Bikepacking 2020
The New River Gorge

What this webinar will cover:

- A brief planning guide review
- Equipment/Gear overview
- Youth leadership rolls
- Program design
- Campsites overview
Important Safety Information

FIRST AID REQUIREMENTS

• **FIRST AID AND CPR CERTIFICATION REQUIRED**
  1 person

• **Wilderness First Aid 1-person adult or youth**

  • The Summit requires that at least one participant, (an adult or a youth) in each crew be currently certified in Wilderness First Aid or the equivalent* and CPR from the American Heart Association, the American Red Cross or the equivalent*. It is recommended that each crew have at least two participants certified in Wilderness First Aid and CPR. If unforeseen circumstances prevent one of the WFA trained participants from attending, you will have a second member with the qualifications. You must present current certification cards or copies of current cards upon check-in.

BSA YPT Update

In late 2018 the BSA made an update to it’s youth protection policy regarding 2-deep leadership.

**New Policy as it Relates to Your Summit High Adventure** - Units must have at least 2 BSA registered adult Advisors 21 years of age or older.

**What has changed** - The previous policy allowed for an 18 to 20 year old to serve as the 2nd leader as long as the 1st was 21+.

**How does this affect your group?** If you were counting on an 18 to 20 year old to serve as one of your 2 deep adult leadership that no longer complies with the 2-Deep Leadership Requirement.

If you feel your group will have a challenge meeting the requirements of the updated 2 deep leadership requirement please e-mail Summit.Program@Scouting.org
OFF-ROAD MOUNTAIN BIKE TRAINING

In preparation for the Bikepacking trip, your unit should be ready to ride 12-16 miles of trail per day. We suggest getting the crew out for regular mountain bike rides of at least 10-20 miles.

Get into a pre/post ride stretching routine

Remember to stay hydrated on your ride

Think about the 10 essentials

The 10 Essentials:

While on preparation rides, it is a good idea to carry items you will need throughout the day. A guide for what you will be carrying is the “10 Essentials for Hiking” which are also just as applicable to riding.

1) NAVIGATION MATERIALS: MAP AND COMPASS ARE ESSENTIAL TO KNOWING AND FINDING YOUR WAY. GPS CAN BE A GREAT AND USEFUL TOOL, BUT YOU SHOULD ALSO HAVE THE BASIC MAP AND COMPASS IN CASE TECHNOLOGY FAILS

2) WATER: STAYING HYDRATED IS KEY. IF HIKING IN A WILDERNESS AREA, WATER TREATMENT OR FILTRATION SHOULD BE BROUGHT AS WELL

3) FOOD: MAKE SURE TO BRING ENOUGH FOOD APPROPRIATE FOR THE PLANNED LENGTH OF YOUR RIDE

4) SUN PROTECTION: SUNSCREEN, HATS AND SUNGLASSES ARE ALL GREAT TOOLS TO PROTECT YOU FROM THE SUN’S RAYS

5) APPROPRIATE CLOTHING: DEPENDING ON THE TIME OF YEAR, MAKE SURE TO HAVE CLOTHING AND WEATHER PROTECTION FOR THE CONDITIONS YOU MAY ENCOUNTER. THIS COULD INCLUDE RAIN GEAR, FLEECE SWEATER, A WINTER JACKET ETC
The 10 Essentials cont...

6) FIRE STARTER - MATCHES AND OR LIGHTER.
7) FIRST AID KIT
8) ILLUMINATION - FLASH LIGHT OR HEAD LAMP.
9) REPAIR AND TOOL KITS - MAKE SURE TO BRING SUPPLIES TO FIX COMMON PROBLEMS WITH ANY ITEMS YOU MAY HAVE. A MOUNTAIN BIKE SPECIFIC MULTI- TOOL STYLE IS AN EFFICIENT WAY TO BRING A LOT OF TOOLS. PLUS EXTRA TUBES AND TIRE CHANGING SUPPLIES ARE A MUST.
10) EMERGENCY SHELTER - A TENT, TARP OR SPACE BLANKET FOR EMERGENCY SHELTER

Reminder of Items you will need to bring

Appendix 1 and Pages 28-30 of the Bikepacking Program Guide have a detailed list of what you need to bring with you.

Overall, think of this experience as a backpacking trip with a few cycling specific items like padded shorts (chamois), flat shoes & a hydration pack.

Pack lightweight and bring reusable clothing (you carry what you bring). Lightweight towel.

Do you need a solar travel shower? There are no shower facilities the 3 nights away from The Summit.

Remember your personal medications & toiletry kit.

Have gear back at The Summit for your last elective day.

Having a pair of light weight sandals/flip flops as camp shoes might be nice.

Remember a headlamp/flashlight.
Hydration and comfort are very important, have quality gear

Items The Summit provides

- Bikes, helmet & set of bikepacking bags
- Lightweight tent, 2 participants per tent & they share the weight
- Dining Fly
- 3 meals a day. Lightweight, backpacking style meals while biking & dining hall meals when at The Summit
- Flashing red tail light for road visibility (we are occasionally on the road)
- Cookware: Stacking pot set and Jetboil system, hot pot tongs & cutlery kit
- Water purification tablets with water resupply at campsite
- First aid kit
An example of your ride for the week...

This is a youth led experience and the staff are here to be a resource for information, specific skill instruction and to encourage leadership development in the youth.

Bikepacking staff:
- Will be trained on the processes and operations of The Summit Bechtel Reserve.
- Has received thorough training on leading groups Bikepacking through the New River Gorge.
- Will provide a comprehensive equipment shakedown.
- Will lead crew through the check in process.
- Will prepare crew for the week ahead.
- Will work through the youth leadership of the group.
- Will be at the closing program on Friday to present the youth crew leader with their crew’s patches.
- Will be focused on helping to make your crews experience memorable and positive.
YOUTH LEADERSHIP POSITIONS

- **Crew Leader**: A well-qualified Scout or Venturer should be selected as crew leader before training begins. The crew leader is a key person for a successful Summit experience and the Advisor must work closely with this person.

  - **The crew leader should**:
    - Be elected by the crew.
    - Lead by example.
    - Be respected by the crew.

  - **The crew leader responsibilities include**:
    - Discussing ideas with the entire crew to arrive at a consensus before taking action.
    - Organizing the crew, assigning duties and making decisions.
    - Checking to make sure camp is safe, clean and secure.
    - Guiding crew in their service project.
    - Supporting the Chaplain Aide and Outdoor Ethics Guide as they carry out their duties.

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**Chaplain’s Aide**

The Summit strongly recommends one crew member be asked to serve as a Chaplain Aide. Someone who has earned or is working on their religious award would be ideal for this position. The Chaplain Aide will be asked to lead daily devotionals and other appropriate religious services. A guide with suggested daily devotionals will be provided to the Chaplain’s Aide.

The Chaplain’s Aide along with an Adult Advisor will certify completion of requirements of the Duty to God award for each crew member. (Awards may be purchased at The Summit Trading Post upon completion at the end of the week.) The Chaplain’s Aide also helps serve as a morale officer of the crew communicating with members on their experience and working with the crew leader to address any issues and to promote a positive atmosphere.
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 in the outdoor environment that is The Summit Bechtel Reserve and The New River Gorge. The Outdoor Ethics Guide helps the crew make informed decisions.

The Outdoor Ethics Guide will also help the crew through The Summit Sustainability Award program with the help of Summit staff and resources issued upon arrival.

TRIP SCHEDULE AND ELECTIVE DAY

- Your experience is 7 days from arrival to departure.
- Night 1, 5 and 6 are spent at the Summit in Basecamp Bravo.
- Nights 2 through 4 are spend on the trail.
- Day 6 is an elective day back at the Summit and groups can select an elective in one of our onsite high adventure areas and even a whitewater rafting experience for an additional $75.00 per person fee.
Day 1: Arrival, medical rechecks and camp at Christen High Adventure Base

Day 2: Morning of assessment, skill development and a ride at Low Gear. After lunch the group will meet for a shake down & pack for the bikepacking trip. Ride from Christen HAB to the Stoneciff area to camp by the New River.

Day 3: Ride from Stoneciff to River Run Park and visit historical sites along the way, including the of Thurmond. This ride will have the first of 2 steep climbs and offers some of the best views of the New River Gorge.

Day 4: The most challenging day of the trip where we traverse through the gorge to Craig’s Branch, near Fayetteville, where the Arrowhead Trail System was built. The Arrowhead trails are purpose built, flowy single-track mountain bike trails, built by over 1000 Order of the Arrow members in 2011. This was one of the largest youth service projects in National Park history.

Day 5: If there wasn’t enough energy to ride Arrowhead last night, this morning will be your chance. After packing up camp you will head to the town of Fayetteville, get picked up in town and brought across the bridge to the Visitors Center. This will be your opportunity to “drop the gorge” and ride your bike from rim to rim via Fayette Station road. Ride to the bottom and back up the other side for amazing views of the bridge, rock climbers, whitewater rafters and natural beauty. From there, head back to Christen HAB at The Summit via a well-deserved van ride.

Day 6: This is your elective day, so we hope you have energy left for one more day of adventure.

Day 7: Departure for home

Elective options

A few general items on electives

- Groups will be scheduled into an elective together.
- Groups should e-mail Summit.Program@Scouting.org 3 electives their group would be interested in 1 month prior to arrival.
- The finalized schedule including elective will be sent to groups 2 weeks prior to arrival at The Summit
Park & Trax Skateboarding and BMX Adventure: Spend the day skateboarding and riding BMX at the Summit's Thrasher Mountain. Both new and experienced skaters and BMXers will find the right fit for their skill and build upon them.

- Notes: Shoes - Skateboarding, biking shoes or soft soled tennis shoes are recommended.

Bows & Barrels: Archery and Firearms activities include 12 gauge shotgun, .22 & .223 Rifle shooting, static archery, 3-D archery, and sporting arrows. A full day of target sport activities to hone your skills.

Low Gear and Rocks Mountain Biking and Climbing Adventure: Spend the day hitting the trail and as you winding your way through Adventure Valley, stop at The Rocks for some bouldering, climbing and rappelling.

- Notes: Shoes - Skateboarding, biking shoes or soft soled tennis shoes are recommended. Must meet Aerial Sports Weight Guideline.

Low Gear and Canopy Mountain Biking and Canopy Tour Adventure: A day of biking and flying through the air. Spend the day on mountain bikes hitting the Summit’s Adventure Valley Trails and stop by The Canopy for a zip line tour through the forest canopy.

- Notes: Shoes - Skateboarding, biking shoes or soft soled tennis shoes are recommended. Must meet Aerial Sports Weight Guideline.

Low Gear & High Gear Mountain Biking: A full day of mountain biking that will allow for both cross country and downhill mountain biking. A shuttle will even be used on a limited basis to allow for a few more downhill runs.

- Notes: Shoes - Mountain biking shoes or soft soled tennis shoes are recommended.

The Rocks Rock climbing and Rappelling Adventure: A full day of rock-climbing skills development at one of the largest man-made artificial rock-climbing facilities in the U.S.

- Notes: Must meet Aerial Sports Weight Guideline.

Canopy and the Ropes: Canopy Tour and High Ropes Course Adventure in the trees of The Summit.

- Notes: Must meet Aerial Sports Weight Guideline.

Goodrich Lake West Aquatic Activity Day: Stand-Up Paddle Board, Kayaking and Water Obstacle Course activities spend the day at the lake having a variety of adventures on the water.

- Notes: Must have passed their annual BSA Swimmer's test with a "Swimmer" classification.

Whitewater Rafting and Goodrich Lake West: For an extra fee experience a ½ day of rafting on the Lower New River Gorge in class 3 to 5 rapids. The other half of the day will be spent on Goodrich Lake west.

- Notes: Must have passed their annual BSA Swimmer's test with a "Swimmer" classification.
4-night, 5-day option = 50 miler award

- If you wish to apply for the 50-miler award with this trip, you will be skipping the elective day.
- There will be a “lay over” day with 2 nights at 1 campsite.
- That day will be a “service project” day which is part of the awards requirements.
- You may need to check with your council for approval if we are over 500 miles away from your location.

Campsites on & off property

Christen HAB will have base camp tents set up for your 1st, 5th & 6th nights

Our 3 off property campsites are going to either be sand, grass or dirt and somewhere in the woods.
Meals

When you are camping at the Paul R. Christen HAB, you will be eating in the dining hall or at the program area for lunch during your elective day.

On the Bikepacking trip, you will be bringing your food with you so light weight is the key. Beef/Turkey jerky, “gorp”, oatmeal & dehydrated “backpacking” type meals.

We will have a special lunch in town on the last day.

3 hours of Service Project time
Our Destination

The town of Fayetteville WV is the hub of all local outdoor activities. We will eat at a local restaurant the “Secret Sandwich Society” and get some time to walk around town to check out the shops.

Completed in 1977, this West Virginia icon is where we will finish our trip. At 3030 feet long and 876 feet above the New River, this bridge is the 2nd largest arch span in the western hemisphere.