PAUL R. CHRISTEN NATIONAL HIGH
ADVENTURE BASE

THE NEW RIVER TREK PLANNING GUIDE
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Welcome to one of the Summit’s newest programs, The New River Trek. This trek will take you and your crew through 50 miles of one of the oldest rivers in the United States.

The following guide is designed to help you, your participants and their parents prepare for a successful trip down the river. It was written with only The New River Trek program in mind. If you explore our website you will find we have a Council & Unit Planning Guide for all of our other programs at The Summit besides The New River Trek. All information from that guide important for your experience is reflected in this guide and information that does not apply has been removed. Please make sure you are using this guide entitled The New River Trek Planning Guide.

This guide is intended to be shared with all Scouts, Venturers, Leaders and Parents in your group.

Please read this guide carefully as you will find many answers to your questions. If you have further questions, please e-mail us at: summit.program@scouting.org. We can’t wait to serve your group this summer at The Summit’s Paul R. Christen National High Adventure Base!

Sincerely,

Matthew Reineck  
Director, Outdoor Adventures at The Summit  
Matthew.Reineck@scouting.org  
304-465-2800
SUMMIT STAFF DIRECTORY

Below is a listing of full-time staff at The Summit that can help you with questions related to your High Adventure Experience at The Summit. All can be reached by phone at our main number 304-465-2800 during regular business hours 8 AM to 5 PM Monday through Friday. This is not an entire list of the full-time staff, but this is a list of those who will mostly likely be able to answer the questions you have about your trip to The Summit.

Director of Outdoor Adventures
For general questions on the high adventure program such as facilities, housing, food, transportation, etc. contact:

Matthew Reineck- Director, Outdoor Adventures at The Summit  
E-mail Address- Matthew.Reineck@Scouting.org  
Programs- The Director is responsible for all High Adventure Programs and directly oversees The Summit Experience as well as the 3-hour service projects in which all HA groups participate.

Reservation Information
For questions on your reservation, payments, paperwork, etc. contact our registration team:

Cristi Richardson- Registrar  
Camela Rodgers- Registration Coordinator  
E-mail Address- Summit.Program@Scouting.org  The Registration team is the administrator for this e-mail address which you have seen throughout this guide.

Trek Specific Information
Equipment, route details, skills questions etc.

Aquatic Sports Program Manager- Isaac Colvard  
Email Address- Isaac.Colvard@Scouting.org  
Programs- River Trek  
Activities- Lake kayaking, river kayaking, white water rafting, stand up paddle boarding and The Summit’s Water Reality Obstacle Course.
COMMUNICATION AND PHONE NUMBERS

EMERGENCY MESSAGES
24 HOUR PHONE NUMBER – 304-465-2900. Share this number with all participant parents, guardians and spouses as well as key adult leaders from the unit or council who have remained at the home council during the event.

While on the river cell phone service will be limited if not completely unavailable. The Trek Staff will have radios and extra batteries for communication with the Summit Operations Center (SOC). It is important that you communicate the SOC phone number (304-465-2900) to parents and spouses at home. Important information from home to participants on the trek should be called into the SOC. The SOC will relay the information to the Trek Staff via radio. As the situation dictates, the SOC and Trek Staff can coordinate transportation of participants to a location where cell service is reliable for direct communication home. Please remember especially during the day when the staff and participants are on the river it may take some time to establish communication. To conserve batteries the trek staff will check in by radio with the SOC at 7 AM, 12 PM, 5 PM and 10PM. Unless there is an emergency on the trek, the radios will be off.

NEW RIVER TREK PREPARATION WEBINARS

Half hour webinars to prepare leaders for their crew’s high adventure experience will be held leading up to the high adventure season. Webinars will start on the 3rd Wednesday of the month starting in February and continue through April. Call in and login instructions will be sent out each month.

The webinars will involve a 15-minute program and a 15-minute question and answer session. The invites will go out each month to the Contingent Advisors and the Crew Advisors we have in our system for each crew. If you have others that you would like to add to that invite list, please e-mail The Summit at: Summit.Program@Scouting.org.

Time- 8:30 PM EST/ 7:30 PM CST/ 6:30 PM MST/ 5:30 PM PST

Dates:
- **February** – Planning Guide, Equipment and Gear, and FAQ’s
- **March** – Roles of Adult, Youth, Staff, and Leadership Positions
- **April** – Final Schedules, Overview, and Wrap up
SUMMIT CORE VALUES

The Summit Bechtel Reserve is home to the Paul R. Christen National High Adventure Base, The James C. Justice National Scout Camp and the John D. Tickle National Training and Leadership Center. These are three distinct operations but throughout these various experiences, participants will be exposed to a set of core values important to The Summit, Scouting and Life.

ADVENTURE
Adventure lies in the new, the unknown and the challenging. The New River Gorge will provide the chance for all participants to do something they have never done before. The facilities at The Summit were designed to meet many different ability and experience levels.

SERVICE
“A Scout is Helpful.” As with all the BSA National High Adventure Bases each high adventure crew will spend three hours in cheerful service on a conservation/service project on The Summit site, the New River Gorge or a nearby community. As participants in the New River Trek your group will participate in a service project along the trip to benefit the river. More information is in the Service Project section.

SUSTAINABILITY
Sustainability describes a way of planning and operating that balances environmental stewardship, economics and educates people to ensure that what you do today can be sustained into the future. The Summit Sustainability Award program includes the Sustainability Tree house, a self-contained structure demonstrating sustainable practices located near Action Point. The Award program also involves discussion topics and other requirements for the crew to complete. Those that complete the program will be able to purchase an award patch at The Summit’s Trading Post.

LEADERSHIP
Each crew will operate under the direction of a Youth Crew Leader assisted by the Chaplain’s Aid and Outdoor Ethics Guide. Adult advisors are here to guide and help but not to lead the group. Keep in mind that leadership is more than just having a specific position or title. All participants will get the chance to improve their leadership skills. Summit programs and activities are designed to foster the development of important leadership characteristics for all participants: self-confidence, sound decision-making skills and a commitment to living the ideals of Scouting.

CONTINGENT STRUCTURE

THE COUNCIL CONTINGENT
A Council Contingent consists of one or more crews comprised of youth from throughout the local council. Contingents that consist of more than one crew can often save money by sharing travel and other expenses. Each crew will typically be comprised of advisors selected and approved by the local council and youth recruited from different units within the council. At its discretion, a council may organize a crew that is comprised entirely of advisors and youth from one Scouting unit in the council.
CHARTERED UNIT CONTINGENT
A Chartered Unit Contingent is a group of one or more crews organized and administered at the Unit level by a Chartered Sponsored Scouts BSA Troop or Venturing Crew. The chartered unit is responsible for selecting appropriate adult leadership and youth participants. The Chartered Unit may select participants from inside their Scouting Unit or from other currently registered Chartered Units.

CREW SIZE
The Crew size for this program is a minimum of 8 people and a maximum of 9. (There is a maximum of 36 spots (4 crews) available for each arrival date.) This includes the minimum 2 adult leaders. Both Adult Leaders must be 21 years of age and registered members of the BSA. Co-ed crews must have co-ed adult leadership with 1 adult leader of each gender over 21. The Summit recommends that larger groups add one adult in addition to the minimum two for every ten participants past the first ten.

BSA ADULT LEADERSHIP POLICY*

The best available adult leadership should be recruited to accompany each crew. In keeping with the policy of the Boy Scouts of America, there are no gender restrictions for adult leadership at The Summit except that each Coed Venturing crew must have coed adult leaders at least 21 years of age. Each adult must be a registered member of the Boy Scouts of America.

Each Summit crew must have at least 2 BSA registered adult Advisors 21 years of age or older. Each crew is required to have a majority of youth participants, and the maximum number of adults (21 and over) is four (4) per 12 total participants. A participant 18 through 20 years of age must tent with someone 18 years of age or older and must use the appropriate adult restroom and shower facilities. All participants over 18 must have completed Youth Protection Training. Adult Advisors are responsible for tent assignments.

COED VENTURE CREWS
Coed Venture crews are required to provide coed leadership while in route to and from The Summit and while they are at The Summit. A Coed Venturing Crew must have at least one male Advisor and at least one female Advisor, each of whom must be 21 years of age or older. Both must be registered with the BSA as Adult Leaders. Male and female youth participants will not share the same sleeping facility. Male and female advisors are required to have separate sleeping facilities. Married couples serving as adult advisors may share the same quarters if appropriate facilities are available. Female advisors must be responsible for the female participants; male advisors must be responsible for the male participants.

- A Council Contingent may have both Scouts BSA Troops and Venturing crews as a part of their contingent but each crew within the contingent must be either comprised of Scouts BSA or Venturers not a mix of both.
- If a father and daughter (under 18 years of age) are participants, the crew must still have male and female advisors 21 years of age or over.
- When staying in tents, no youth will stay in the tent of an adult, even if it is their parent.
* Refer to Guide to Safe Scouting, No. 34416, for additional adult leadership policies.

SUMMIT LEADERSHIP ROLES

THE CONTINGENT ADVISOR
For a Council Contingent, the Contingent Advisor is a member of the Council Professional Staff or a Council Volunteer assigned by the Scout Executive. For Chartered Unit Contingents, the Contingent Advisor is a registered Scouting adult member of the Chartered Unit assigned by the Unit Committee. This person coordinates the contingent’s participation in Summit programs. Working with the proper council volunteer committee (usually program, high adventure or camping) and/or the appropriate Chartered Unit volunteers the Contingent Advisor:

1. Ensures the recruiting of qualified leaders to serve as Crew Advisors for each crew in the contingent.
2. Develops a plan to recruit youth to join the Council or Chartered Unit Contingent.
3. Sets the participation fee (which includes The Summit fee plus additional travel and ancillary expenses. For more information, see creating the budget section of this guide.
4. Ensures that participant fees are collected and disbursed to The Summit according to the payment schedule.
5. Serves as the primary point of contact between the Council or Chartered Unit and The Summit.
6. Assists the contingent in making travel and other necessary arrangements.
7. Ensures that monies are collected, recorded and disbursed according to council policies.
8. It is not required that the Contingent Advisor travel to The Summit and participate in the experience. If the Contingent Advisor is not going on the trip, it is crucial that the Contingent Advisor and the Crew Advisor are in constant communication and that the Crew Advisor has all the information they need for a successful trip. To facilitate this, The Summit will copy the Crew Advisor on all communications to the Contingent Advisor once the Crew Advisor has been identified. If the Contingent Advisor is not attending it is crucial that they make sure the Crew Advisors read this guide thoroughly.

CREW ADVISORS
The Crew Advisors (minimum of two per crew) are the adult leadership of the crew during The Summit program, including travel to and from The Summit site. The Summit recommends that larger groups add one adult in addition to the minimum two for every ten participants past the first ten.

SELECTING CREW ADVISORS
The Contingent Advisor and designated volunteer committee meet to develop the plan for Crew Advisor selection. Factors to consider include:

1. The number of leaders required. Each crew requires a minimum of two Crew Advisors. However, in many cases, it is prudent to have three to four Crew Advisors in each crew in the event one Advisor must drop out at the last moment. The majority of the crew must be comprised of youth members and there can be no more than four adults per twelve total participants.
2. The minimum age, gender and training requirements. Depending on desired crew composition, each crew must follow either the Boy Scout or Venturing Leadership Guidelines as detailed in the
latest version of the Guide to Safe Scouting. For all female and co-ed crews, the Venturing Leadership Guidelines must be followed. All adult Crew Advisors must be registered members of the Boy Scouts of America and have evidence of completing Youth Protection Training within two years of the last day of their Summit visit.

3. **The desired qualifications.** High adventure activities can be rigorous for both youth and adults. Crew Advisors should be in good physical condition and MUST meet the BSA height/weight guidelines as outlined in the BSA’s Annual Health and Medical Record. The Crew Advisor should be an experienced unit leader capable of leading by example and maintaining appropriate discipline within the group. Assistant crew advisors may be less experienced than the lead crew advisor but should have a solid background in the fundamentals of leadership in Scouting or Venturing. See physical preparation section for fitness preparation suggestions.

4. **The ability to recruit.** The Crew Advisors must have the time and ability to recruit youth to participate.

5. **Sufficient time.** There is a time commitment involved in being a Crew Advisor beyond the length of time for the trip to The Summit. Council or Unit Contingents with participants from different units may need more preparation time for “getting acquainted” activities or campouts to foster camaraderie.

The Summit recommends groups identify alternate Crew Advisors able to “step in” at the last minute in the event one of the Crew Advisors is not able to attend. The Summit CANNOT provide staff to meet the BSA, two-deep leadership requirement for the entire stay at The Summit or travel to and from the site.

**THE ROLE OF THE CREW ADVISOR**

Each crew is under the supervision of a Crew Advisor and at least one Assistant Crew Advisor, both of whom have been selected and approved by the local council or the chartered unit and who meet the leadership guidelines detailed under the BSA Adult Leadership Policy outlined in this guide and in the current edition of the Guide to Safe Scouting.
THE CREW ADVISOR

- Works with the Contingent Advisor and advisors of other crews in the contingent to develop the budget, travel plan, and to arrange for accommodations, etc.
- Recruits youth participants as members of the crew.
- Provides adult supervision of the crew to and from The Summit as well as during the group’s stay at The Summit.
- Conducts necessary training, shakedowns and crew development exercises prior to Summit attendance.
- Coordinates information disseminated to crew members.
- Ensures that the crew members have proper youth protection, first aid and CPR training.
- Ensures that crew members meet the minimum physical standards for participation in The New River Trek. See physical preparation section for more details.
- Works with the Contingent Advisor to collect fees and pay expenses.

If the Council Contingent will be travelling as one group, one Crew Advisor may be designated as the tour leader for the purpose of coordinating multiple crews in route to and from The Summit.

NOTE- Contingent advisors are not required to attend the actual experience. Crew advisors ARE required to attend the experience. For small contingents, twelve or less, it is likely that the crew advisor and the contingent advisor will be the same person.

YOUTH LEADERSHIP POSITIONS

The Scouting program is a youth led experience. Your Summit Crew should select appropriate youth members to fill the following positions prior to arrival at The Summit.

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 acting.
- 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.

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
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.

**EXPEDITION NUMBER**

Each reservation is given a unique expedition number that will look something like 610-A-RT or 615-B-RT. The first 3 digits refer to your group’s arrival date, 610 = June 10th. The first letter refers to the number of groups we have arriving on that date, A = The first group to confirm a reservation for June 10th. B = the 2nd group to confirm a reservation for June 10th. RT stands for River Trek.

**ELIGIBILITY AND AGE REQUIREMENTS**

Age- Summit participants attending the New River Trek with a Chartered Unit or Council Contingent must be a registered with Scouts BSA, Venturer or Sea Scout who is or will be at least 14 of age by the time of arrival to The Summit Bechtel Reserve for their trek.

Do not request or expect exceptions. Requirements for Summit participation cannot be relaxed.

In keeping with the policies of the Boy Scouts of America, rules for participation are the same for everyone without regard to race, color, national origin, age, sex, religion or disability.

Youth must be registered members of the Boy Scouts of America, and may participate in the New River Trek at The Summit Bechtel Reserve program in one of the following ways:

- As members of a Chartered Unit – Scouts BSA Troop, Varsity Team, Venturing Crew or Explorer Post.
- As members of a Council Contingent or District Contingent with required leadership. (A coed crew must consist of all registered Venturers or Explorers, and not be a mix of Boy Scouting, Venturing and Exploring Programs. It must operate under the guidelines of the Venturing and Learning for Life Programs.)

Unregistered guests or family members are not permitted to participate in the High Adventure Program or camp at The Summit.
HEALTH AND SAFETY

HEALTH AND MEDICAL RECORD

Each camper and advisor are required to have a medical evaluation within twelve (12) months of their participation date by a physician licensed to practice medicine. An examination conducted by a physician’s assistant or a nurse practitioner will be recognized for states where they may perform physical examinations to students enrolled in public school systems. The BSA Annual Health and Medical Record must be used with parts A, B, C, and D completed. These forms are available at: Health and Medical Form. There you will find forms for each National High Adventure Base, be sure to download The Summit form.

The Summit does not require the original form. A photocopy of the complete and signed original is recommended so that the original can be kept at home for future use throughout the next year.

Advisors are to collect the forms before leaving for The Summit and be prepared to submit them to the Health Lodge medical provider during Orientation. Each participant will undergo a Medical Re-check at this time. As a backup, you may decide to carry a flash drive with copies of the medical forms. If so, ensure that the flash drive is password protected. Prior to departure, advisors should review each participant’s medical form to be familiar with any health restrictions; make sure everyone – youth and adult – meets the height and weight participation requirements; check for participant, parental and physician’s signatures; and ensure that a copy of the participant’s health insurance card is attached.

At the end of your stay at The Summit, you will need to return to the Health Lodge and retrieve your Health Forms for your trip home. ANY AND ALL HEALTH FORMS LEFT AT THE SUMMIT AFTER YOUR GROUP’S DEPARTURE WILL BE SHREDDED DUE TO THE PROPRIETARY NATURE OF THE INFORMATION. An individual should always contact the family physician first and call The Summit at 304-465-2800 if there is a question about the advisability of participation. The Summit’s chief medical officer and other medical staff of the Health Lodge reserve the right to make medical decisions regarding the participation of individuals at The Summit.

IMMUNIZATIONS

Verification is required that adequate tetanus immunization has been given within the last ten years prior to arrival at The Summit. If this service must be performed at The Summit, the participant will be charged accordingly.

RELIGIOUS BELIEFS AND MEDICAL CARE

The following is the policy of the Boy Scouts of America regarding medical requirements:

Medical examinations for camp attendance are required of all campers for the protection of the entire camp group. The immunization requirement is waived for persons with religious beliefs against immunization.

Go to the following link to download the Immunization Waiver Form and bring the completed for with your medical form. Immunization Exemption Request
MEDICATIONS

Each participant at The Summit who has a condition requiring medication must bring an appropriate supply. The pharmacy at the Health Lodge is very limited and the identical medications may not be available, in many instances the medical staff will have to use pharmacies in the near-by communities to address these needs. In certain circumstances duplicate or even triplicate supplies of vital medications are appropriate. Participants will be charged for maintenance medications or medications that should have been brought to The Summit and end up being dispensed by The Summit Health Lodge.

It is recommended that leaders bring a lockable storage device to store all medications while in route to and from The Summit and while at The Summit. Medications that are required to be kept cooler than room temperature should be transported accordingly. During the trek, coolers with cooling packs or ice will be used. Participants should bring extra doses that can be left in The Summit Health Lodge refrigerator to be brought out in case the medications are lost at some point during the trek.

Persons who have had an anaphylactic reaction from any cause must contact The Summit before arrival. If you are allowed to participate, you will be required to have appropriate treatment with you. Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler. If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate.

FIRST AID REQUIREMENTS

- FIRST AID AND CPR CERTIFICATION REQUIRED 1-person Adult or Youth
- 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.

*Equivalent training can be obtained from the following nationally recognized organizations:

- American Red Cross - www.redcross.org
- American Safety and Health Institute - https://emergencycarehsi.com/
- Emergency Care and Safety Institute - http://www.ecs institute.org/
- National Outdoor Leadership School (Wilderness Medicine Institute) - NOLS link
- National Ski Patrol – Outdoor Emergency Care - www.nsp.org
- Stone health Open Learning Opportunities (SOLO) – www.soloschools.com
- The Mountaineers – www.mountaineers.org
- Wilderness Medical Associates (WMA) - www.wildmed.com
- Wilderness Medicine Outfitters – www.wildernessmedicine.com
- Wilderness Medicine Training Center www.wildmedcenter.com
- Wilderness Safety Council www.wfa.net
The Boy Scouts of America and the American Red Cross have a national agreement, the primary goal of which is to help councils (with their districts and units) become self-sufficient in teaching American Red Cross courses, including First Aid. *Wilderness First Aid* is specified in the agreement. Through this agreement, a local council can coordinate training of American Red Cross courses by providing BSA volunteers who are certified to instruct the course by the American Red Cross. The fees for the course taught by the BSA volunteers are dramatically reduced yet do include a small administrative fee and the cost of materials. Visit with your council service center for more information about the American Red Cross-National Agreement.

The Summit requires each crew to have at least one person trained in Wilderness First Aid or the equivalent. However, The Summit will accept the following advance levels of training and a copy of the current license or certification must be shared with The Summit during the registration process:

- Wilderness First Responder
- Outdoor Emergency Care
- EMT Basic, Intermediate, or Paramedic
- Military Corpsman or Medic
- Registered Nurse
- Licensed Nurse Practitioner
- Licensed Physician’s Assistant
- Licensed Physician, MD or DO

**OTHER TRAININGS AND REQUIREMENTS**

**BSA ANNUAL SWIM TEST**

*All participants must have passed their annual BSA Swim Test Prior to arrival.* Crews must perform a BSA swim test for all participants (youth and adult) prior to arrival. Crews must bring with them a completed [Swim Test Master Form](#). Each member of the crew must have passed their test as a swimmer and be listed in that section of the form. Non-swimmers are not allowed to participate in the New River Trek. **Your time on site prior to the trek is limited. Swim tests must be performed prior to arrival.**

**BUDDY TAG PROCESS**

Buddy tags are not needed during the River Trek. Trek staff will instruct on where the buddy tag process applies during your program. Some riverside campsites may offer the chance to swim at camp. SSD applies to any campsite swimming activities. If after your trek you would like to participate in Aquatics activities on the main Summit site, staff will provide you with buddy tags. Trek staff will fill out and issue [buddy tags](#) based on the information on your [Swim Test Master Form](#).

**BSA AQUATIC ACTIVITIES TRAININGS**

- Adult Advisors are required to complete Safety Afloat and Safe Swim Defense trainings. Safety Afloat and Safe Swim Defense training may be obtained from [my.scouting.org](http://my.scouting.org)
- Youth Crew Leaders and all participants are encouraged to complete the Safety Afloat and Safe Swim Defense Trainings.
AERIAL SPORTS ACTIVITY WEIGHT GUIDELINE
On the final night at the SBR New River Trek participants will have the opportunity to experience some program areas in the core of the site known as The Summit Center. Some of these activities are what we call Aerial Sports. For Aerial activities, there is a minimum and maximum weight requirement. The engineering and safety systems used by The Summit’s Aerial Sports activities require participants to meet certain weight guidelines in order to participate in our climbing, rappelling, bouldering, canopy tour, challenge course and zip line activities. **Participants in these activities must weigh between 50 lbs. and 250 lbs. (including clothes) regardless of their height.**

PERSONAL PROTECTIVE EQUIPMENT (PPE) FOR ALL SUMMIT ACTIVITIES
The New River Trek like all our programs require the use of PPE (personal floatation devices, oars, kayaks and other items.) We have a wide selection of equipment to fit most all shapes and sizes. On rare occasions a unique body type may not fit safely into our equipment. If a participant can’t wear the appropriate equipment as it is intended to be worn, they will not be able to participate in that activity. If you have a concern about this e-mail Summit.Program@Scouting.org ahead of time and we will do our best to accommodate the participant in question.

INSURANCE
The Summit participation fee includes insurance coverage for health, accident and sickness in route to and from home and while participating in Summit programs. This policy is an Excess Insurance Plan meaning that the plan will pay eligible expenses incurred from a covered accident or sickness not paid by any other collectable insurance or pre-paid health plan in force. If no other collectable insurance or pre-paid health plans are in effect at the time of the loss, this plan will pay eligible covered expenses up to the plan limits. There is no deductible under this plan. Please e-mail The Summit at Summit.Program@Scouting.org for the brochure that covers the details of this plan.

YOUTH PROTECTION
All registered adults must have current BSA Youth Protection Training (within the past two years) for participation in any national event/activity. This means all participants 18 years of age or older must have current Youth Protection Training. This includes Venturers who are 18 years of age or older. Adult Leaders are required to bring evidence of YPT compliance with them to the SBR.

Youth Protection Training documentation are available through your local council or online at www.scouting.org or my.scouting.org. Youth Protection Training is required to be a registered adult leader in the Boy Scouts of America. YPT will be verified at check in. Please bring your certificates.
THE SUMMIT WILL STRICTLY ENFORCE YOUTH PROTECTION POLICIES.

HAZING - INITIATIONS – DISCIPLINE
Any form of hazing, initiation, ridicule, or inappropriate teasing is prohibited and must not be allowed.

A WORD ABOUT CONDUCT...
The Scout Oath and Law serves as the guide in all interactions with other participants and staff. The Summit serves groups from many different backgrounds and it is important that each group respect the other. This includes coed and female units and female staff. It is not acceptable to act in a manner which belittles, harasses or makes others uncomfortable.

Each group should develop a procedure regarding unacceptable behavior and/or conduct. The best method to accomplish this is to outline expectations before the trip, as well as consequences if a participant chooses to act in a way contrary to established guidelines. Parents/guardians must be informed of the guidelines. Remember, advisors are responsible for their participants at all times – The Summit cannot provide supervision. Should a participant be removed from the crew for disciplinary reasons, s/he will be sent home at their own expense. An adult advisor will be required to provide supervision and assist with transportation arrangements in the event a participant is sent home.

TOBACCO
For adults, The Summit strongly recommends tobacco products not be used. Smoking and the use of smokeless tobacco is prohibited in all The Summit’s buildings, tents, vehicles and trails. If tobacco is used by an adult leader it must be in designated areas out of sight of participants. While on the Trek, ask your Trek staff where the appropriate locations may be if desired. There is no use of tobacco allowed at all by youth participants.

ALCOHOL AND DRUGS
Possession or use of alcoholic beverages or non-prescribed drugs (including marijuana) or abuses of prescribed drugs are expressly prohibited while at The SBR or participating in an SBR event or program. Groups or individuals found in violation of this policy will be sent home immediately at the participant’s expense as arranged with the responsible council or parent/guardian.

FIREARMS
Firearms including bows are not to be brought onto The Summit. The Summit provides all firearms needed for shooting sports programming. Personal firearms are not permitted at The SBR’s Ranges.

TOURIST INFORMATION
For crews that want to add additional activities at the beginning or end of their high adventure experience, West Virginia has many recreational activities and historic sites. Information about these locations and activities can be found at www.wvtourism.com.
DIRECTIONS TO THE SUMMIT

Crews will first go to The J.W. and Hazel Ruby West Virginia Welcome Center located right off Highway 19. From the welcome center, you will be directed onto the main site and your specific campsite by a Summit staff member.

WELCOME CENTER ADDRESS
J.W. & Hazel Ruby Welcome Center
55 Hazel Ruby Lane
Mt. Hope, WV 25880
Ruby Welcome Center google link

TRANSPORTATION TO THE SUMMIT

The Summit does not endorse specific transportation companies. The information provided below is for your information. This does not constitute a complete list of companies who may provide the transportation services that you require.

The Summit Bechtel Reserve is in Mount Hope, WV near the city of Beckley, WV. The Summit is convenient to major interstate highways (I-77 and I-64) via SR-19. Please note that I-64/I-77 between Charleston and Beckley is a toll road with two fee stations CASH ONLY or EZ-Pass Transponders ($4 toll each per vehicle more if hauling a trailer). More information on their site WV Parkways Authority

AIR TRANSPORTATION
YEAGER AIRPORT (CRW), CHARLESTON, WV, 75 MIN
a. Service from US Air (Charlotte, Washington Reagan), American (New York, Chicago), United (Houston, Chicago O’Hare, Washington Dulles), Delta (Atlanta, Detroit) and Spirit (Ft. Lauderdale, Myrtle Beach).

BECKLEY RALEIGH COUNTY (BKW), BECKLEY, WV, 20 MIN
b. VIA Air to Charlotte Douglas Airport (CLT), Charlotte NC

GREENBRIER COUNTY (LWB), LEWISBURG, WV, 65 MIN
c. VIA Air to Charlotte Douglas Airport (CLT), Charlotte NC

CHARLOTTE DOUGLAS (CLT), CHARLOTTE, NC, 3.5 HOURS
d. Most major airlines

GROUND TRANSPORTATION
WEST VIRGINIA CHARTER BUS COMPANIES
a. Spring Valley Charter – (304) 733-4074 – springvalleybus@aol.com
COMMERCIAL BUS CARRIERS


VEHICLE RENTAL

d. Avis – www.avis.com (CRW, BKW, LWB, CLT)
e. Enterprise – www.enterprise.com (CRW, BKW, LWB)
f. Hertz – www.hertz.com (CRW, BKW, LWB, CLT)
g. National/Alamo – www.nationalcar.com (CRW, LWB, CLT)
h. Budget – www.budget.com (CRW, LWB, CLT)
i. Alamo – www.alamo.com (CRW, CLT)

NOTE: Enterprise Rent-a-car has a vehicle drop at SBR's Ruby Welcome Center. Depending on circumstances, some groups find it advantageous to turn in their rental on arrival at SBR and then, pick-up a rental on departure day. Various factors will determine whether this option is more economical for you. To talk to an Enterprise representative familiar with SBR, we suggest calling the Harper Road office in Beckley, WV – (304) 929-2445. This must be arranged manually with that office you will not find the option to turn in the vehicle at The Ruby Welcome Center on the Enterprise website.

TOUR COMPANIES

k. Blue Sky Adventures - http://www.blueskyadventures.net/summit/. Providing tour packages from Charlotte to The Summit, as well as Pittsburgh to The Summit.

RAIL TRANSPORTATION

l. Amtrak -- www.amtrak.com
Passenger service to the Prince, WV station located about 30 minutes from The Summit. The station is part of the Cardinal Line that runs between New York City and Chicago.

PRIVATE VEHICLES

This method of transportation should be used only with full assurance that the vehicles are safe, and the drivers are reliable. Make sure there is adequate insurance coverage for each vehicle. Adhere rigidly to the Tour Plan requirements. The Summit is not responsible for vehicles parked in parking areas.

EMERGENCY TRANSPORTATION

The Summit will assist with transportation arrangements when a family, work or other emergency occurs during a Summit program requiring a participant to return home, or if a participant must return home for medical reasons. Participants will be required to reimburse The Summit for any transportation services provided, including transportation to a required airport.
YOUR ACCOMODATIONS

ACCOMODATIONS WHILE AT THE MAIN SBR SITE
The first and last nights of your experience will be spent on site at The Summit Bechtel Reserve. These 2 nights your crew will stay in a campsite at the Paul R. Christen National High Adventure Base located at The Summit. The Summit provides tenting and cots for participants. Tents are 9 ½ feet by 9 ½ feet dome tents. 2 cloth cots are provided for each tent as well as a plastic ground cloth. A backpacking sleeping pad or air mattress may provide additional comfort but are not required to use the cots. For most cases tents will be up prior to arrival but in some cases, crews may need to set up some or all of their tents upon arrival.

NOTE: that the tents on the trek will be the same style but there will be no cots. A ground pad is recommended.

The Paul R. Christen National High Adventure Base has roughly three restroom/shower house clusters for every ten campsites. Shower houses use ambient temperature water to save energy and to be more sustainable. The use of solar bag showers is permitted; however, bags must contain no more than 2.5 gallons of water and must be used in the shower house while on the main Summit site. Shower Houses are not available on the river. Trek staff will instruct on appropriate cloth baths or areas to use solar bag showers (if you brought one) while on the trek to stay clean. Shower houses on the main site are marked Youth Male, Adult Male, Youth Female and Adult Female. Those under 18 must use the youth facilities for their gender and those 18 years of age and over must use the adult facilities for their gender. This includes Venturers and Explorers who are over 18, but under 21.

Shower houses are given a deep clean every Saturday by Summit staff. Remember a Scout is Clean so after use make sure you leave the shower facilities clean. All Scouts will help perform some cleaning duty on the shower houses. Trek staff will assist you in this process.

While at the SBR’s main site food is served at the dining hall and cooking facilities are not needed in the campsite. Campfires are NOT allowed in campsites at the SBR Site. NO FOOD IS TO BE STORED IN THE TENTS OR CAMPSITE. The Summit has communal fire rings for use that can be utilized by crews. Instructions on use will be given upon arrival. Appropriate facilities for campfires while on the river are provided and trek staff will instruct on safe and appropriate usage.

Laundry services for participants are not available at The Summit. There will be access through the tent city staff to a few machines for “emergency” laundry needs. (Vomit/blood on sleeping bags, soaked sleeping bags etc.) While on the Trek, “emergency” laundry needs are extremely limited due to logistics. Trek participants should bring a separate bag of travel clothes that will not go on the trek so that participants have clean clothes to wear on the trip home.
UNIFORMS
The Summit recommends wearing the BSA field uniform at Chapel Service, the opening and closing programs as well as travel to and from the site. The field uniform is not needed while on the river or other activities. Some activities, such as the service projects, require long pants and or long-sleeved shirts. Follow the personal equipment list provided in this guide (Trek Equipment List).

TREK AT A GLANCE

This is a 50-mile paddle trek on the New River. You will navigate the upper portion 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 Canyon is a rafting experience and includes Class III to V rapids. Crews camp along the river through the New River Gorge. A gear boat (raft) accompanies the group to transport gear and food. Please note that in exceptionally high water, the entire trip may be conducted in rafts. Participants must successfully complete the BSA Swimmers Test prior to arrival. We recommend that participants have completed the Kayaking Merit Badge or have equivalent knowledge and skill.

Trek Fact Sheet

- **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!
  - Service project will be performed somewhere in this window depending on the project.
- **Day 6** - Whitewater rafting down the Lower New River!! Return to the Summit.
- **Day 7** - Depart for home. All good things must come to an end...

OTHER NOTES
- Nights 1 and 6 are spent at The Summit all others 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 others are in the gorge.
- When back at the SBR on day 6 the evening activity areas in the Summit Center are available to New River Trek Participants.
- For Information on Whitewater and or Kayak Merit Badges, 50 Miler Award, or Whitewater Rafting Award see Merit Badges and Awards
- Unless you come with a full group (32-36), you may and probably will be on a trek with other troops and or crews. Come prepared to make friends.

PHYSICAL PREPARATION
- Trek days consist of 10 to 15 miles of paddling along the river per day.
- If you have access to water and kayaks organizing group paddling sessions is a great way to prepare. For the purposes of physical training canoes work well also.
- If you don't have access to water and boats exercises that focus on arms, the core and upper body will help you get ready.
- Hiking is also a great way to improve general fitness.
- See more on physical preparation here.
HIGH WATER

June through September are the months we utilize for our Treks. During that timeframe the New River water levels generally remain at what we consider normal flows. Occasionally, we see significant increases in rain which translates into higher than normal water levels. At certain water flows we must change our standard operating procedures for safety reasons. The treks continue on water during these high flows, but they may be modified for your safety. This does not happen often, but it is worth mentioning. No matter what we will provide the youth with the best experience they can have.

BRANDING

On night 5 of your Trek, staff will present you with a closing ceremony at the campsite that is unique to Trek participants. On this night, branding will be available to you if desired. Any items you wish to brand must be acquired prior to your departure on Day 2 of your Trek. Bring appropriate items to brand from home or purchase them in the trading post before you get on the bus the morning of Day 2 at the latest. Branding irons, heat source, and supervision for branding will be provided.

BIG ZIP

This 3200-foot zip line begins at HIGH GEAR above ADVENTURE VALLEY and speeds riders at speeds nearing 60 mph over the valley and TRIDAVE LAKE.

AERIAL SPORTS ACTIVITY WEIGHT GUIDELINE

The engineering and safety systems used by The Summit’s Aerial Sports activities require participants to meet certain weight guidelines to participate in our climbing, rappelling, bouldering, canopy tour, challenge course and zip line activities. Participants in these activities must weigh between 50 lbs. and 250 lbs. (including clothes) regardless of their height.

When you arrive back at the Summit on Day 6 of your Trek, you may have the opportunity to ride on the Big Zip. The Big Zip is open Monday through Friday between 9 AM and 4:30 PM. It is approximately a 45-minute hike from the Zip landing up to the Zip launch. Check in at the landing no later than 3:30 PM to be safety briefed, leave any items you wish to not hike with, zip with, or potentially lose. This will give you time to make the hike. If you choose to take items with you, they must fit inside a normal school size backpack. Reasons Zip would be closed would be weather related usually lightning hazards. Remember you will need closed toed shoes to hike in and Zip. Your water shoes are not recommended. Sneakers are fine. As a guideline, Treks generally arrive back at the Summit around 1 – 2:30 PM on Day 6. This allows for plenty of time to unpack gear, finalize any Trek details with Trek Staff, clean up, change and head to the Big Zip landing in time.

MERIT BADGES AND AWARDS

In High Adventure, we try to stay out of the advancement business. However, the New River Trek just happens to organically meet the requirements for the Kayaking Merit Badge, Whitewater Merit Badge, Whitewater Rafting Award and most all the 50-miler award (Service Project hours are not met but can be done outside of Trek). This is not by design, but it is a happy coincidence. Trek Staff will happily facilitate
the instructional portion of the above. What we ask of you is that you provide the blue cards and the merit badge counselor as well.

To do the online training:

- Login to https://my.scouting.org/
- Click Menu in the top left.
- Click My Dashboard from the dropdown menu.
- Click Training Center near the top. It’s 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 Pans.
- 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 the link to application https://filestore.scouting.org/filestore/pdf/34405.pdf

This seems complicated but if you follow the steps it’s not too painful. 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 in this. On any given year in the Trek program alone, we can see up to 1000 or more blue cards and award applications. If we sign them, 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 try to stay out of the advancement business in High Adventure.

**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 time determined by the crew.

**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, 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 [Summit Duty to God Award](https://filestore.scouting.org/filestore/pdf/34405.pdf) 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. 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.

TREK SERVICE PROJECTS
“A Scout is Helpful.” As with all the BSA National High Adventure Bases each high adventure crew will spend three hours in cheerful service on a conservation/service project on The Summit site, the New River Gorge or a nearby community. As participants in the New River Trek your group will participate in a service project along the trip to benefit the river. These projects may include: River Beach cleanup, campsite cleanup, and or co-ordination with the NPS to do a project for the community. Due to the dynamic nature of the River environment, service projects may greatly change week to week. If your project should require equipment that is not normally packed, we will supply you with what is needed.

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. If your arrival day is not Sunday and your departure day to return home is not Saturday, there will be a trek specific opening and closing program for you delivered by trek staff and yourself. Sunday-Saturday Treks also have this open to them as well.

NEW RIVER TREK STAFF AND THEIR ROLES
Interaction with quality staff members is always an important facet of any camp experience.

Trek Check in Host - will take you through the basic arrival day check-in procedures. This will include a basic Summit Center Tour and during the tour you will meet with our registration staff to turn in paperwork and meet with our medical staff to go through a medical recheck. Your host will join you for dinner and evening program (Sunday Arrival only) but will not be on the trek with your group.

Trek Coordinator - will greet soon after arrival and registration, they will help you settle into your campsite for the first night, lead you through a comprehensive trek gear shakedown and get you prepared for departure on Day 2. The Trek Coordinator will lead the Day 1 evening Trek Orientation meeting. The Trek Coordinator will be with you for the entire trek.

Trek Staff - All Trek Staff will join the group on Day 2 morning for departure. They will be with your group from departure from the Summit to arrival back to the Summit. The Trek Staff will lead, assist, guide, and
support you on and off the water. Trek Staff are made up of the Trip Leader (TL), the Gear Boater, the Trek Coordinator, and the general Trek Staff.

**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 have taken extra training courses to get to this position.

**Gear Boater** – oversees all things involved with the 18-foot gear boat that will accompany you along your trek. Detail oriented and a master at Tetris, they will pack, stack, and strap down everything needed for your journey onto and into an 18-foot inflatable raft. Then they row the boat downstream to campsite, so your gear is there when you need it.

**EXPECTATIONS OF CREWS FOR THE TREK CHECK IN HOSTS, TREK COORDINATOR AND TREK STAFF.**

**TREK CHECK IN HOSTS**

- Will guide you through the check in process.
- Will take you to our registration staff who will collect paperwork and complete the registration process. They will also assist you in turning in your medical forms and complete a medical recheck.
- Will be trained on the processes and operations of The Summit.
- Will be trained to answer many basic questions about the Trek itself, but the Trek Coordinator and Guides will be the subject matter experts.
- Will guide you on a basic tour of the Summit Center and what will be available for you to enjoy on Day 6 when you return from your Trek.
- Will assist with the Trek equipment shakedown but the Trek Coordinator will lead this activity.
- Will attend the leaders meeting and the Trek orientation and departure preparation meeting.
- Will join the group for dinner and opening program (Sunday Arrival Only).

**TREK COORDINATOR**

- Will be trained on the processes and operations of The Summit.
- Has received thorough training on leading groups down The New River.
- Will provide a comprehensive trek equipment shakedown.
- Will co-ordinate with Trek Check in Host to lead them through the check in process.
- Will prepare them for the week ahead.
- Will work through the youth leadership of the group.
- Will introduce group to the Trek Trip Leader (The TL) and other Trek Guides.
- Will be at the closing program on Day 6 to present the youth crew leader with their crew’s patches.
- Will be focused on helping to make your crews experience memorable and positive.

**TREK STAFF**

- Comprised of: Trek Trip Leader (The TL), Trek Gear Boater, Trek Coordinator, and Trek 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 on 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 patrols experience challenging, memorable and positive.

The Trek Coordinator IS NOT a crew leader. This is a youth led experience and the Trek Coordinator is here to be a resource for information, specific skill instruction and to encourage leadership development in the youth.

ARRIVAL DAY

ARRIVAL PLAN
In April, after the final payment deadline, the contingent advisor will be e-mailed instructions on how to fill out their arrival plan information in the registration system. Crews will indicate their anticipated arrival time and mode of travel. If applicable this is where crews can register for an extra day of housing at The Summit for either an early arrival or late departure.

ARRIVAL TIME
Crews are asked to arrive between 11:00 AM and 2:00 PM on their scheduled arrival day (day 1). Arriving earlier rather than later in this window will allow for a smoother completion of your crew’s arrival day activities.

Crews will be departing for the New River and the beginning of the Trek after breakfast on day 2. Because of this it is very important that crews arrive on time to The Summit Bechtel Reserve on their arrival day so that they can be properly prepared. There is around 3 hours of preparation needed before starting the trek, this must be accomplished on arrival day. All crews will leave for the river at the same time, one crew’s delay will delay all groups on the New River trek that week. Please take this into consideration when arranging your travel.

NOTE: that if you are considering traveling by train, current schedules for trains arriving do not allow for proper trek preparation time. It is not uncommon for the train to be late by 2 to 3 hours.

EARLY ARRIVAL OR LATE DEPARTURE
If transportation logistics require a crew to arrive to The Summit a day early or depart a day later at the end of their experience, the cost is $35.00 per person per night. This covers the cost of housing and meals for these additional times. Crews register for this in April using the arrival plan function of the registration system. Remember it is better to arrive early than late, please consider this when making your travel arrangements.

The Summit does not operate program areas on Saturdays or Sundays. Crews who pay for the extra day receive a place to stay and food to eat but our program facilities are not available. Equipment for field games and board games are available from the Tent City staff. Hikes around the site are also an option but the crew’s adult advisors must provide the two-deep adult leadership. Please indicate on your arrival plan that you will need an early arrival and/or late departure for your crew.
ARRIVAL DAY SCHEDULE

11:00 AM - 2:00 PM
- Arrive at Ruby welcome Center
- Meet your Trek Check in Host
- Check in and Register
- Medical Recheck
- Head to Summit Main Site

12:00 PM - 4:00 PM
- Meet your Trek Coordinator
- Conduct Shakedown
- Adult Advisors, youth crew leader, chaplain's aide and outdoor ethics guide meeting
- Check in to Tents

5:00 PM - 6:00 PM Dinner at Dining Hall

6:30 PM Trek Orientation and Departure Preparation
At 6:30 PM all participants will meet with Trek Coordinator to make final preparations for the next morning’s departure and answer any questions about the week ahead.

CHECK-IN & PAPERWORK

At the Welcome Center the friendly registration staff will take the crew leader and adult advisor through the check-in process and make sure all forms and financial requirements are settled.

THINGS TO BRING TO CHECK-IN:
- Any outstanding fee payments - Only checks made payable to BSA can be accepted at check-in.
- Medical forms - The registration staff will make sure all participants have a properly completed medical form but will not collect them from you. (The adult advisor will keep them until the entire crew makes its way to the Health Lodge to have medical re-checks later during your walking tour of The Summit Center.)
- Summit Waivers for all participants - All participants must have; a parent’s signature is required for participants under 18.
- Whitewater rafting waivers - All rafting participants must have; a parent’s signature is required for participants under 18.
- Buddy Tags - For all aquatic activities. Review Buddy Tags for details.

NOTE: Please sort forms by type and then alphabetically for the medical and waiver forms.
**MEDICAL RE-CHECK**

Medical Re checks will happen at Ruby Welcome Center. While there, The Summit’s medical staff will take the crew through the medical re-check process. A medical staff member will meet with each participant and review their health form.

Crews need to bring the following to medical re-check:

- Pre-Medical Evaluation – 1 per crew (short form issued upon arrival.)
- Medical forms – 1 per person
- Any prescription medications
- Inhalers and Epi-Pens
- Extra set of critical medications for Health Lodge to store (if needed)

The medical staff will review any concerns and prescription medications with the adult advisor regarding their crew members. Parents should also review with the adult advisor any prescription medications and medical issues prior to departure from home.

**MOVE-IN**

Paul R. Christen High Adventure Base Trek participants are housed in Base Camp Alpha and Bravo area. You will meet the Trek Manager for the week at the Shakedown area at the Alpha Pavilion. Carts will be available at the unloading zone to help move gear to the campsite. 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.

**SUMMIT CENTER WALKING TOUR**

In order to familiarize your group with The Summit the Trek Check in Host will take you on a brief walking tour of the Summit Center. Walking Tour highlights below.

- Base Camp facilities
- Summit Center activity areas and hours of operation
- Health Lodge
- Leaders meeting and Trek Orientation Meeting location.
- Program assembly area
- Chapel Service locations and times (Sunday Arrivals Only)
- Opening program location and time (Sunday Arrivals Only)
- Dining hall
- Guest Services
- Trading Post

**SHAKEDOWN INSTRUCTIONS**

After arriving at the Alpha Pavilion, the scouts/venture crews gear will be disassembled then repacked to eliminate extra weight, unnecessary items, and ensure proper equipment is taken on Trek.

Scouts/Venture Crews will unpack all items brought with them and repack in the following order.
The river gear being worn the next day will be pulled out and set aside.

- Short/Long Sleeve Shirts
- Swim Trunks/Shorts
- Water Shoes (must securely stay on feet) See River Footwear
- Sunglasses with strap
- Water Bottle (Nalgene type preferred)

Then the following “Camp Gear” will be packed into the 110L “Camp Bag” dry bag provided by summit.

- Short/Long Sleeve Shirts
- Shorts/Long Pants
- Underwear
- Bra (F)
- Socks
- Camp Shoes (tennis shoes preferred)
- Sleep Clothes (pajamas)
- Deodorant
- Toothbrush/Toothpaste
- Headlamp/Flashlight
- Bug spray
- Jacket/Fleece
- Rain Gear

On top, Extra river gear items will be packed into the 110L “Camp Bag” dry bag provided by summit.

- Short/Long Sleeve Shirts
- Swim Trunks/Shorts

Mess kit items will be packed into the 110L Mess Kit Dry Bag provided by summit.

- Plate
- Fork
- Spoon
- Coffee Mug (optional)
- Extra Water Bottle(optional)

Each person will then pack the following items into the 5L “Day Use” dry bag provided by summit.

- Issued Splash Jacket
- Chap stick
- Sunscreen
- Locking Carabiner
- Ball cap without button on top

Each group will pack “Sleep Gear” into 1 - 140L “Group” dry bag the next morning.

- Sleeping Bag
- Sleeping Pad
- Pillow

**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 their personal gear in. This will include: 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 over 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 a trek is at max capacity (36 plus 6 staff) and everyone brought an extra unneeded 10 lbs. of gear, we have increased the weight on the Gear Boat by 420 lbs. in personal gear alone. The Shakedown will be utilized to ensure we all pack correctly, efficiently, and to reduce unnecessary weight.
The Dry Bags will be packed, sealed correctly (we will teach you how to do this), and loaded onto the Gear Boat for transport between campsites while on the river. Even though the gear boat will be floating along with you, access to your Camp Dry Bag once it’s loaded up will not be realistic during the day until you reach your campsite for the evening. 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, bug spray (optional), 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. Locking carabiners with the screw down mechanism work the best and the wider carabiners are preferred for dealing with water bottles and such.

Should you have any medications that require cold storage we will be able to accommodate those needs while on the river. 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 Trek. One batch goes with you on the Trek. 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 trek. Keys for vehicles will be kept securely at the Summit until you return to ensure that you have them when you return. You do not want to take keys on the river as they may accidentally fall into the river. Be prepared.

**EQUIPMENT INFORMATION**

Review [Trek 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.

**ADDITIONAL NOTES ON EQUIPMENT AND GEAR**

The River Trek season from June to August is considered summer on the River. Always check weather forecasts prior to arrival and adjust as needed.

It is simple in the summer when the sun is out. Water and Air temperatures are generally warm, so your main concern will be to protect yourself from the sun.

**NOTE:** Do not wear cotton items **on the river**. Cotton holds water and wicks warmth away from your body. Cotton clothing worn **at the campsite** is fine and can be quite comfortable after a day on the water.
BASIC RIVER GEAR

- **Mandatory** - Closed toed river sandals. An **optional** pair of open toed sandals may be brought if desired. See River Footwear.
- Bathing suit
- Synthetic T-shirt (generally a short sleeve T-shirt is used but your choice)
- Sunscreen
- Sunglasses with retaining strap
- Hat
- Disposable camera*
  
  *optional yet recommended

We will supply each trek participant a splash jacket in case of cold temps, high winds, or extended rain showers. A long-sleeve synthetic shirt or light windbreaker is good to have in case of a sudden shower or temperature change. You will have room in your dry bag for your extra layer and splash jacket.

We have neoprene wetsuits and neoprene water shoes. These items are almost never needed, so we do not issue out this gear or take on the trip. If weather necessitates the use, we will issue out. **Note:** shirt size XS or XXL and above need to consider providing their own gear. We have some but limited supply of XXL. Shoe sizes 8 or below and 14 and up no sizes available. Neoprene water shoes are not a replacement for your water shoes. This equipment is in case of severely cold weather. It is extremely rare to see severely cold weather.

OPTIONAL RIVER GEAR FOR COLD WEATHER

The list of basic river gear is fine for almost everyone. If you are concerned it is not enough, you can choose to pack more gear for the “just in case”. There is room in your camp dry bag for this. Below are some suggestions on how to choose optional gear.

- **Base Layer** - Polypropylene, Capilene, and Thermax are some of different types of synthetic long underwear that is available. These fabrics are designed to wick moisture away from your body. They are hydrophobic, meaning they do not absorb water; rather they transfer it to your outer layers where it can evaporate keeping your core more comfortable.

- **Mid Layer** - Fleece or pile. These are thicker and fluffier than your base layer and supply insulation and warmth. Made from synthetic fibers, they will not absorb nearly as much water as natural fibers. Wool provides some insulation when it gets wet but not as much and therefore is not recommended.

- **Additional** – If you choose to bring gloves, toboggans, and or socks just make sure they are synthetic if used on the river.

CLOTHING AT CAMP

Once at camp, it is nice to get out of your wet river gear and into something dry and comfortable. Cotton is no good while on the water but is nice to change into when at camp. Cotton for camp clothes is highly encouraged. Some people choose to bring 2 sets of “wet” river gear and 2 sets of “dry” camp gear we have what we recommend in the packing list but just to expound on it for a minute.
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)

* cotton is fine and desirable at camp

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 program and safety equipment such as helmets, pads, PFDs, ear protection, harnesses, etc. Do not bring your own safety equipment. The Summit knows the history of the equipment being used.

- Closed toed shoes- All Summit activities require closed toed shoes for participation. Onsite Aquatics – no shoes required while on water. This does not apply to on the river. See River Footwear for on Trek info.

- 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. If the Trading Post is out of an item, The Summit staff will assist participants with purchasing crucial items from a retailer in the local area.

- Custom Crew T-Shirts- You will be able to order custom crew t-shirts directly from The Summit Trading post. Details on ordering and pricing will be released in January.

- Service Projects- Long pants and a long-sleeved shirt are required for service projects. Some projects involve painting, so these clothes should be ones that you don’t mind getting paint on or a little dirty.

RIVER FOOTWEAR

While on the River, a pair of closed toed water shoes is mandatory. An optional additional pair of opened toed sandals may be brought and worn. The reason for the closed toed shoes is due to potential portaging, evacuation support, river rescue or other unforeseeable events. If open toed river shoes are the choice for wearing the closed toed river shoes must be clipped to your boat with a locking carabineer for quick access if needed. You are not required to bring 2 pairs of river shoes but if you bring only one, they must be closed toed.
**TREK EQUIPMENT LIST:**

These items will fit into your Camp Dry Bag or River Dry Bag.

*Code:*

- * available at trading post
- F-Female participants
- S- Share with buddy

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Qty</th>
<th>Comments</th>
<th>Code</th>
<th>Check</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Upper Body</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweater</td>
<td>1</td>
<td>like a light fleece sweater</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td>Jacket</td>
<td>1</td>
<td>light jacket for evening</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td>Rain Jacket and Pants</td>
<td>1</td>
<td>Sturdy and waterproof, with a hood,</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>coated nylon and breathable fabrics</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shirt-Short sleeve</td>
<td>3</td>
<td>Moisture wicking. 1 cotton for camp.</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 synthetics for river.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shirt- Long sleeve</td>
<td>1</td>
<td>Moisture wicking, no cotton or nylon.</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td>Sports Bra (F)</td>
<td>2</td>
<td>Synthetic</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td><strong>Lower Body</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Long Pants</td>
<td>1</td>
<td>not jeans, synthetic material works</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>best</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Underwear</td>
<td>3</td>
<td>Cotton is fine</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td>Hiking Shorts</td>
<td>2</td>
<td>Cotton is fine</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td>Swim Trunks</td>
<td>2</td>
<td>For aquatic activities</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Head Neck and Hands</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baseball cap or wide</td>
<td>1</td>
<td>Sun protection for face and ears.</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td>brim hat.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beanie</td>
<td>1</td>
<td>No cotton. No ball on top (to fit</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>under helmet) optional</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Packs and Bags</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gallon zip lock bags</td>
<td>6 to</td>
<td>For waterproof storage.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>small stuff sacks</td>
<td>2</td>
<td>Pack personal items/organize.</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shower/toiletry bag</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sleeping Gear</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sleeping Bag</td>
<td>1</td>
<td>Packable in a compression bag.</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td>Sleep clothes</td>
<td>1 set</td>
<td>T-shirt and gym shorts worn only to</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>bed. Cotton is fine.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sleeping pad</td>
<td>1</td>
<td>Compact. No oversized pads.</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td>(Recommended)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pillow</td>
<td>1</td>
<td>Compact. Optional</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Footwear</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Socks</td>
<td>3</td>
<td>2 pair cotton. 1 pair synthetic or</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>wool.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Camp Shoes</td>
<td>1</td>
<td>Lightweight sneakers work best.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water shoes</td>
<td>1</td>
<td>Closed toed water shoes “keen style”</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Optional pair of opened toed river</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>sandals. See Footwear.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th><strong>Miscellaneous</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Water bottle</td>
<td>32 oz.</td>
<td>“Nalgene” style. Durable lid with ability to be attached with a locking carabineer. If concerned about breakage, bring a backup. *</td>
</tr>
<tr>
<td>Locking Carabineer</td>
<td>1</td>
<td>Screw type is best. Wider opening preferred for dealing with water bottles and such. Only 1 required but bring another if desired.</td>
</tr>
<tr>
<td>Mess Kit</td>
<td>1</td>
<td>Plate with lid, knife spoon fork. See Mess Kits *</td>
</tr>
<tr>
<td>Pocket knife or multi tool</td>
<td>1</td>
<td>Small knife will work.                                          *</td>
</tr>
<tr>
<td>Flashlight/headlamp</td>
<td>1</td>
<td>Durable, bring extra batteries                                  *</td>
</tr>
<tr>
<td>Bandana</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Money</td>
<td>$60.00</td>
<td>For at the Summit.</td>
</tr>
<tr>
<td>Lip Balm</td>
<td>1</td>
<td>Moisturizing balm with SPF-25 or greater.                       *</td>
</tr>
<tr>
<td>Soap</td>
<td>1</td>
<td>Any style, eco-friendly preferred                                *, S</td>
</tr>
<tr>
<td>Sunscreen</td>
<td>1</td>
<td>Enough for the week                                             *, S</td>
</tr>
<tr>
<td>Aloe</td>
<td>1</td>
<td>Can be included in the Crew First Aid Kit                       *, S</td>
</tr>
<tr>
<td>Poison Ivy Medicine</td>
<td>1</td>
<td>Types: Calamine, Tecnu, Zanfel                                  *, S</td>
</tr>
<tr>
<td>Toothbrush</td>
<td>1</td>
<td>*</td>
</tr>
<tr>
<td>Toothpaste</td>
<td>1</td>
<td>*</td>
</tr>
<tr>
<td>Towel</td>
<td>quick dry</td>
<td></td>
</tr>
<tr>
<td>Tampon/pads</td>
<td>1</td>
<td>With a retaining strap.                                         *, F</td>
</tr>
<tr>
<td>Sunglasses</td>
<td>1</td>
<td>If for river, needs to be waterproof.                           S</td>
</tr>
<tr>
<td>Watch</td>
<td>1</td>
<td>*</td>
</tr>
<tr>
<td>Camera</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Whistle</td>
<td>1</td>
<td>*</td>
</tr>
<tr>
<td>Foot powder</td>
<td>1</td>
<td>*</td>
</tr>
<tr>
<td>Notepad and pen</td>
<td>1</td>
<td>*</td>
</tr>
<tr>
<td>Insect repellent</td>
<td>1</td>
<td>*, S</td>
</tr>
<tr>
<td>Fishing Equipment</td>
<td>1</td>
<td>See Fishing section. Optional</td>
</tr>
</tbody>
</table>

| **CREW EQUIPMENT**                |                  |                                                                 |
| Equipment Provided by Crew        |                  |                                                                 |
| Crew First Aid Kit                | 1                | Minor. Band Aids, alcohol wipes, antibiotic ointment etc.       * |
| Duct Tape                         | 1 roll           | For equipment repair                                            * |

| **EQUIPMENT PROVIDED BY THE SUMMIT** |                  |                                                                 |
| Equipment Provided by Summit      |                  |                                                                 |
| 9’ x 9’ Dome tent                 | 2 people per tent | Ground Cloth Included                                         |
| Camp Dry Bag                      | 1 per person     | 110 liters                                                    |
| Day use dry bag                   | 1 per person     | 5 liters                                                      |
| Camping Chairs                    | 1 per person     |                                                                |

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STORAGE OF GEAR WHILE ON THE RIVER

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

Because of limited storage space all groups should limit as much as possible items that need secure temperature-controlled storage. Electronics would be a good example of these types of items.

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’s going to break your heart or your wallet to lose it, don’t take it on the river. Any items like these that you decide to take with you make sure you have the protective equipment to keep them dry.

CELL AND WIFI SERVICE WHILE AT THE SBR SITE

The Summit main site offers wireless and cell phone connectivity. AT&T Wi-Fi Hotspots are available at The Summit’s base camps and in the Scott Summit Center. A password is not required to access these hotspots. Charging stations are in the base camps and Summit Center. These are not lockable storage areas and it is intended that you monitor your items while charging. There are no charging capabilities in the Gorge except at the Stone Cliff campsite on Day 4 of the Trek.

Participants must remember that we are still a CAMP and participants should bring protective equipment to secure any sensitive electronics from the weather and elements.

ACCOMMODATIONS WHILE ON THE RIVER

While camping on the river you will have the same style tenting arrangements it is important to note that cots will not be at the river campsites. Cots take up valuable space on the gear boat and because of this they will stay at Base Camp until you return after the Trek. Sleeping pads of a moderate size are recommended. Tents, Water, Camping Gear, Food, and personal gear will be transported on the gear boat. NO FOOD IS ALLOWED TO BE STORED IN YOUR TENT. Some daily items will stay with you will on the river. You will keep these items in a personal day use dry bag provided to you for the Trek. These items would consist of: Sunscreen, Vital Medications (Inhalers, EpiPen’s, heart medication etc...), Sunglasses, bug spray (optional), waterproof camera (optional), and Water Bottle with a locking carabineer.

CAMPsites

Four campsites will be utilized on the Trek in and along the New River Gorge National River. https://www.nps.gov/neri/index.htm. The campsites are stationary locations owned by the Summit. Of those, three are riverside camping and one is a mountain top campsite. Campsite names are: Meadow Creek, Terry Beach, Stone Cliff, and River Run Park.
FISHING

Fishing- will be available at some of your campsites along the river once you reach camp (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# will be required for any license adult or youth. 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: Fed 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 gear is not provided for you. 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 Trek (Day 1 being arrival day and Day 7 being Departure day) so if you purchase a license do not purchase more than three days for the Trek duration.

Target species are mainly smallmouth bass but rock bass, bluegill, the occasional catfish, and if you’re lucky walleye are in the New River. Soft plastic baits and small spinner baits work well in the 1/8 oz. to ¼ oz. weight range. Medium action rods are ideal and 2 piece or more rods are easier to pack. Remember, rods can break or be damaged. Take this into account when deciding which rod to bring. Traditional colors in soft plastics are salt and pepper, watermelon, pumpkinseede, green, brown, motor oil, and chartreuse. Underlined are top colors usually. Spinner baits in white or chartreuse generally do well.

Fishing gear is not provided for the Trek. Fishing on the Main Summit site does not require a license and some fishing gear is available for use on Main Summit site but will not be available on the river during trek.
MEALS

You will receive three meals a day during your Trek. Breakfast and Dinner will be prepared and consumed at the campsites. Lunch will be prepared at the campsite and consumed at some point during the day along the river. See the Sample Meal Menu Below:

<table>
<thead>
<tr>
<th></th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
<th>DAY 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>On your own</td>
<td>Summit Dining Hall</td>
<td>Eggs, Breakfast</td>
<td>Breakfast Burritos,</td>
<td>Breakfast</td>
<td>Pancakes and</td>
<td>Summit Dining Hall</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Meat, Yogurt,</td>
<td>Cereal, Fruits,</td>
<td>Casserole, Yogurt,</td>
<td>Bacon, Granola,</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Granola, Drink Mix</td>
<td>Drink Mix</td>
<td>Granola, Drink Mix</td>
<td>Yogurt, Drink Mix</td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>On your own</td>
<td>PB&amp;J, Trail Mix,</td>
<td>Cold cut wraps,</td>
<td>Bagel Sandwich,</td>
<td>Trail Mix, Drink</td>
<td>Deli Style Lunch,</td>
<td>On your own</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Drink Mix</td>
<td>Trail Mix, Drink</td>
<td>Chip, Drink Mix</td>
<td>Mix</td>
<td>Drink Mix</td>
<td></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>Summit Dining Hall</td>
<td>Spaghetti, Garlic</td>
<td>Hot dogs and</td>
<td>Red Beans and</td>
<td>Walking Tacos,</td>
<td>Summit Dining Hall</td>
<td>On your own</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bread, Salad, Drink</td>
<td>Burgers, Chips,</td>
<td>Rice, Corn Bread,</td>
<td>Drink Mix</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mix</td>
<td>Beans, Drink Mix</td>
<td>Salad, Drink Mix</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dessert</strong></td>
<td>Summit Dining Hall</td>
<td>Dutch Oven Cobbler</td>
<td>S'mores</td>
<td>Dutch Oven Cobbler</td>
<td>S'mores</td>
<td>Summit Dining Hall</td>
<td></td>
</tr>
</tbody>
</table>

*This is a sample menu and is subject to change.* For Special Dietary Needs see section below.

We will use large propane camping stoves, pots, pans, griddles and all the basic kitchen cooking utensils at the campsites to prepare breakfast and dinner we also use charcoal for grilling and Dutch Ovens. Youth will prepare, cook, serve, and clean up meals under the guidance of the Trek staff and Adult Leaders.

MESS KITS

You will need to provide your own mess kit. This should include: Cup, Plate, Bowl, Knife, Spoon, and Fork. We will have the pots, pans, “large kitchen” items etc... So, no need for you to bring those. This doesn’t need to be complicated or expensive, but it does need to last the duration of the Trek. Check out this website for some inexpensive ideas. [https://scoutmastercg.com/a-really-highly-evolved-mess-kit-2/](https://scoutmastercg.com/a-really-highly-evolved-mess-kit-2/)

FOOD AT THE SUMMIT

While at The Summit you will eat at The Summit dining hall for breakfast and dinner. Your first meal will either be lunch upon arrival or dinner, depending on the arrival time you indicate in your arrival plan. Your last meal at The Summit is breakfast on the day of departure. Your Aquatics Staff Host will orient you to dining hall operations during your walking tour.

SPECIAL DIETARY NEEDS

The dining hall has the capability to provide meals that meet various special dietary needs throughout your stay at The Summit, 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 questions about a special dietary need e-mail Summit.Program@Scouting.org.

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.

**WILDLIFE AT THE SUMMIT**

The Summit Bechtel Reserve and the New River Gorge are full of wildlife. While here most all participants will get a chance to see deer, turkey, reptiles, fish, birds, insects and other creatures. While far less commonly spotted, black bears are present on the site. Respect for wildlife and the habitat we share with them here at The Summit is important during your stay.

A crucial part of keeping a positive relationship to the wildlife at The Summit is how we store and handle food at camp. **NO FOOD CAN BE STORED IN YOUR TENT.** Any food should be secured in a personal vehicle or with Summit staff. The Trek Staff will instruct you on how to secure your food while on the trek. The Summit has secure storage for shelf stable supplemental food. Please alert staff upon check-in that you have food that needs secured.

Please read the Wild Life and Natural Hazards section found in Appendix 2 for more detailed information on black bears, snakes and insects.

**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 Trek, you will paddle between 10-15 miles a day. You can prepare for this by paddling a 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 trek. Canoes will work just as well using the same formula.

Swimming is a great way to physically prepare for your trek. Regular 30 minutes to hour-long sessions is recommended.
If you do not have access to water, then prepare by doing core, arms, and general upper body exercises. Again, Hiking is a great way to get in shape.

Remember the goal, when planning your physical preparation exercises try to do them as a group. This will accelerate the bonding experience and truly pay dividends when you are on your trek.

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

A “Preparation Hike” is still a hike and the safety precautions you take on any hike should be taken on your preparation hikes. The following are some guidelines you should follow when hiking as a group or with a buddy.

- Make sure parents and other leaders not on the hike know your hiking route, estimated departure and return times and let them know when you have returned.
- Check the weather forecast and make sure you are prepared for any possible rain, snow, wind, heat and cold.
- For organized group hikes, two deep leadership must be maintained just like any other Scouting event.
- Make sure to utilize the buddy system. As discussed above, sometimes participants may have to do some hikes other than organized group hikes.
- If you have a cell phone carry it for emergency communication.
CREATING THE BUDGET

THE SUMMIT program fee represents only a portion of your overall expense. Please consider the following items before determining the per person fee that you will collect.

1. **SUMMIT FEE.** This is the per person amount that you will pay to THE SUMMIT for your planned program track.

2. **TRANSPORTATION.** Transportation costs may include air, bus or train fares, vehicle rental and fuel. Remember that some commercial carriers charge additional fees for checked baggage.

3. **LODGING.** Depending on your travel arrangements, you may need to stay one or more nights in route to and from THE SUMMIT. Lodging costs may include hotels, campgrounds, hotels or other similar arrangements.

4. **MEALS.** THE SUMMIT will provide meals beginning with lunch or dinner on the day of your arrival and ending with breakfast on departure day. Plan to purchase travel meals in route to and from THE SUMMIT.

5. **TRAINING.** This includes all costs for crew events designed to prepare for your experience at THE SUMMIT.

6. **PROMOTION.** Include the cost of printing and postage. Additionally, many crews enjoy creating crew t-shirts, hats or other personalized attire or equipment.

7. **EQUIPMENT.** THE SUMMIT will provide all tents, cots and program equipment for your SUMMIT experience. However, if your trip includes additional camping, tours, etc., you may need to purchase crew equipment to accommodate these activities.

8. **SIDE TRIPS and TOURS.** If desired, your crew may choose to plan additional activities in route to and from THE SUMMIT. The cost of these activities should be part of your crew budget.

9. **CONTINGENCY.** Building a contingency into your budget creates a “rainy day” fund to meet unexpected expenses related to your trip. If desired unexpended contingency funds may be refunded to crew members at the end of your trip.
**FEE INFORMATION:**

FEE: $6600.00/Boat of 8 People

**PAYMENT SCHEDULE:**
- **a.** $800 per unit deposit—May 31st or within 30 days of reservation
- **b.** 1st half remaining unit fees due by October 31st. Or within 30 days if reservation is made after October 31st.
- **c.** 2nd half (or any outstanding balance) due by March 30th. All fees must be paid prior to arrival.

If a reservation is made after January 31st, a unit has 30 days to become current on the deposit and first half-payment. If reservation is made after March 31st, a unit has 30 days to become current on all payments. Reservations made after May 25th, will be required to be paid in full at least one week prior to arrival.

Online credit card payments are the preferred method for making deposits and paying balances. However, checks can be accepted, if necessary.

Any checks should be mailed to:

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

**REFUND POLICY**

The Summit must commit financial resources to purchase equipment, hire staff and otherwise prepare to provide a high-quality program. Therefore, participants must also make a financial commitment to attend. All fees are non-refundable and non-transferable in the event of cancellation. Please be conservative when making deposits or payments. Pay only for those who have financially committed to your unit or council to attend.

**SUGGESTED BACKDATING SCHEDULE - WINTER**

(C) APPLIES TO ITEMS SPECIFIC TO COUNCIL CONTINGENTS
- Contingent approval notification to councils. (C) **FEBRUARY 15**
- Scout Executive assigns council staff member to serve as Contingent Advisor. (C)
- Council committee and advisor recruit qualified leadership. (C)
- Draft a tentative transportation plan.
- Participant fee established and approved, including Summit fee, transportation, travel housing, travel meals, and sightseeing fees, if desired.
- Council committee and advisor publicize contingent opportunities to troops and crews, including cost and age/weight requirements. (C)
SPRING/SUMMER

- Collect deposit from each participant.
- Send contingent deposit to The Summit.
- Continue recruiting to fill available space in crews.
- Finalize travel arrangements.
- Crew leaders plan crew preparation schedule.

MAY 31

FALL

- Conduct Summit Parents’ Orientation- Go to www.summitbsa.org and click on the marketing toolkit under the Council Resources tab for orientation materials. Download the program overview presentation with speaker notes for a canned orientation program. Also available are various videos and fact sheets about Summit programs.
- Collect advance fee payment from participants.
- Transmit advance fee to The Summit.

OCTOBER 31

WINTER

- Participants schedule medical exam.
- Crews conduct training experiences and shakedown activities.

SPRING

- Collect balance due from all participants.
- Transmit balance due to The Summit.
- Review Summit Leader and Participant materials.
- Ensure participant compliance with BSA Height/Weight restrictions.
- Complete the Arrival and Departure Plan card.
- Complete BSA Swim Check (for river program participants).
- Crews conduct training experiences and shakedown activities.

MARCH 31

SUMMER

Your crew’s high adventure experience is ready. The adult advisor will need to bring the following items to Check-In:

- Annual Health and Medical Record properly signed with attached copy of health insurance card for each participant.
- Properly completed and signed Summit Waiver Form (required by the State of WV) for each participant
- Rafting Waivers.
- Completed crew roster (with any changes or updates included)
- Completed swim check form (for river program participants).
- Evidence of wilderness first aid/CPR training certifications (card).

LATE SUMMER/EARLY FALL

- Conduct Summit Family Night upon your return to share stories and photos with parents.
APPENDIX 1:

VICINITY MAPS
APPENDIX 2:

WILDLIFE AND OTHER NATURAL HAZARDS

The Summit is home to a variety of wildlife and natural hazards. All participants and staff need to be alert to these hazards and know what to do in the event of a wildlife situation. Never feed any wild animals and maintain a safe distance even from seemingly harmless animals.

WARNING: There is to be no food, soda, etc. stored in any tent overnight. All food MUST be consumed or placed in a trash container each evening.

Potential wilderness hazards include:
1. Snakes
   A. Copperheads
   B. Eastern Timber Rattlesnakes
   C. Water Moccasins
1. Black Bears
2. Deer Ticks
3. Stinging insects (Biting Flies and Mosquitoes.)
4. Poisonous plants

Snakes: Avoid tall grassy areas, areas with surface rock, and wet areas. Stay on trails. Do not approach any snake and treat all snakes as poisonous. If bitten, have the victim lay prone and rest quietly to reduce the spread of venom. Bitten areas should be kept in a neutral position at the level of the heart. If possible, attempt to identify the type of snake.

Bears: In the event a bear is encountered, attempt to leave the area. Do not under any circumstances approach a bear or go between a bear and bear cubs. Do not attempt to feed bears. If a bear approaches, make noise and wave your arms to scare it off. If the bear charges it may be necessary to fight back to avoid serious injury. All bear sightings should be reported immediately to Trek Staff (Camp Director if on Summit main site) and all personnel removed from the immediate area of the sighting.

Rabies Carrying Animals: Raccoons and other commonly observed small animals are known to carry rabies. Never attempt to approach any animal and report any animal acting in a strange manner, especially if the animal is unnaturally aggressive, to the Trek Staff (Camp Director if on Summit main site).

Deer Ticks: Deer ticks are known to carry Lyme disease. They can be found in grassy as well as wooded areas. While ticks are often hard to detect in the woods, they can be located by carefully checking clothes, skin and hair. A tick check should be performed several times a day and whenever leaving tick habit. Remove ticks from clothing but seek medical assistance in removing ticks embedded in the skin or hair.
Copperheads are usually colorful and strikingly patterned snakes. They derive their name from the copper-like coloring of the head. The background color of the back and sides is tan to pinkish. There are darker, chestnut colored bands across the back and sides. Each band is of varying width, often described as hourglass shaped. Newborn Copperheads are colored and patterned like adults, excepting the last inch or so of the tail which will be a bright, sulfur yellow color. Adults are usually in the range of 24 to 36 inches in length, although specimens of greater than 42 inches are not rare. Copperheads eat small rodents, birds, lizards, snakes, amphibians, and insects.

Copperheads are venomous, pit vipers. Copperheads account for more cases of venomous snake bite than any of our other species. Fortunately, their venom is the least toxic of the species. Bites from Copperheads are very seldom fatal; however, a bite may still produce serious consequences.

Copperheads can be found in most all habitats, although they often prefer to be near streams and other waterways. They may be found on hilltops or lowlands. It is not unusual for Copperheads to be found in forested or undeveloped areas within and near suburban developments. Copperheads prefer habitats with lots of vines, vegetation and/or debris. Their coloration and patterning are very effective for camouflage in dead leaves on the forest floor. Copperheads rely upon camouflage and cover for safety.

When danger is perceived, Copperheads will usually freeze in place and remain motionless for the threat to pass. This strategy works well in their natural habitat. Unless a person steps on them, grasps them, or otherwise comes very, very close to them, Copperheads will not usually bite. However, the bite will be readily used as a last defense. An agitated Copperhead will vibrate its tail rapidly. The relative abundance of Copperheads and their occurrences near human habitations is the reason bites from Copperheads are at the top of venomous snake bite statistics in the eastern US.
EASTERN TIMBER RATTLESNAKE

Timber rattlesnakes are secretive and passive animals. Timber rattlesnakes are thick-bodied snakes which may reach a length of five feet. Their diet consists primarily of small mammals but may also include birds and eggs.

Rattlesnakes buzz or rattle only to warn approaching humans and predators. They assume a defensive posture or coil their bodies with a raised head and tail when they feel threatened. Similarly, they strike when feeding or as a defense and will retreat if possible.

Timber rattlesnakes often remain unnoticed due to their cryptic colors and camouflage patterns. In such instances, their secretive nature and passive behavior allow humans and predators to pass without interference. Most reported bites result from disregarding defensive displays and unnecessarily provoking the rattlesnake. Unexpected encounters with timber rattlesnakes are best avoided by employing a watchful eye in forest settings and by stepping carefully when in timber rattlesnake habitat.
BEARS, SPIDERS AND TICKS

Black Widow Spider

Brown Recluse Spider

Deer Tick

Black Bear
**APPENDIX 3:**

**SWIM TEST MASTER LIST**

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**Swim Test Master List**

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<th>Expedition #:</th>
<th>Unit &amp; Unit #:</th>
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**UNIT LEADER INSTRUCTIONS:** All participants must complete a BSA Annual Swim test to participate in Summit programs. Use form 430-122 (https://www.scouting.org/filestore/Outdoor%20Program/Aquatics/pdf/430-122.pdf) for swim test instructions, supervision requirements, and to record the results.

If your unit will not be completing the swim test at the same time and location, you can use this form to consolidate swim test results as follows:

1) Provide each youth and adult participant a copy of Form 430-122.
2) Each participant completes the prescribed swim test under qualified supervision. (see Form 430-122)
3) Collect forms from all youth and adult participants. Transfer the results to this master sheet.
4) File the original swim test records with your unit records and bring this form with you to the Summit.

The following participants are classified as **BSA SWIMMERS.** DO NOT list non-swimmers or beginner swimmers on the list below. Date of swim test **MUST** be within one year of participation.

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*Please list Beginners and Non-Swimmers on the back*
The following participants are classified non-swimmers or beginner swimmers on the list below. DO NOT list BSA swimmers below.

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I certify that the BSA Swim Test results on this form are an accurate representation of the signed swim test forms (430-122) that have been provided by unit participants and that these forms are filed with the unit records. I understand that the Summits Aquatics Director may, at his or her discretion, re-test any participant.

__________________________  __________________________
Print                       Date

__________________________
Sign
APPENDIX 4:

BUDDY TAGS

PLEASE PRINT LEGIBLY!!

Group Leaders:

- Please make sure all tags are filled out legibly. Color tag to identify participants’ ability level. See below for visual examples.

- You may not know your specific campsite until you arrive. Please fill out as much information as possible prior to arrival to expedite your check-in.

- The Majority of Waterfront Activities at Summit require an annual BSA swim test and have passed as a "swimmer". This includes Whitewater Rafting, Standup Paddleboard, Kayak, and Water Reality.

- Fill out 2 tags per participant for waterfront activities. We have more than one waterfront location. 2 tags allow the participant to leave a tag on the outboard at one waterfront and have an additional tag for another waterfront.

- Put filled out tags in enveloped marked with your Group name on it (i.e. Troop 157 etc....) and bring to waterfront with you at your scheduled times.

- Please, Please..... Don't lose your tags!

- Whitewater Rafting does not require a buddy tag but does require that you have had your annual BSA swimmers test and passed as a “swimmer”.

### Visual Examples:

- Non Swimmer
- Beginner
- Swimmer
APPENDIX 5:

THE SUMMIT DUTY TO GOD AWARD

The Summit provides this optional crew lead award to help keep participants focused on the 12th point of the Scout Law: A scout is Reverent.

- Chaplain’s Aide must attend the Chaplain’s Aide meeting on Arrival night 1.
- Attend one of The Summit’s Chapel Services or conduct a crew lead service.
- Participate in a daily devotional lead by the Chaplain’s Aide. Devotional guide provided at the Chaplain’s Aide meeting.
- Participate in a daily High side, Low side, and Horizon Lines session.
- The Chaplain’s Aide, Crew Leader and Adult Advisor will sign off on completion of the Award.
- When Completed present this sign-off sheet at the trading post and you will be able to purchase the patch.

Expedition #____________

Number of crew members who have completed the requirements_________

Chaplain’s Aide Signature_________________________________ Date____________

Crew Leader Signature_________________________________ Date____________

Adult Advisor Signature_________________________________ Date____________
APPENDIX 6:

THE SUMMIT SUSTAINABILITY AWARD

Each participant at The Summit can earn The Summit Sustainability Award. There are five requirements to earn this award. Two of the requirements include documenting things, and one includes sharing those documentations. Documentations can be anything from a picture or video to a journal entry. (If your documentation is something you can post online, do it! The Summit has Wi-Fi! The river does not) We encourage you to earn this award and stay at The Summit of Sustainability both with us and in your future endeavors.

The Summit Sustainability Award requirements:

- Your Crew’s Outdoor Ethics Guide must attend the Outdoor Ethics meeting held on arrival day. There they will pick up a small guidebook on Leave No Trace and hang tags for each member of your crew. (Only the Crew Ethics guide must complete this requirement.)

- Upon your return to the site on Day 6 tour the Sustainability Treehouse and document at least five things that you learned. Write a pledge on the top of the Sustainability Treehouse (metal tags).

- Throughout your stay at The Summit and while on the river, practice the seven principles of Leave No Trace, document at least one example of each principle.

- Share the things you have documented with your troop/crew and ask them to share what efforts they’ve made to be sustainable either during the Trek or at home.

- Complete at least three hours of a service project with Summit Staff during your stay at The Summit.

In order to purchase The Summit Sustainability Award from the trading post the following crew members must certify the # of crew members who have completed the requirements:

Expedition #__________

Number of crew members who have completed the requirements________

Outdoor Ethics Guide Signature___________________________ Date____________

Crew Leader Signature_________________________________ Date____________

Adult Advisor Signature________________________________ Date____________

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Revised Fall 2019 IC