



THE NEW RIVER EXPERIENCE



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PROGRAM SUPPLEMENT

Welcome to High Adventure at the Summit Bechtel Reserve! Please refer to this planning guide as you prepare for your visit. If you cannot find an answer here, 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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EXPERIENCE AT A GLANCE

This is a 50-mile paddling Experience on the New River. You will navigate the upper section 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 Gorge is a rafting experience and includes more than 20 Class III to IV rapids. Crews camp along the river through the New River Gorge National Park and Preserve. A gear boat (raft) and trailer accompany the group to transport food and gear. Please note that in exceptionally high water, the entire trip may be conducted in rafts. Participants must be classified as a [Swimmer](#) prior to arrival. Participants should have basic kayaking skills and be confident in their swimming ability.

SUMMIT BECHTEL RESERVE OVERVIEW

The Summit Bechtel Reserve in West Virginia offers a range of summer programs, including:

- **Summit Experience:** A premier high-adventure program exploring various Summit venues.
- **New River Experience:** A kayaking and rafting trek covering over fifty miles on the New River.
- **ATV Experience:** Exploration of SBR and surrounding areas using all-terrain vehicles.
- **Marksman Experience:** Target sports at the Bows and Barrels shooting venue.
- **Pack and Paddle Experience:** A high-adventure expedition combining hiking and rafting.
- **James C. Justice National Scout Camp:** Traditional Scout camp experience with merit badges and access to high-adventure venues.
- **Home of the National Scout Jamboree!**

PROGRAM DATES & REGISTRATION

- **Session Dates:** Weekly sessions run from June 5 to July 11, 2026. Availability for specific programs can be found [HERE](#).

- **Registration:** Units can register online at summitbsa.org/registration.
- **Registration Assistance:** For help with registration, contact the SBR registration team at summit.program@scouting.org.

EXPEDITION NUMBER

When a unit registers and makes payments for SBR programs, the registration system assigns an **expedition number**. This number helps SBR staff track and identify all guests. The expedition number is also needed when applying for high adventure awards, such as [Triple Crown and Grand Slam of National High Adventure](#).

Format of the expedition number:

- **Two-letter prefix:** Indicates the program the unit is participating in.
- **Six-digit date:** Represents the start date of participation.
- **Letter:** Shows the order in which the registration was submitted and makes the expedition number **unique** to your unit.

Examples: SE060926-D or PP070126-A

Note: Leaders and parents/guardians should always reference the expedition number when communicating with SBR staff.

Unit Composition

- Units may be **all-male, all-female, or coeducational**.
- All-male or all-female Scouts BSA troops must follow the **Scouts BSA troop leadership guidelines** for single-gender units (see *Guide to Safe Scouting*).
- Coeducational Scouts BSA troops and Venturing crews must follow the **leadership standards for coed units**.
- Each participant, youth and adult, must be currently registered with Scouting America.
- For more details (including leadership guidelines), visit the [Youth Protection and Adult Leadership page linked here](#).

Scout Connections

The **Scout Connections** webpage helps units and individuals find open spots in SBR program crews:

- Units registered for a SBR program can **advertise available spaces** in their crews.
- Scouts from units **not participating** in a Summit program can **express interest** in joining a crew.
- Only **adults** (unit leaders or parents/guardians) can create posts for advertising or inquiring about crew spaces.

Learn more and post opportunities at:

<https://www.summitbsa.org/registration/scoutconnections/>

2026 Fee and Payment for Paul R. Christen High Adventure Reservations

Experience Program Fees:

- New River Experience: \$9,600 per boat
(Each boat holds 8 participants. If you have more than 8 participants, an additional boat must be booked.)

Fee Schedule:

- Deposit: \$250 due upon registration (non-refundable)
- 1st Payment: 10% of remaining fees due within 30 days of registration
- 2nd Payment: 50% of remaining fees due by November 1, 2025
(If registration occurs after 11/1/2025, your unit has 30 days to catch up on payments.)
- Final Payment: Balance of remaining fees due 90 days prior to arrival

Disclaimer:

National High Adventure Bases set baseline pricing 12–24 months prior to attendance. Additional fuel, food, utilities, or other surcharges may apply due to economic conditions, increased costs, or other factors.

Refund Policy

SBR invests significant resources to provide a high-quality program. For this reason, all fees are non-refundable and non-transferable in the event a participant needs cancel. Please be thoughtful when reserving spots and submitting deposits or payments. SBR leadership recommends paying only for individuals who are financially committed to attending.

If you have any questions regarding camp fee refunds, please contact the registration team at summit.program@scouting.org.

Payment Method

A \$250 unit deposit is due at the time of registration. This deposit can be made online using a credit/debit card or electronic check. Paper checks, made payable to Scouting America, can also be mailed to SBR.

All subsequent registration payments must be made by electronic check or mailed check, payable to Scouting America. Please be sure to include your expedition number with all mailed payments.

Mailing Address for Payment:

Summit Bechtel Reserve
2026 Program
2550 Jack Furst Drive
Glen Jean, WV 25846

Camperships (Financial Assistance)

The Summit Bechtel Reserve offers financial assistance for Scouts (youth participants) who may need support. To apply, Scouts must be listed on the unit reservation, and the parent, guardian, or leader submitting the application should be prepared to provide basic information, including the Scout's membership ID number.

The campership application is available [HERE](#).

Recipients of campership assistance will be notified by April 30, 2026, and any awarded funds will be applied directly to the unit balance.

Communication

SBR employs full-time staff members, including program managers, to ensure the quality of all adventures and to communicate clearly with unit leaders, parents/guardians, and other stakeholders. Contact information for key Summit staff is listed below.

SBR Leadership Contacts

Role	Programs	Email
Registration Team	General program, registration, and payment questions	Summit.Program@scouting.org
Treks Program Manager – Bill Lehrter	New River and Pack and Paddle Experiences; aquatics	Bill.Lehrter@scouting.org
Family Adventure / Training & Leadership Program Manager – Braxton Rhodes	Family Adventure Camp, Training & Leadership Center (NAYLE)	Braxton.Rhodes@scouting.org
Aerial Sports Program Manager – Sara Brubaker	Climbing, rappelling, ziplining, and COPE activities	Sara.Brubaker@scouting.org

Contact Phone Number

Primary Phone: 304-465-2800

- Answered Monday–Friday, 8:30 a.m.–4:30 p.m.

Driving / Correspondence Address

- **[North Gate \(Main Entry Point\)](#):** 2550 Jack Furst Drive, Glen Jean, WV 25846
- This address should also be used for mailed correspondence (checks, etc.).

Participant Mailing Address

- **For Participant Mail:** 1578 Loop Road, Glen Jean, WV 25846
- Include the participant’s name and unit expedition number.

Summit Website

- www.summitbsa.org – primary website for program and property information

Emergency Communication

- **24-hour Emergency Hotline:** 304-465-2900
- Parents, guardians, or unit leaders should provide the name and expedition number of the participant when calling.
- Emergency calls routed through this hotline allow Summit leadership to respond appropriately.
- If an emergency message is delivered directly to a participant, notify a Summit staff member or call the hotline immediately.

Routine Communication

- Excellent cellular coverage and Wi-Fi are available throughout the site.
- Units/crews are encouraged to share leader contact numbers with parents/guardians for easy communication.
- Mobile group texts or chats are acceptable, provided they follow Scouting America Youth Protection guidelines.

Schedule a Visit To or From SBR

SBR employs a dedicated full-time staff and an exceptional seasonal outreach team, and we love connecting with Scouts, unit leaders, and other stakeholders to share information about SBR's programs and property.

Individuals are invited to request a visit to or from SBR. Several options are available:

- One-on-one (adult-to-adult) phone call
- Virtual unit committee or patrol leader council visit
- On-site tour of SBR property
- Visit from a member of the SBR staff

The SBR outreach team will work with each requester to determine the best method of meeting.

Scan the QR code below to complete a simple request form, and a member of the SBR team will be in touch soon!



Facilities & Personal Items

Laundry

Laundry facilities are generally not available for participant use. Adults may request limited access to laundry facilities through base camp staff or camp leadership for emergency needs (e.g., cleaning wet sleeping bags or items soiled with bodily fluids).

Shower and Restroom Facilities

- Participants under 18 must use the youth facilities corresponding to their Scouting America-registered gender.
- Participants 18 or older must use the adult facilities corresponding to their Scouting America-registered gender.
- Adult facilities must be used by participants in Venturing and Exploring who are 18 or older.

Technology & Device Charging

SBR offers excellent Wi-Fi and cellular connectivity throughout the base camps, including camping and program areas. Charging stations are available around SBR; devices should be monitored while charging, as no locking storage is provided. SBR is not responsible for lost or damaged devices.

Securing Personal Equipment

SBR is an outdoor environment, and guests should protect sensitive electronics from the elements:

- Cell phones: Use a case or sealed plastic bag.
- Larger electronics (laptops, tablets): Use protective bags or cases.
- For groups driving to SBR, larger electronics are best stored in a vehicle when not in use.

Severe storms are common in West Virginia, and electronics left in tents may be damaged. SBR is not responsible for lost or damaged personal items.

Adult Leader Requirements

- **Minimum Leaders:** At least two registered adult leaders, 21 years or older, are required for any Scouting activity. SBR recommends three or more adults for better coverage.
- **Female Leaders:** A registered female leader 21 years or older is required for any activity involving a female youth participant.
- **Registration:** All participating adults must be registered leaders in Scouting America.
- Specific details are available on the Scouting America website under [Youth Protection and Adult Leadership](#).
- Must have current swim test classified as a swimmer.

Participants Ages 18–20

- Participants between 18 and 20 are considered adults under Youth Protection standards.
- They must tent alone or with another individual over 18.
- All participants 18 or older must complete [Safeguarding Youth training](#).

Reminder: Youth and adult participants must tent separately.

Desired Leader Qualifications

- SBR experiences are physically demanding for adults and youth. Attending adult leaders should be in good physical condition and meet Scouting America height/weight standards as outlined in the [Annual Health and Medical Record](#).
- Leaders should lead by example, maintain appropriate discipline, and have a solid understanding of Scouting/Venturing fundamentals.
- Leaders must be committed to Youth Protection policies and adhere to the Guide to Safe Scouting.

Responsibilities of Adult Leaders

Before Camp

- Recruit qualified adult leaders for the unit.
- Implement a plan to recruit youth participants.
- Set participation fees, including SBR fees and additional costs.
- Ensure participant fees are collected and submitted according to the payment schedule.

- Coordinate travel and trip arrangements.
- Serve as the primary point of contact for participants, parents/guardians, and the SBR.
- Ensure all adults are registered and Youth Protection trained.
- Verify adult and youth participants meet minimum physical standards.

During Camp

- Supervise the unit during travel and throughout the stay at SBR.
- Ensure behavior aligns with the Scout Oath and Law, Youth Protection guidelines, and the Scouter Code of Conduct.
- Function as a mentor and resource for the youth leadership team.
- Communicate with unit participants, parents/guardians, and other stakeholders.
- Serve in specific roles, such as unit quartermaster or unit health and safety coordinator.

Youth Participant Requirements

- Must be registered Scouts, Venturing, or Exploring members.
- Must be either 14 years of age or 13 and have graduated the 8th grade.
- Meet Scouting America height/weight guidelines; participants not meeting these must contact the SBR health and safety team in advance.
- Youth should understand and follow the Scout Oath and Law.
- Must have a current swim test and be classified a swimmer

Medical & Health Requirements

Required Medical Form

All youth and adult participants must have a medical evaluation conducted by a licensed health-care provider within 12 months of their program at SBR. The Scouting America [Annual Health and Medical Record](#) (Parts A, B, and C) must be fully completed. (Please note there is a High Adventure Risk Advisory specific to SBR that should be reviewed along with the Annual Health and Medical Record.)

- Copies of signed forms (by the health-care provider and by a parent/guardian for participants under 18) and insurance information will be collected at check-in.
- Forms are valid through the end of the 12th month from the date of the physical examination.

Medical Form Review Before Camp

Adult leaders should:

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- Review forms for all participants before traveling to SBR.
- Note any health-related restrictions or considerations.
- Verify required signatures are present.
- Collect and organize all copies for submission at check-in.

Medical Form Review at Camp

- Each participant will undergo a basic medical recheck at check-in.
- Submit copies of the [Annual Health and Medical Record](#).
- Bring all medications, including EpiPens and/or rescue inhalers.
- Any Annual Health and Medical Records that are left at SBR once the unit departs will be destroyed within 24 hours of the unit leaving SBR.

First Aid / CPR Trainings

- For New River Experience, ATV Experience, Marksman Experience, and Pack and Paddle Experience, each unit must have at least one adult leader with Wilderness First Aid and CPR. We recommend two adult leaders have this training so that your group is still covered in case the trained adult cannot make the Trek.

Participant Fitness

- All participants must meet Scouting America Height/Weight Restrictions (listed on the [Annual Health and Medical Record](#)).
- Consult a primary health-care provider about participation.
- Contact SBR health and safety team (summithealthlodge@scouting.org or 304-640-7106) with questions.
- The SBR chief medical officer and medical staff reserve the right to make final decisions regarding participation.

Scouting Height/Weight Restrictions

- Participants not meeting height/weight or BMI requirements should consult a physician for safe preparation.
- Contact SBR health and safety team for specific considerations. (summithealthlodge@scouting.org or 304-640-7106)

Insurance

- SBR participation fees include health, accident, and sickness insurance for youth and adult participants while traveling to/from SBR and during programs.
- This coverage is excess insurance, paying only after other insurance.
- No deductible: coverage is up to the plan limit.
- For more information, email summithealthlodge@scouting.org.

Medications

- Participants with a medical condition requiring medication should bring an adequate supply.
- The SBR Health Lodge may not provide exact medications.
- Participants are responsible for purchasing needed medications.
- Unit leaders should designate someone to distribute medications at camp.

Storage of Medications:

- Leaders should bring locked storage while traveling.
- Refrigerated storage is available on-site for medications requiring it.

Anaphylactic Reactions & Asthma

- Participants with a history of anaphylactic reactions must contact SBR health and safety team before arrival.
- Safety will be the primary factor in evaluating participation.
- Participants treated for asthma in the past three years must bring a rescue inhaler.
- Those without an inhaler will be required to purchase one before participating.

Medical Devices That Require Power

Some medical devices, such as CPAPs, oxygen concentrators, and other electrically powered equipment, may require a continuous source of electricity. Electrical outlets are available at campsites while on property at SBR. Participants who need power for a medical device are encouraged to bring an outdoor-rated extension cord to connect to campsite electricity.

For programs that include off-site camping, such as the New River Experience or Pack and Paddle Experience, electricity will not be available during off-site camping. In these cases, participants should plan and bring alternative power sources, such as batteries and/or rechargeable solar batteries, to ensure their devices remain operational.

Anyone needing additional information should contact summithealthlodge@scouting.org.

Medical Exemptions

- Complete the Scouting America [Medical Exemption Form](#) and email to summithealthlodge@scouting.org prior to arrival.
- Requests are reviewed by the health and safety team, and participants/guardians may be contacted.

Religious Beliefs:

- Scouting America waives immunization requirements for those with beliefs against immunization.
- Submit the [Immunization Waiver Form](#) prior to arrival via email.

Immunizations

- Tetanus immunization must be current within the last 10 years.
- Other suggested immunizations are listed on the Annual Health and Medical Record.
- Scouting America waives immunization requirements for those with beliefs against immunization. Submit the [Immunization Waiver Form](#) prior to arrival via email.

Environmental Health and Safety

SBR is an outdoor environment. Scouts and leaders should be both mentally and physically prepared for strenuous adventure activities.

WILDLIFE AT SBR

SBR is home to a wide variety of wildlife, including deer, turkey, snakes, fish, birds, insects, and occasionally black bears. Respect for wildlife is essential. A key part of that respect is proper food and scent management:

- No food or “smellable” items (including toiletries) may be stored in tents.
- Store all food and smellables in a smell-proof container, vehicle, or trailer.

Failure to follow these guidelines increases the risk of unwanted wildlife encounters.

HEAT AND HYDRATION

Summers at SBR are hot. To stay safe and healthy:

- Drink plenty of water throughout the day.
- Limit non-water beverages (such as soda, coffee, or energy drinks).
- Pay attention to your body's signals and adjust water intake as needed.

WASTE DISPOSAL

Bear-resistant trash bins are located throughout the site. Please:

- Dispose of waste only in designated receptacles.
- Do not place food or smellable waste in shower house trash cans (these are not bear-proof).
- Leave campsites and program areas clean by removing all trash and doing a final "police line" check.

PARTICIPANT IDENTIFICATION

Every participant, youth and adult, will receive a wristband that must be always worn. Wristbands help staff identify participants and visitors. Replacement wristbands may be obtained from program leadership if needed.

SBR HEALTH LODGE

The Health Lodge is located on the lower floor of Delta Dorm, next to Pigott Dining Hall and near Pigott Headquarters (check-in location).

- Open daily with walk-in access
- Staffed 24/7 by qualified medical personnel
- Emergency assistance available by calling SBR Operations Center (SOC) at 304-465-2900

YOUTH PROTECTION EXPECTATIONS

- All adults (18+) must provide verification of current [Safeguarding Youth training](#), which is required for adult registration in any Scouting America program.
- Venturing participants age 18 or older are considered adults and must also complete [Safeguarding Youth training](#).
- All adults and youth must follow the policies, procedures, and guidelines outlined in [Safeguarding Youth training](#).

- Proof of [Safeguarding Youth training](#) completion is available through an individual's my.Scouting profile or from their local council.

HAZING AND DISCIPLINE

- Hazing, initiations, ridicule, or inappropriate teasing are strictly prohibited. This includes activities such as *snipe hunts* or other initiation rituals.
- Disciplinary actions must always be constructive and consistent with Scouting America's Youth Protection standards.
- Any individual found participating in hazing or inappropriate discipline may be removed from SBR property.

NOTES ON CONDUCT

- The Scout Oath and Law are the guiding standards for all interactions among participants, leaders, and staff.
- SBR welcomes Scouts and leaders from diverse backgrounds. Any behavior that belittles, harasses, or makes others uncomfortable is unacceptable. Remember: *A Scout is Kind*.
- Units should establish clear behavioral expectations and consequences in advance, ensuring these are communicated to Scouts, parents/guardians, and leaders during pre-trip planning. These expectations must align with the Scout Oath, Law, and Scouting America policies.
- Contingent leaders are responsible for the conduct and supervision of their participants.

FIREARMS

- Personal firearms, bows, and ammunition are not permitted anywhere on SBR property.
- All firearms and ammunition for range and target activities are provided by SBR.
- Personal firearms may not be used or stored on the property under any circumstances.

TOBACCO USE

- Use of tobacco products by adults (21+) is strongly discouraged.
- Smoking, vaping, and smokeless tobacco use are prohibited in or near all buildings, tents, vehicles, and trails.
- Tobacco use must be limited to designated areas, out of sight of participants. SBR staff can provide directions to appropriate areas.
- For resources on quitting, visit: cdc.gov/tobacco/campaign/tips/quit-smoking.

ALCOHOL AND DRUGS

- Possession or use of alcoholic beverages, marijuana, unprescribed drugs, or abuse of prescribed drugs is strictly prohibited on SBR property and during all programs.
- Any individual or group violating this policy will be removed immediately at their own expense.
- Legal action may be taken if deemed appropriate.

Arrival Day Information

ARRIVAL LOCATION

All units must enter the property through the [North Gate](#) at:

2550 Jack Furst Drive

Glen Jean, WV 25846

Upon arrival, the North Gate attendant will provide drivers with a map directing them to Pigott Headquarters, where unit check-in takes place.

ARRIVAL TIME

- Units should arrive on their start date between 1 pm and 4 pm. After completing administrative check-in and medical check, units will settle into their campsites, meet their trek guides or rovers, and complete any applicable orientations. Arriving during this time ensures a smooth check-in, plus time for shakedown and orientation.
- Units may arrive outside this window if necessary. Leaders should indicate their estimated arrival time on the arrival plan.
- If unexpected delays occur on arrival day, please call SBR Operations Center at 304-465-2900.
- Paul R. Christen High Adventure Base participants are housed in Base Camp Alpha. The Trek Base Camp Manager will assign you tents, give you a basic layout of the camp, and show you where and when to meet for Shakedown. 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.

EARLY ARRIVALS & LATE DEPARTURES

- Units may choose to:
 - Arrive one day early (before their session begins), and/or
 - Stay one day after their session concludes.
- **Cost:** \$75 per person, per night (charged to the unit account).
- Arrangements must be made in advance by calling the SBR Registration Team directly at 304-465-2817.

Important Notes:

- Fee covers food and camping space only.
- No additional programs or staffed activities are available.
- Units are welcome to conduct self-directed activities during this time.
- Youth Protection standards (two-deep leadership, no one-on-one contact) must be followed at all times.

TRANSPORTATION ARRANGEMENTS

Units are responsible for arranging their own transportation to and from SBR.

Shuttle Service

- If a unit arrives via Beckley-Raleigh County Airport or Prince/Thurmond Amtrak stations to SBR, limited shuttle service from SBR is available.
 - Cost is \$45 per person, round trip
 - Arrangements can be made by emailing the SBR Registration Team at summit.program@scouting.org

Rental Vehicle Drop-Off & Pick-Up

- Enterprise Rent-A-Car (Harper Road, Beckley, WV):
 - Vehicle drop-off/pick-up at SBR is available.
 - Call 304-252-1227 and make arrangements directly with the Beckley, WV office. This arrangement cannot be made through the national website or toll-free number.

Additional Transportation Options

- Hills to Hills Shuttle – 304-640-8122 | hillstohills.com
- Chandler’s Limousine Service – 304-345-5434
- Kanawha Board of Education – School bus rental – 304-348-6616
- Formal Express Transportation – 304-907-2900
- C&H Taxi – 304-344-4902 | chtaxi.com
- WV Department of Travel & Tourism – 800-847-4898 | visitwv.com

Onsite Parking for Personal Vehicles

Units arriving by personal vehicle will have the convenience of parking relatively close to their assigned campsites within the Summit Bechtel Reserve. This proximity allows for easy access to gear and accommodation. Please ensure that all vehicles are parked in designated areas and adhere to posted speed limits to maintain safety.

CHECK-IN AND PAPERWORK

Upon arrival to SBR, the registration team will guide the adult leader(s) through the check-in process, ensuring that all forms are completed and accounts are settled. Review this section carefully to be fully prepared for arrival day.

ITEMS TO BRING TO CHECK-IN

Units should have the following ready:

- **Scouting America Annual Health and Medical Record (AHMR)**
 - All participants (youth and adults) must have a completed, appropriately signed copy that has been signed by their medical professional within one year of attendance to SBR.
 - Parts A, B1, B2, C are required. The additional SBR specific High Adventure Risk Advisory must be shared with parents/guardians and the medical professional completing the AHMR.
- **Youth Protection Training Documentation**
 - Proof that all participants age 18+ have completed [Safeguarding Youth training](#) within a year of attendance to SBR.

- **Swim Classification Record**
 - All aquatics activities require a swimmer designation.
 - SBR has their own [Swim Test Master List form](#) that can be used to condense several swim test records into one record.
- **Outstanding Fees**
 - Only checks payable to Scouting America accepted at check-in.
 - Units should aim to pay all registration fees prior to arrival.

Note: All participants (youth and adults) must be listed on the unit's roster and have accepted all required online disclaimer forms, including:

- Whitewater rafting waivers (if participating)
- Risk Acknowledgement and Consent
- Acknowledgement of Code of Conduct
- Media Consent and Authorization
- Medical Consent to Treat

These forms must be completed prior to arrival to ensure a smooth check-in process.

MEDICAL RECHECKS

At check-in, every participant (youth and adult) will undergo a medical recheck with a member of SBR's medical team. This review includes:

- Annual Health and Medical Record
- Medications
- Specific health needs

Required for medical recheck:

- AHMR (one copy per person, organized alphabetically)
- Prescription medications (reviewed with medical staff)
- Inhalers and EpiPens (if needed)
- Unit first aid kit

Note: Parents/guardians should review their Scout's medications and medical concerns with unit leaders before arrival to SBR.

UNIT PHOTOGRAPHS

- SBR media staff will take unit photos during each week of camp.
- Photos are uploaded to the [SBR Flickr](#) account for viewing and download.

New River Experience 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 live combined SBR trek webinar will be held in April. 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.

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

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. Alexander's Eagle Flight Zip!
- **Day 7-** Depart for home. All good things must come to an end...

OTHER NOTES

- Nights 1 and 6 are spent at The Summit, the rest 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 other meals are in the Gorge.
- When back at the SBR on day 6 the evening activity areas in the Summit Center may be 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 OUTSIDE JUSTICE SCOUT CAMP](#)
- Unless you book all 5 boats, you will probably be on the Trek with other crews. Come prepared to make friends.

HIGH WATER

The New River Experience operates from June through August. During that timeframe, water levels generally remain at what we consider normal summer flows. Occasionally, we see significant increases in rain which translates into higher-than-normal water levels. At certain flows we must change our standard operating procedures for safety reasons. The Trek continues during these high flows, but it may be modified for your safety. No matter what, we will provide the youth with the best experience possible. Thanks to the U.S.G.S. and Army Corps of Engineers, we are fortunate to have a great system of river gauges on the New River. These gauging stations stretch from the headwaters in North Carolina all the way to the New River Gorge. This allows us to see high water events coming well in advance so we can plan accordingly.

BRANDING

On night 5 of your Experience, the staff will present you with a closing ceremony at the campsite that is unique to New River Experience participants. On this night, branding will be available. 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 arrival day.** Branding irons, heat source, and supervision for branding will be provided.

ALEXANDER'S EAGLE FLIGHT ZIP LINE

This 3200-foot zip line begins at HIGH GEAR above ADVENTURE VALLEY. Riders reach speeds of 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 80 lbs. and 250 lbs. (including clothes) regardless of their height. All zip line participants must wear close toed shoes.**

When you arrive back at the Summit on Day 6 of your Experience, you may have the opportunity to ride on the Big Zip (weather permitting). The Big Zip is open Monday through Friday between 9 AM and 4:30 PM. Check in at the landing no later 3:30 PM to be safety briefed. The zip may be closed for weather related issues, usually lightning hazards. Remember you will need close-toed shoes to zip. Sneakers are fine. You may bring a small backpack with you on the zip if needed. As a guideline, Treks generally arrive back at the Summit around 1:00 – 2:30 on Day 6 depending on river level. 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

The New River Experience just happens to organically meet the requirements for the Kayaking Merit Badge, Whitewater Merit Badge, Kayaking Award, and most of the 50-miler award requirements (Service Project hours are not met but can be done outside of Experience). Our Trek staff will include Merit Badge Counselors, though you are welcome to have your adult leaders act as Counselors.

TO DO THE ONLINE TRAINING:

- Login to <https://my.scouting.org/>
- Click Menu in the top left.
- Click My Training 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 Plans.
- 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>

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 with this. On any given year in the New River Experience program alone, we can see 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 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.

- [Kayaking Merit Badge](#)
- [Whitewater Merit Badge](#)
- [50 Miler 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 Experience.

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 a time determined by the crew.

THE SUMMIT DUTY TO GOD AWARD

A Scout is reverent. Requirements for this award were designed to encourage participants to reflect on their experience and their faith. The Duty to God 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 the [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 during shakedown. 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. The New River Experience has its own closing ceremony during the last night camping offsite.

NEW RIVER EXPERIENCE STAFF AND THEIR ROLES

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

Trek Base Camp Manager - will greet soon after arrival and registration, they will help you settle into your campsite for the first night, direct you to a comprehensive Experience 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 at the Summit. The Experience Staff will lead, assist, guide, and support you on and off the water.

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 display leadership and decision-making qualities to obtain their position. The Youth Leadership Team will work closely with the Trip Leader.

EXPERIENCE GUIDES

- Comprised of: Experience Trip Leader (The TL), 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 in the sections of river utilized on the Trek.
- 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 experience challenging, memorable and positive.

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 training sessions 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 a key 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.
- Collaborate 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.
- The Summit Provides a Protestant and Catholic chapel service every Sunday on Summit site.
- If a group wants an additional service or a service outside those traditions it would be 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 outdoor environment that is 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.

SHAKEDOWN INSTRUCTIONS

After arriving at the Alpha Pavilion, the Scout's gear will be disassembled then repacked into dry bags to eliminate extra weight, unnecessary items, and ensure proper equipment is taken on Experience.

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

- Short/Long Sleeve Shirts
- Swim Trunks/Shorts
- Water Shoes
See [River Footwear](#)
- Sunscreen (Sun Burn is our most common injury! Wear long sleeves/pants if you burn easily!)
- Sunglasses with strap
- Water Bottle -Nalgene type preferred

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 personal gear in. This will include your 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 Trek is at max capacity (40 plus 6 staff) and everyone brought an extra unneeded 10 lbs. of gear, we have increased the weight by 460 lbs. in personal gear alone. The shakedown will ensure we all pack correctly, efficiently, and reduce unnecessary weight.

The Dry Bags will be packed, sealed correctly (we will teach you how to do this), and loaded onto the Gear Trailer for transport between campsites while on the river. 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, 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.

Should you have any medications that require cold storage we will be able to accommodate those needs while on the river. **Please Alert the Summit of this need prior to your arrival.** 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 Trek, 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 Experience. Keys for vehicles will be kept securely at the Summit until you return to ensure that you have them when you return. You should not take keys on the water as they may accidentally fall into the river.

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.

NOTE: Do not wear cotton items on the river. Cotton holds water and wicks warmth away from your body.

RIVER FOOTWEAR

It's important to have footwear that will stay on your feet while swimming, provide good traction on wet rocks, and be comfortable during your week of paddling. Please do not feel like you need to go out and buy a brand-new pair of river shoes for this Trek. An old pair of tennis shoes are adequate. River sandals from brands like Chaco and Teva are popular options, while many prefer the added protection of closed toe footwear like Keens. Many professional guides have moved toward more supportive water shoes from brands like Astral and NRS. Whatever you choose, make sure you are comfortable swimming in your footwear, but are also comfortable enough to walk up to a mile during one of our side hikes. If you choose to wear shoes instead of sandals, we highly recommend that you wear socks as well. I personally wear neoprene socks during the colder months and lightweight merino wool socks during the warmer months.

Please Note: "Croc" type shoes **will not work as river footwear**. You can bring them for camp but on the river, they are not acceptable. They simply won't stay on your feet if you happen to swim in a rapid.

OPTIONAL RIVER GEAR FOR COLD WEATHER

Bathing suits or lightweight sun-protective clothing is fine for almost everyone. If you are concerned it is not enough to keep you warm, 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, DryFit, Capilene, and Merino wool are all good base layer options. 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.
- **Shell –** Waterproof Layer to protect from wind and rain.

CLOTHING AT CAMP

Once at camp, it is nice to get out of your wet river gear and into something dry and comfortable. The New River Gorge is a very wet and humid environment, so it is best for all the clothing you bring to be suitable for wet and humid conditions. Many people choose to bring 2 sets of “wet” river gear and 2 sets of “dry” camp gear.

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
- Light jacket or fleece for chilly nights
- Rain Jacket (hopefully stays in your tent)

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 safety equipment such as helmets, 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 onsite activities require closed toed shoes for participation. You will need close toed shoes to ride the zip line.
- **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

- **Custom Crew T-Shirts-** You will be able to order custom crew T-shirts directly from The Summit Trading post at <https://store.summitbsa.org/>. There is a strict order cutoff on April 1, 2026, so get your orders in early!
- **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.** If you decide to bring valuables or electronics with you, make sure you have the protective equipment to keep them protected and dry.

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
Upper Body				
Sweater or light jacket	1	like a light fleece sweater	*	
Rain Jacket	1	Sturdy and waterproof, with a hood, coated nylon and breathable fabrics are acceptable.	*	
Rain Pants	1	Optional		
Shirt-Short sleeve	2	Whether you choose short or long sleeves, recommend 2 shirts for the river and 2 shirts for camp.	*	
Shirt- Long sleeve	2	Moisture wicking, no cotton or nylon. SPF	*	
Sports Bra (F)	3	Synthetic	F	
Lower Body				
Long pants	2	not jeans, synthetic material that works on river. SPF		
Underwear	3			
Hiking Shorts	2		*	
Swim Trunks	2	For aquatic activities		
Head Neck and Hands				
Baseball cap or wide brim hat.	1	Sun protection for face and ears.	*	
Paddling gloves	1	Optional. Provides protection if you are prone to blisters.		
Packs and Bags				
Gallon zip lock bags	2 to 3	For waterproof storage.	S	
small stuff sacks	2 to 3	Pack personal items/organize.		
Shower/toiletry bag	1			
Sleeping Gear				
Sleeping Bag	1	Packable in a compression bag.	*	
Sleep clothes	1 set	T-shirt and gym shorts worn only to bed. Cotton is fine.	*	
Sleeping pad	1	Compact, backpacking style		
Pillow	1	Compact. Optional	*	
Footwear				
Socks	3 pair	synthetic or wool.	*	
Camp Shoes	1 pair	Lightweight sneakers work best.		
Water shoes	1 pair	River Sandals like Keens, Chacos, Tevas etc. See Footwear .	*	
Miscellaneous				
Water bottle	32 oz.	"Nalgene" style. Durable lid with ability to be attached with a locking carabineer.	*	
Locking Carabiner	1-2	Screw lock or auto locker. Wider opening preferred for dealing with water bottles and such. Only 1 required but bring another if desired. Non-locking carabiners will not be	*	

		allowed on the water as they pose a safety hazard.		
Mess Kit	1	Plate, knife, spoon, fork. See Mess Kits	*	
Pocket knife or multi tool	1	Small knife will work. Accessible at camp only.	*	
Flashlight/headlamp	1	Durable, bring extra batteries	*	
Bandana	1		*	
Money	\$60.00	For on-site time at the Summit (trading post or snacks)		
Lip Balm	1	Moisturizing balm with SPF-25 or greater.	*	
Soap	1	Any style, eco-friendly preferred	*, S	
Sunscreen	1	Enough for the week	*, S	
Aloe	1	Can be included in the Crew First Aid Kit	*, S	
Poison Ivy Medicine	1	Types: Calamine, Tecnu, Zanafel Can be included in the Crew First Aid Kit	*, S	
Toothbrush	1		*	
Toothpaste	1		*, S	
Deodorant	1			
Towel	quick dry		*	
Wet Wipes	1 Pack	Keep yourself clean		
Tampon/pads			*, F	
Sunglasses	1	With a retaining strap.	*	
Watch	1	optional		
Camera	1	If for the river, it needs to be waterproof.	S	
Foot powder	1	Keep your feet clean and dry when you get off the river!	*, S	
Notepad and pen	1		*, S	
Insect repellent	1	Do not spray on boats, can damage material	*, S	
Fishing Equipment	1	See Fishing section. Optional		
CREW EQUIPMENT				
Equipment Provided by Crew				
Tents		9x9 or smaller. Tenting assignments are up to the unit.		
Crew First Aid Kit	1	Minor. Band Aids, alcohol wipes, antibiotic ointment etc.		
Camp Chairs	1 per person	Optional. Please keep it compact. Campsites have picnic tables if you do not wish to bring chairs.		
Duct Tape	1 roll	For equipment repair	*	
EQUIPMENT PROVIDED BY THE SUMMIT				
Equipment Provided by Summit				
Cookwear		Pots, pans, stoves, grills, etc.		
Camp Dry Bag	1 per person	110 liters		
Day use dry bag	1 per person	5 liters		

ACCOMODATIONS WHILE ON THE RIVER

Units need to bring their own tents for this experience. Please try to keep tents 9'x9' or smaller. One campsite (Stonecliff) has canvas wall tents with cots. Tents, drinking water, camping gear, food, and personal gear will be transported for you from campsite to campsite. It is up to each unit to comply with BSA tenting requirements.

NO FOOD IS ALLOWED TO BE STORED IN YOUR TENT. Some daily items will stay with you while 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, waterproof camera (optional), and water bottle with a locking carabiner.

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. The campsite names are Sandstone, Terry Beach, Stone Cliff, and River Run Park.

FISHING

Fishing- will be available your campsites along the river nights 1-3 (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# is required to purchase a fishing license. 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: National Forest 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 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)

Part of this experience takes place in special regulation areas for bass and walleye. It is your responsibility to be familiar with Catch and Release requirements, slot limits, etc. This information can be found at [WV DNR Fishing Regulations Summary](#).

If you want to fish, you must bring your own equipment. Target species are smallmouth bass and walleye, but rock bass, bluegill, hybrid striped bass, catfish, and if you are lucky, muskellunge are in the New River. Soft plastic baits like grubs, tubes, and flukes work well in the 1/8 oz. to ¼ oz. weight range. Inline spinner baits in the same weights are also a great option. A topwater like a buzzbait or popper can be great in the evening. Medium action rods are ideal and 2-piece rods are easier to pack. Remember, rods can break or be damaged. Take this into account when deciding which rod to bring. Fishing in our stocked lakes at the main Summit site does not require a license.

FOOD AT THE SUMMIT DINING HALL

While at The Summit main site you will eat at the dining hall for breakfast and dinner. Your first meal will be dinner on arrival day. Your last meal at The Summit is breakfast on the day of departure.

SPECIAL DIETARY NEEDS

The dining hall has the ability to provide meals that meet various special dietary needs during your stay at The Summit main site, 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 introduce 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 to have appropriate food ready for your experience.

FOOD ON THE RIVER

You will receive three meals a day during your Experience. Breakfast and Dinner will be prepared and consumed at the campsites. Lunch will be packed into a raft and served during a stop along the way.

We do not have as much flexibility for menu substitutions on the river as we do in the dining hall. We will be publishing our menu with ingredients in early 2026. If you cannot eat items on our menu due to dietary restrictions, you must bring replacements.

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. Getting into good paddling shape is the single most important thing you can do to ensure that you have a great experience on the river.

During your Trek, you will paddle between 10-15 miles a day. You can prepare for this by paddling a canoe or 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 Experience.

Swimming is a great way to physically prepare for this Trek. Regular 30 minute to hour-long sessions are recommended.

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

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.

Hiking is another great way to build the cardio and stamina you will need for this Trek. 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 or paddling as a group or with a buddy.

- Make sure parents and other leaders know your hiking route or paddling 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 or paddling trips, two deep leadership must be maintained just like any other Scouting event.
- If you have a cell phone carry it for emergency communications
- See more on [physical preparation](#) here.

