The Paul R. Christen National High Adventure Base New River Trek

February Webinar
AGENDA

- Welcome & Introductions
- CPR and First Aid Requirements
- BSA YPT Update
- New River Trek At a Glance
- Arrival Day Schedule
- Equipment Overview
- Footwear
- Personal Gear
  - Campsite
  - River
- Shakedown
- Gear provided by the Summit
  - Campsite
  - River
- Branding
- Physical Preparation
- FAQ’s
- Q & A
- Things to Remember
PARK R. CHRISTEN NATIONAL HIGH
ADVENTURE BASE

THE NEW RIVER TREK PLANNING
GUIDE

Summit
Every camper and advisor is required to have a medical evaluation within twelve (12) months of their participation date by a physician licensed to practice medicine.
The Summit requires each crew to have at least one person trained CPR and 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
BSA YPT Update

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

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

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

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

If you feel your group will have a challenge meeting the requirements of the updated 2 deep leadership requirement please e-mail Summit.Program@Scouting.org
The New River Trek at a Glance -

- **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...
At a Glance Continued...

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.

- Trek route will meet the distance requirement for the 50 miler award but not the 10 service project. It also meets Kayak MB and Whitewater MB. (Please provide blue cards and MB Counselor trek staff will provide content for MB)
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 Chow 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.
EQUIPMENT OVERVIEW

See Planning Guide for a detailed list of Equipment. *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.
Compression sacks are useful when space is in question. Pick and pack your gear with this in mind. Sleeping bags, clothes, etc. When combined with a compression sack take up minimal space in your camp dry bag. Think small. Think Backpacking.
EQUIPMENT - PARTICIPANT PROVIDED

- Sleeping bag (Pillow/ Ground Pad Optional)
- Simple toiletries
- Quick Dry Towel
- Dry clothes to change into
- Dry shoes for camp
- Sweater/light jacket
- Rain gear
- Simple Mess Kit
- Bug Spray and Sunscreen
- Clothes and Footwear to wear on the river
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.

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/
Simple Mess Kit should include:

- Cup
- Plate
- Bowl
- Knife
- Spoon
- Fork

https://scoutmastercg.com/a-really-highly-evolved-mess-kit-2/

Above all else, think sturdy but inexpensive.
Basic River Gear

- Mandatory - Closed toed river sandals. An optional pair of open toed sandals may be brought if desired. See River Footwear / Crocs or Flip Flops not allowed.
- 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
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 reasons for the closed toed shoes is 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 Guides prefer open toed on the water but all guides have a pair of closed toed at the ready. Crocs or Flip Flops not allowed.

Recommended Footwear (must be closed-toed)

Aqua Shoes (scuba style or general store water shoe)

The “foot glove” type

Open heeled and closed toed water sandal
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 encouraged. Some people choose to bring 2 sets of “wet” river gear and 2 sets of “dry” camp gear. Here are the basics of what we recommend in the packing list:

- T-shirt* (long or short your choice)
- Shorts or pants*
- Underwear*
- Socks*
- Camp Shoes (sneakers work great)
- Light Jacket
- Head lamp or flash light
- Mess Kit
- Bug spray
- Warmer Jacket or Fleece for night
- Rain Jacket (hopefully stays in your tent the whole trek)

*cotton is fine and desirable at camp.
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 insure 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.

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

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

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

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

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

**Personal Gear Storage** - During your gear Shakedown, everyone will be handed a dry bag to store their personal gear in. This is called your “Camp Bag”. This will include: Sleeping Bag, Pillow (optional), toiletries, clothing etc.... These are large dry bags, everything should fit into one bag per person for the trip. These bags are much larger than most expedition style backpacks and provide sufficient packing space for you. *Dry bag size is 110 liters.*
The “Camp Bag” Dry Bag, once packed, will be 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, epipens, heart medication etc...), Sunglasses, bug spray (optional), waterproof camera (optional), and Water Bottle with a locking carabiner. This bag will attach to your Ducky with your locking carabiner. You will be able to access the items throughout the day during calm stretches on the river and while at lunch.
Some daily items will stay with you will on the river. You will keep these items in your personal “Day Use” dry bag provided to you for the Trek. “Day Use” Dry Bag is approximately 5 liters.

DAYUSE DRY BAG ITEMS:
- Sunscreen
- Vital Medications (Inhalers, epipens, heart medication, etc.)
- Sunglasses
- Bug spray
- Waterproof camera (optional)
- Water Bottle with a locking carabiner
**NOTES ON CARABINERS**

*Locking* Carabiners are **required** to be used on trek. This is for safety and security.

Non-locking on the left. Locking on the right.

The keylock feature on the “nose” of the carabiner is ideal in a water setting. It is less likely to snag on equipment when opened.

“Keychain” carabiners are not allowed.
GEAR - SUMMIT PROVIDED

- 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 also 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, and no wet suits were used in 2017 - 2019. Generally, 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. Generally, we do not see severely cold weather.
Remember “Cotton is the enemy”. Cotton wicks body heat away.

Cotton is allowed, recommended, and very comfortable at the trek campsites but is a bad choice while on the water.

- **Base Layer**- Polypropylene, capilene, thermax and thermion are some of different types of synthetic long underwear that is available. Think thin.

- **Mid Layer**- Next you’ll want to add a layer of fleece or pile. These are thicker and fluffier than your base layer and supply insulation and warmth.

- **Outer Layer**- The purpose of this layer is to block the water. It can take several forms. Paddle jackets are ideal because they have neck and wrist closures that prevent water from reaching your sensitive core. Waterproof-breathable (such as Gore-Tex) or coated nylon rain shells work well too. Ponchos are not recommended. We will provide you a paddle jacket also known as a splash jacket.

This layering is an example of how to dress if the weather is cold on the water. Not necessary for Warm Sunny Days.
Socks, Gloves and Hats - If your feet are warm, your whole body will be warm. We recommend neoprene socks or booties. We will provide you with a pair of neoprene booties. The next best thing is wearing wool or fleece socks with your sneakers or closed toed river sandals. Neoprene, fleece or wool gloves will keep your hands happy. For your head a lightweight skiing beanie will keep you warm. There will be room under your helmet for a hat.

Ball top beanies will not fit under helmets. Therefore they are not recommended.

This layering is an example of how to dress if the weather is cold on the water. Not necessary for Warm Sunny Days.
EQUIPMENT – SUMMIT PROVIDED

- Tents
- Camp chairs
- Dry bags (1 for camp, 1 for river)
- PFD’s, Helmets, Paddles
- Splash Jacket
- Boats
- First Aid Kit
- Food, Cookware
- Chemical Toilets
- Drinking water
TENTS - SUMMIT PROVIDED

Dome style tents will be used on the trek. The tents are rated for 2-3 people depending on the people. Tents come with rain flies, stakes, and ground covers. Don’t forget to stake down your tent.
UV protection for your eyes is highly recommended. Sunglasses reduce eyestrain and improve visibility on the water during sunny days. Polarized provide the most eye relief and visibility however any sunglass style is better than none. Whether you are wearing prescription sunglasses or cheapos, a retaining strap should attached to your eyewear.
PFD’s

West Virginia Department of Natural Resources requires the use of a Coast Guard approved TYPE V PFD. This PFD must have a pillow attached to the back of the jacket when used in a commercial setting. Personal PFD’s will not be allowed on the Trek. Summit will provide.
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.
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.

- "Do not wear cotton items on the river, such as socks, sweatshirts or blue jeans. Cotton holds water and wicks warmth away from your body. * Cotton at trek campsites is recommended and can be quite comfortable."

- It is pretty simple in the summer when the sun is out. The temperatures are warm and so is the water so your main concern will be to protect yourself from the sun. River sandals make ideal footwear. A bathing suit and a synthetic shirt. 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 “Day Use” bag for your extra layer. A hat, sun block, sunglasses with retaining strap, disposable camera and you’re good to go.

- We will supply each trek participant a splash jacket to help protect from wind in case needed.
We hope for beautiful bluebird sunshine days for everyone who is on a Trek however Mother Nature sometimes has other plans. If you are appropriately dressed you will stay as comfortable as possible in even the worst conditions.

Make sure to call and request Sunshine for your Trek ASAP.
ADDITIONAL NOTES ON CAMPING

- While camping on the river, 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 but not required. 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.**

- Laundry services for participants will not be available. There is access through the staff to a few machines for “emergency” laundry needs **when at the Summit site.** (Vomit/blood on sleeping bags, soaked sleeping bags etc.) 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.
WHAT TO TAKE AND WHAT TO LEAVE AT THE SBR SITE?

- Regarding non-essential items like cameras, GPS units, binoculars etc. It is pretty simple.
- *If it’s going to break your heart or your wallet to lose it, don’t 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.
- We will be able to accommodate medications that require cold storage 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 stays with the Health Lodge at the Summit in case of any unforeseen accidents.
Transportation and Arrival Day

Start Planning Your Transportation **NOW**

- When planning remember that you will hit the river the morning of day 2 so it is important to arrive to the Summit on day 1 between 11:00 AM and 2 PM.
- All groups on the New River Trek will depart together so a delay by one group will delay all.
- When planning your arrival it is better to be early than late. Early arrivals are available for $35.00 per person.
Physical Preparation

- Trek days consist of 10 to 15 miles of paddling along the river.
- 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.
FAQs

Will our crew camp together at the Summit base camp?
- Yes.

Can we fish during our river experience? How do we obtain fishing licenses?
- No license required for youth under 15. Order license online at: [https://www.wvhunt.com/](https://www.wvhunt.com/) Fishing at the Summit does not require a license.

Can I bring my personal kayak, PFD, paddle, helmet etc.??
- Kayak and or PFD. NO. Paddle and or helmet. Maybe but all equipment must be approved by Trek Director. Recommended to leave at home. Less to pack.

How many people fit in the inflatable kayak?
- We have 1 person and 2 person IK’s. Most people prefer the 1 person setup.

How many people do the rafts hold?
- Generally 8 plus the guide. If your groups have multiple rafts you will still be close to each other and traveling the river as a group.

Are paper copies of training Certificates allowed?
- Yes.

For Specific Aquatics Questions Contact Isaac Colvard at Isaac.Colvard@Scouting.org or call 304-465-2800
Things to Remember.

- Distribute the Planning to all parents and participants
- Schedule your CPR and Wilderness First Aid Training
- Make sure all participants have the Health and Medical Record and are scheduling their physical examination.
- Make a plan for physical preparation and get started NOW.
- The next Webinar will be on Wednesday March 18th 8:30 PM EST - Roles of Adult, Youth, Staff, and Leadership Positions.