit	*	
Pocketknife	1	Small pocketknife or multi-tool	*	
Compass	1	Baseplate compass with rotating bezel		
Water Bottle	2/3	Must be able to carry at least 3 Liters *Can also bring a water bladder if desired	*	
Stove	1	Small backpacking stove like a MSR Pocket Rocket 1 stove is good for 1-3 scouts with the backpacking pots. *If you are traveling by plane and cannot bring these items, please contact Bill Lehrter @ William.lehrter@scouting.org *Camp chef stoves are available at most campsites if the group would like to cook as a crew *White gas is not recommended for those new to backpacking	S	
Cook Pot	1	1L backpacking pot good for 1-3 scouts (Recommended to learn backcountry cooking) - Pots like a Solo Stove Pot 900 (Pots should be no less than 800mL) Crews can also use a 6-8 qt pot for crew style cooking - These are provided	S	
Small Repair kit	1	Duct tape or a similar product to fix holes in tents, pads, etc.		

Fuel	1 Per Stove	100 Or 250g Fuel canisters *If using backpacking pots	S	
Rain Cover	1	Rain cover for backpack		
Dry Bags	x	For clothing and important items		
Small Mess Kit	1			
Spork	1			
Soap/Scrub pad	1	Can be shared between crew members	S	
Food Bag	1	1 Bag per person to separate food and can also be used as a bear bag if needed. *Can be a garbage bag or something like a drawstring backpack		
Nylon Cord		50' for bear bag/dining fly		
Phone Charger		Recommended at least 10,000mhp		

Clothing

Recommended to treat clothing with permethrin to deter ticks and mosquitos.

Items	Qty	Comments	Code	Check
Footwear	2	1 pair of Hiking boots or trail runners that are broken in and 1 Pair of water / camp shoes		
Underwear	4 (rec)	Moisture wicking (polyester or wool) (compression shorts) To prevent chafing Cotton not recommended		
Socks	4 (rec)	Moisture wicking polyester or wool		
Shirt	2	Moisture wicking polyester or wool *at least 1 long sleeve for rafting/sun protection	*	
Pants	1	Hiking pants that are non-cotton and quick drying (Convertibles Recommended)		
Rain Gear	1 Set	Waterproof jacket. Pants (optional)		
Shorts/Swim trunks	1	For rafting day but can also be used as a second set of clothes for trail		
Sports Bra (F)	2	Quick drying	F	

Optional	Qty	Comments	Code	Check
Buff/Bandana	1		*	
Trekking Poles	1			
Hammock	1	If not using a tent *Ensure you have all parts to include rainfly and stakes		
Playing Cards			* S	
Fleece/Down Jacket	1	For Colder weather	*	
Camera		Batteries and Memory card		
Money	\$60	To eat at local restaurant at last night's campsite and Purchase items at trading post		

Toiletries / First Aid	Qty	Comments	Code	Check
Hand sanitizer	1		*	
Toothpaste	1		*	
Toothbrush	1		*	
Prescription Medications		As Needed and enough for entire trek		
Sunscreen	1	Can be shared	* S	
Insect Repellent	1	Can be shared	* S	
Feminine Products		As Needed	F	
Camp Towel	1	Quick drying and small		
Foot Powder	1	Helps absorb moisture and prevent blisters	*	
Chafing Cream	1	Reduce friction on chafed areas		
Mole skin	1	For Blisters and Hotspots		
Pain medication		Ibuprofen or Tylenol	*	

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 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 temperature-controlled storage space, all groups should limit as many items like electronics as possible.

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. (Lockers are coin operated. Please bring at least \$.50 in quarters to rent a locker.)

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 safe and dry.

TRAIL FOOTWEAR

A good pair of hiking boots are a critical piece of gear for this Experience. There are a ton of great options out there, and we recommend that you try on a few different pairs and see what feels best on your feet. What works great for one foot shape may be extremely uncomfortable to someone else. The link below has some helpful advice for getting started.

[Hiking Boot Basics](#)

Break in your boots before you arrive! Many backpacking trips have been ruined by using brand new boots. Hot spots quickly turn to blisters and make it tough to enjoy your journey through the New River Gorge. Lightweight hiking boots may require minimal break in, while stiffer backpacking boots with more ankle support will require more break in time. Start with short walks around the neighborhood, and gradually increase the distance and load you are carrying until the boots are comfortable on longer excursions with a weighted pack. Breaking in your boots is a great opportunity to dial in the fit of your backpack and improve your cardiovascular fitness while you're at it!

FOOT CARE

Proper foot care is essential to a successful trek. Blisters and foot injuries are one of the most common injuries but are completely preventable with some simple steps. Address ingrown toenails and foot issues at home well in advance of your trek. Cut your toenails short and square-don't round corners. Clean feet before and after hiking to remove any dirt or debris that may cause blisters. Change your socks daily. Always keep your feet and socks dry. Prevent blisters by treating hotspots before they become blisters. If a blister occurs, reduce friction in the affected area by changing shoes and socks, surround with a ring of moleskin or cover with medical tape. Treat cuts and sores on your feet with antiseptic and adhesive bandages.

MESS KITS

You will need to provide your own mess kit. This should include Cup, Bowl, Spoon, and Fork (or Spork). This does not need to be complicated or expensive, but it does need to last the duration of the Experience.

A [set](#) like this is perfect.

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 Visitors 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.

SMART PHONES

In an age of technology, smart phones are a common tool to use in everyday life, and just like a pocketknife, there are proper and improper ways to use this tool within Scouting. While backpacking is an experience best enjoyed without the distractions of technology, phone use is more common than ever. Photographs and videos can be taken on these phones and several useful outdoor "apps" are widely available. If it is imperative that a smart phone be taken on the trail, please ensure that it is being utilized in a way that enhances the experience, not detracts from the adventure for your crew or that of other crews on the trail. Download off-line apps that will help the learning experience! Find a good star/constellation app, or an animal tracks/scat/calls app, compare bird calls you hear on the trail with a bird call app like [Merlin](#), or the Boy Scout Handbook app might prove useful on the trail. Reserve texting and phone calls for emergency use only, make it a contest to see how long crew members can go without using their phone!

ACCOMMODATIONS WHILE ON THE TRAIL

On the trail, there will be sparse accommodations for the crew. By design, we will be carrying our gear and trash with us and embodying the 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."

MEALS

You will receive three meals a day during your Experience. Some dinners are freeze dried Mountain House Style meals, while some will require more cooking and preparation. Please be comfortable using your backpacking stove before arrival. Breakfast and lunch will be quick meals which require little or no cooking beyond heating water. Food weight is roughly 7-8 lbs. per person. Please have enough space in your pack roughly the size of a basketball to carry food.

This is a SAMPLE menu and is subject to change.

See Special Dietary Needs section below for information on dietary allergies and sensitivities.

2022 Trail Food Menu

Breakfast	Lunch	Dinner
1 Swt Annie Brown Jerky Raisins Animal Crackers Power Bar - Cookies N Cream Protein Granola Skratch Orange Drink Mix	1 Chunk Chicken - 2.6 oz Cheezits ProBar Sea Salted Carmel All Sport Orange Sunflower Seeds, Salted Saltines Crackers	1 Beef Stroganoff - M.H. Goldfish Pretzels Marshmallow Squares Salted Peanuts
2 Pepperoni Sticks - CM Tropical Treasure Fruit Blend Clif Choc Chip Bar Strawberry Fig Bar Chocolate Granola	2 Peanut Butter H.S. Chews - Orange Sweet BBQ Jerky Lemon Lime Allsport Honey Roasted Peanuts Wheat Thins Original	2 B.P. Santa Fe Style Chicken Buffalo Blue Cheese Combos Teddy Grahams Sweet N Spicy Trail Mix
3 Mesquite BBQ Beef Stick Apples Cinnamon Instant Oatmeal HS Waffle GF Salted Caramel ZeeZees Blueberry Lemon Nutrition Bar Banana Chips Hot Cocoa Mix	3 Original Cheese Wheel Cranberry Almond Kind Bar Spam Singles Strawberry Banana Allsport Sunflower Seeds, Hny Rstd Ritz Crackers	3 Knorr Teriyaki Noodles Blue Cheese Combos Pecan Sandies Nut and Chocolate Trail Mix Salmon Pouch
4 Turkey Sausage Bites - HBF Field Stone Granola Pop Tarts - Brown Sugar Cinnamon HS Almond and Pumpkin Seed Bar Mixzee Mixed Fruit Dried	4 Chili Con Queso Cheese Cup PROBAR PB Choc Chip Cruncherz, Sea Salt .75oz All Sport Blue Raz Ice Teriyaki Jerky Chick in A Biscuit	4 Idahoan Mashed Potato Chicken Pouch - 7 oz Cup a Soup Packet - Lipton Chips Ahoy, 4 pk Salted Peanuts
5 HNY BRN SUGAR TURKEY E&C Strawberry Granola Whole Berry Blast Meal Bar Skratch Drink Mix Lemons and Limes Welchs Fruit Gummies	5 Tuna Creations - Sweet & Spicy Power Bar - Chocolate Cheezits Fruit Punch Allsport Honey Roasted Peanuts Sociables Crackers	5 KNORR Pesto Entrée Combo Bread - Cheddar Cheese Marshmallow Squares Beef Summer Sausage
6 Beef Stick - Honey Pepper - HBF Raisins Cherry Dunkers Skratch Rasp and Lemons Bar Cinnamon Granola	6 Smoked Gouda Cheese Cup ProBar Strawberry Chews Pepperoni Sticks - CM All Sport Orange Nut and Chocolate Trail Mix Triscuits Pepper Olive Oil	6 3 Cheese Mac & Cheese Goldfish Pretzels Oreos Sweet N Spicy Trail Mix
7 Peanut Butter Belvita Breakfast Biscuits Smkd Hickory Jerky Power Bar - Berry Field Stone Granola Aclimate Drink Mix	7 Starkist Chicken Salad 2.5z Caramel Almond Sea Salt Kind Bar Cruncherz, Chili Lime Lemon Lime Allsport Sunflower Seeds, Salted Wheat Thins Original	7 Knorr Rice Butter N Herb Entrée Buffalo Blue Cheese Combos Lorna Doone Cookies Fruit and Nut Trail Mix Salmon Pouch
8 TURKEY E&C Instant Oatmeal Maple and Brn Sugar Animal Crackers HS Peanut and Sunflower Seed Bar Mixzee Mixed Fruit Dried	8 Sun Butter PROBAR Chocolate Coconut Bar Beef Sausage MINI DELI BITES Grape Allsport Salted Peanuts Saltines Crackers	8 Spaghetti w/ Meat Sauce - M.H. Cheddar Cheese Combos Oreos Honey Roasted Peanuts
9 Turkey Stick - Honey Pepper - HBF Cinnamon Granola Pop Tarts - Frosted Strawberry Power Bar Orange Banana Chips Hot Cocoa Mix	9 Tuna Creations Lemon Pepper Power Bar Shots - Raspberry/Orange Nutter Butters All Sport Blue Raz Ice Sunflower Seeds, Hny Rstd Ritz Crackers	9 Mexican Style Veggie Bowl with Rice and Beans Combo Bread - Cheddar Cheese Pecan Sandies Nut and Chocolate Trail Mix
10 Biscuits and Gravy Entrée Chocolate Granola H.S. Waffle - Short Stack Welchs Fruit Gummies	10 Pepperjack Cheese Wheel H.S. Chews - Pink Lemonade Beef Salami Slices Fruit Punch Allsport Cruncherz, Ranch Triscuits	10 Chicken Pouch - 7 oz Chips Ahoy, 4 pk Stuffing Mix Gravy Mix Turkey

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 The Summit you will eat at The Summit dining hall for breakfast and dinner.

SPECIAL DIETARY NEEDS

The dining hall has the capability to provide meals that meet various special dietary needs for meals served in dining halls at The Summit (not while on Trek), 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](#)

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.

FOOD ON THE TRAIL

We do not have as much flexibility for menu substitutions on the trail as we do in the dining hall. This makes it vitally important that you fill out your Dietary Needs Form early. We can accommodate vegan, gluten free, and nut allergy restrictions on the river. You may need to bring some of your own supplemental food if you require extra menu alternatives.

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 training sessions, it is vital to assess your gear and find out what works for you.

For tips on backpacking training routines, check out this [link](#) from REI!

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 fantastic way to get in shape.

Remember the goal, when planning your [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.

We highly recommend participating in at least two weekend backpacking trips with your troop before your arrival at the Summit.

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. The information found on the [hiking merit badge](#) page is an excellent resource.

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 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

BE BEAR AWARE!

The Summit Bechtel Reserve and New River Gorge are excellent black bear habitat. While catching a glimpse of the Summit's signature wildlife is a highlight of many Scouts' visit, it's important to practice proper bear safety.

- Never store food or trash in your tent. Bear boxes or bear hangs will be used in basecamp and while out on the trail. Keep a clean camp.
- Whenever possible, use the [Bear-Muda Triangle](#) method.
- Never approach a bear, keep your distance.
- Never come between a bear sow and her cubs.
- Bears will generally try to avoid human contact. If a bear doesn't run away, make yourself look as big as possible and make noise. Stay in a group!
- Don't run! Running could trigger a bear's predatory response.
- Report any unusual or aggressive bear behavior to the Summit Operations Center at 304-465-2900.

