



WELCOME TO *GOSHEN* *SCOUT RESERVATION*

I. GENERAL INFORMATON

WHAT YOU NEED TO KNOW ABOUT GOSHEN SCOUT RESERVATION

1. INTRODUCTION

Welcome to the adventures of Scout camping at Goshen. We hope you find the information in this guide helpful in planning an outstanding summer camp experience. As the adult leader, you can make your job a lot easier if you start to prepare for camp in a systematic manner as soon as you receive this ***Leaders' Guide***. This guide is your key to becoming familiar with the camp program and the mechanics of taking a unit to camp. Your assistants should be familiar with the guide also.

The camps at Goshen Scout Reservation are nestled in the Allegheny Mountains surrounding 450-acre Lake Merriweather. Goshen Scout Reservation consists of Boy Scout Camps Bowman, Marriott, and Olmsted; Webelos Camps P.M.I. and Ross; and Lenhok'sin High Adventure Base, headquartered at Camp Baird. Camp Post is the administrative center and the location of the Reservation Health Lodge. Webelos Cub Scouts and adult leaders/parents attend as a "den" (minimum of 2 adults).

Boy Scouts and Venturers may attend in two ways: as a troop/crew member accompanied by adult leaders, or as an individual "provisional" camper (Provo). Upon arrival, provisional campers will be organized into units with other youth and assigned an adult leader by the Camp Director.

2. CAMP FEES, PAYMENT DEADLINES, ATTENDANCE REQUIREMENTS

Unit Fee Settlement

On your first day in camp, a leader from your unit will meet with the Camp Director or his designee to complete a *Unit Reconciliation Statement*, verify total attendance, and ***pay any balance due***. Please bring at least two blank checks: one to pay any fees due, and the other to pay for emergencies or damaged equipment. The Council Office will conduct a final audit after your departure from camp. All refunds will be subject to the **final audit at the Marriott Scout Service Center.**

Refund Policy

All \$50.00 campsite deposits are non-refundable and non-transferable. This amount will be credited when calculating your final fees OR you may roll it over to hold a reservation for next summer. All but 15% of an individual's fee is refundable, under certain circumstances (sickness, death in family, summer school or relocation only) as long as it is requested in writing and received at the Marriott Scout Service Center, 9190 Rockville Pike, Bethesda, MD 20814. **Deadline for requests is August 31st, 2008.**

Payments

Please mail payments along with a Goshen Bed Reservation form, properly filled out, to:

Program Department
National Capital Area Council, BSA
9190 Rockville Pike
Bethesda, MD 20814-3897

All checks should be made payable to NCAC-BSA.

Camperships

Camperships are financial aid for Scouts who need assistance to attend camp and are available by application. In the spirit of Scouting which teaches a Scout to pay his own way in life, and in order to support every Scout who needs assistance, it is expected that some of the camp fee will be paid by the family, the unit, and the sponsoring institution. Working together, no youth will be denied the experience of summer camp because of financial hardship. Campership applications are available at the Program Department at the Marriott Scout Service Center and on the web site. Deadline for receipt of campership applications is April 15, 2008. Camperships are only available for youth registered in units of the National Capital Area Council.

Tour Permits

All out-of-council units must file a tour permit with their local council. Units traveling less than 500 miles to Goshen should file a local tour permit at least 3 weeks prior to arrival at camp. For travel over 500 miles, a National Tour Permit is required. Upon arrival, the approved tour permit must be presented to the Camp Director. (NCAC units do not have to file a Tour Permit)

Leadership Required

According to BSA policy, each unit registering for summer camp is required to have at least two adult leaders attending at all times.

The unit leader going to camp must be a registered adult Scouter at least 21 years of age and preferably either the unit's year-round leader or assistant leader. Unit leaders are responsible for the good behavior and good practices of their Scouts at all times and are expected to be available to assist their Scouts and camp staff in assuring the best camping experience. The second leader must be at least 18 years of age.

It is strongly recommended that Webelos Dens have a ratio of one leader for every five Scouts and Troops/Crews a ratio of one leader for every eight youth.

Medical Requirements

Every Scout and adult leader under age 40 must submit a *Personal Health and Medical Record - Class 1 and Class 2* (Form 34414) upon arrival. A medical examination is required once every three years and an annual update of medical information by the parent/guardian.

All adults 40 years old and over **and all youth and adult Lenhok'sin campers** must use the *Personal Health and Medical Record Class 3* (Form 34412), which requires an annual physical examination. These forms are on the NCAC web site, www.boyscouts-ncac.org.

NOTE: For campers under age 40, page 1 of Form 34414 must be properly filled in **every year** before coming to camp. If page 2 is not required to be completed, then past examination papers must be attached. Form 34412 also will be accepted in lieu of this requirement. In addition to Health Forms, the Commonwealth of Virginia now requires that all personnel attending Goshen Scout Reservation must turn in, upon arrival, a Medication Information Form, which is to be filled out and signed by the parent or guardian.

This form is available on the council web site, www.boyscouts-ncac.org. Any persons taking prescription medication must keep the medication in the **original prescription container**.

Any person arriving at camp without a properly completed medical form will be restricted to the unit site until transported to the nearest doctor to have a physical **at their own expense** unless a completed form is faxed to camp.

Before you leave for camp, make sure that all medical forms have been completed and signed by the examiner and either the parent or guardian. Make sure your unit number and district name are on the forms to help the camp staff. Place all of them in an envelope and be sure to bring the forms with you. **It is advisable to keep copies of all health forms for future events.**

3. THE ADULT LEADER'S ROLE AT CAMP

All adult leaders should expect to assist the camp staff in providing a safe, fun experience for the Scouts. Leaders are:

- Responsible for maintaining unit safety and discipline at all times. This includes safe travel to and from camp.
- Responsible for coordinating all unit and individual activities to ensure *maximum* benefit to participants.
- To be aware of each youth's personal goals and objectives in order to promote Scouting's advancement program. For the Boy Scout Merit Badge program, please refer to the *Merit Badge Schedule and Prerequisites List* (which is available on the website).
- To participate in camping activities on a daily basis. This should include program area visits, punctual attendance at roundtables and designated meetings and conferences, and collection of progress reports on each youth's activities.
- To be prepared to help and assist others, specifically other camping units and staff personnel, as needed. Assistance should be given in a spirit of mutual cooperation and support but not at the expense of one's own unit.
- To monitor and evaluate unit and individual progress in camp and to provide counseling, guidance, and encouragement.
- To review the daily schedule of unit activities with fellow leaders before departure for camp. This process should include review by experienced leaders who may not be participating in the current trip but have been to Goshen Scout Reservation before. There are many experienced Scouters (like your Unit Commissioner) in your district willing to assist you.
- To be sure that each adult leader and the Senior Patrol Leader complete and turn in camp evaluations. These forms are the primary means of evaluating the program and staff at each camp and they are used each week by the camp and program directors to determine if there is a problem which should be addressed immediately. In addition, they are studied in great detail by members of the Boy Scout Camping Committee of the National Capital Area Council to recommend improvements for the next year.

General Discipline

Discipline and conduct of all youth and leaders is the responsibility of the unit leaders in camp. The camp administration is ready and willing to assist at any time with problems that might arise. Camp Chaplains are available upon request for counseling. Unit committees should be sure that their leadership is trained and they understand their responsibilities while in summer camp.

Early Departures

Anyone—**youth or adult**—leaving camp must check-out at the camp office and check-in again upon return. Youth are not permitted to leave without direct adult or staff supervision. The camp sign in/out book must be signed. A youth is not to leave for home without his leader first clearing it with the Camp Director and the youth's parents. Anyone arriving after the opening day of the week should immediately check-in at the Camp Office.

Off Limit Areas

For safety reasons, certain areas of camp are OFF LIMITS. These include the area above the upstream bridge; the islands in Lake Merriweather; the dam; its spillway and the adjoining embankments; and the Family Beach (near Camp Olmsted).

Persons using boats or canoes should stay away from the floating logs near the dam spillways.

Short cutting through other camps and campsites is not allowed.

Staff areas are off limits.

All campers should be in the unit site by 9:30 p m.

Fishing is not permitted off the dam, embankments (both sides), or the upstream bridge. Fishing is allowed at the family swimming area at Camp Olmsted but not at any camp's waterfront area.

Caves and other campgrounds located north of the Goshen Scout Reservation on Route 601 are off limits to all camp staff, leaders, and campers.

4. STANDARDS OF CONDUCT FOR SCOUTERS

Boy Scouts of America Policy

Preventing child abuse has been adopted as a critical objective of the Boy Scouts of America. Guidelines for children and parents have been published in *Child Abuse; Let's Talk About It*, a booklet available both within Scouting and to the general public.

The concerned assistance of every Scouter is essential to success. The guidelines listed below are designed to protect Scouts against child abuse and Scouters against misinterpretation of their intentions. Anyone who has questions should consult with a Unit Commissioner, District Commissioner, District Executive, or Camp Director. If faced with difficulty in complying with the guidelines and no advice is available, use common sense and the principles of the Scout Oath and Scout Law.

Definition of Terms

Scouters are understood to mean all registered adult leaders at least 21 years of age.

Adult Leader is understood to mean all registered leaders at least 18 years of age, but not yet 21 years of age and unregistered adults at least 18 years of age, but not registered with the Boy Scouts of America.

Junior Leaders (including Venturing and Exploring Officers) is understood to mean persons less than 21 years of age, not registered as a Scouter, and holding office in a unit.

Scout is understood to mean **all youth** members.

Guidelines for Scouters

Scouters must endeavor to protect Scouts from (1) physical abuse, which is understood to mean the sustaining of physical injury as the result of cruel and inhumane treatment or as the result of a malicious act and, (2) sexual abuse, *i.e.*, any act involving sexual molestation or exploitation of a Scout, by any person who has permanent or temporary care, custody or responsibility for the supervision of Scouts or a Scout.

1. Adults in camp, whether registered Scouters, Merit Badge Counselors, parents of Scouts, or other qualified personnel, must understand their responsibilities and the limitations placed on their relationship with Scouts. Care in selection, training and supervision is critical.
2. Scouters and Scouts never sleep in the same tent.
3. Scouters must always shower separately from Scouts.
4. Scouters, Adult Leaders, Junior Leaders and other activity leaders must not permit activities involving group nudity, such as skinny-dipping.
5. Scouters must avoid unnecessary contact with Scouts, such as placing hands on the legs and patting backsides.
6. Scouts must always have at least one tent mate.
7. In accordance with National Council policy, **a minimum of two Scouters** must be present on camping trips and other group activities.
8. Scouters must never tell off-color stories to boys. A Scouter, as well as a Scout, is clean in mind and body.
9. Scouters must hold conferences with Scouts in open settings, where they may be seen (but not heard, if discussion is confidential). Avoid rooms with closed doors, closed tents or other secluded locations.
10. If a Scout complains or comments about an experience with an adult that may suggest physical abuse or sexual molestation or an invitation to molestation, take him or her seriously. Remember that the Scout is not likely to articulate his or her complaint in an adult manner. It may take the form of declining to associate with a particular leader for no apparent reason or abruptly leaving the unit.
11. A Scouter who observes another Scouter or Leader relate to a Scout in a manner that is not clearly objectionable, but which might be misconstrued as leading to child abuse, should warn the person so observed to avoid conduct that may be misunderstood.

Reporting Child Abuse

Our camp staff has received training to deal with potential victims of any kind of child abuse. If you suspect that a Scout in camp is a victim, report this to the Camp Director immediately. Virginia law requires that all childcare providers, including Scout leaders, must report any incidence of child abuse to child protection authorities. The Virginia State Child Abuse and Neglect hotline is 1-800-552-7096. All discussion, both at camp and over the hotline will be kept confidential.

BSA Policy on Smoking

Our policy on smoking in camp is simple. You may smoke in designated areas only, not in sight of Scouts. Each camp has one or two designated smoking areas. Smoking is not allowed in any campsites, camp building or structure, including tents. Cigarette butts are to be collected and disposed of properly. Please speak with your camp director if you have any questions. Adult leaders should support the attitude that young adults are better off without tobacco.

5. PRE-CAMP PLANNING

Camp Sites

All the campsites at Goshen Scout Reservation (except for Lenhok'sin) are organized into what are called "troop sites" or "pack sites". Each troop or pack site has a latrine and within those sites, they are further organized into two or more "patrol sites" or "sub-sites". In order for your unit to properly plan, the patrol and sub-sites at all Goshen Scout Reservation camps are generally set up for 8-boy patrols or dens. Since many units do not come with evenly distributed 8 boy patrols or dens, sites will be set up as close to that as possible. If necessary, your site guide can advise you on handling any problems arising from an oversized or undersized patrol or den. Be advised that smaller units may share a troop or pack site with another unit, but there will be suitable space to allow for privacy within a unit.

Leader's Site Equipment

Adult areas are separate from youth areas. Adults may be required to share tents with other adults. The unit leader area in each troop or pack site will consist of a picnic table and at least two tents for adult leaders. Additional tents will be provided as necessary/available.

Parents' Meeting

In either April or May it is a good idea to have a meeting with the parents of the Scouts who are going to camp. This allows you to review the camp program, camp physical examination requirements, transportation arrangements, uniform requirements, and what each Scout needs to bring. Many unit leaders put together guides tailored to their pack or troop's particular requirements based upon information contained in this guide and the unit information package.

"Shake Down" Campout

If you are a troop going to a patrol cooking camp you may want to encourage your Patrol Leader Council to have a practice campout in either April or May. Scouts should camp in the same patrols they will be in at camp. Use menus similar to those you would cook either over wood fires or on propane stoves. The booklet *Camp Cookery for Small Groups*, available at our Scout Shops, will provide menus you can use. This will help your Scouts, particularly new Scouts who haven't been to a patrol cooking camp before, and those who have limited camping, fire building, and cooking experience.

For troops and Packs attending dining hall camps, a shake down campout or meeting is also a good idea to insure that all the Scouts will have the necessary equipment needed and any unnecessary equipment is left at home. This should be done not later than two weeks before camp. A timely inspection allows everyone enough time to add, subtract, or substitute what they need for camp.

Lenhok'sin crews should have more involved shake down campouts and those are outlined in the Lenhok'sin specific section of this guide

Necessary Paperwork

Follow your *Leader's Pre-Camp Checklist* found at the back of this guide. This will insure that all paperwork required by the camp will be completed.

6. CAMP SERVICES

Your Camp Commissioner

Camp Commissioners are the main link between you and the camp. They will touch base with you every day and will be ready to assist with any concerns, problems, or suggestions your unit may have. The Commissioners will also help you schedule activities for your troop or den and they also conduct a daily visitation of your campsite.

Camp Chaplain

The various religious committees on Scouting have appointed Chaplains to serve at our camps. The Chaplains provide counseling, religious services, religious emblems assistance, and visitation for the sick. They are there to be that "friendly ear" when personal problems arise. The Chaplains are also there to be fully approachable to all in camp who may have difficulties or questions. We encourage both the leaders and campers to approach the Chaplains when an emergency arises. In other words, the Chaplains are on twenty-four hour call. We also hope and expect all our campers to join in the non-denominational services offered each week at camp by the Chaplains. We will be using the "Duty to God" program. Those who successfully complete the program may purchase a special patch at the trading post.

First Aid

Each camp has a trained First Aider available 24-hours a day, in the First Aid Room located in the Administration Building. The Goshen Scout Reservation Health Lodge at Camp Post receives any serious cases. This facility is staffed by the Camp Health Director, who is a full-time certified health specialist. A doctor is on call if needed. Goshen Scout Reservation has arrangements with Stonewall Jackson Hospital in Lexington to handle any emergencies.

Medical Treatment

In the event that a member of your unit requires first aid, you will find a first aider in the camp administration building at each camp, 24 hours a day. All first aid and minor medical problems must be handled there and not in your unit campsite.

If additional medical attention is required, the camp maintains a health center at Camp Post, staffed by trained medical personnel. Check in with your camp health officer before going to Camp Post. Our medical director, under the supervision of our medical doctor, will be present to assist and treat as necessary.

If a member of your pack or troop requires medical treatment to the extent that he is admitted to either the Health Lodge or to Stonewall Jackson Hospital, the staff will notify the unit leader. Either the physician or the health lodge director will be responsible for notifying parents. Unit leaders are asked to contact the Health Lodge before calling parents about first aid and other medical problems.

If any member of your pack or troop has any special medical problems (diabetes, epilepsy, severe allergies, etc) or requires the use of prescription medications, please bring this fact to the attention of the health staff. If you have any questions concerning health services, please feel free to call at any time on the camp phone system.

Night Assistance

If problems arise during the night that you cannot handle alone, contact your Commissioner. He/she can handle most problems or can get help. Their location is provided at the first Roundtable. For FIRST AID help, the Administration Building and First Aid Rooms are staffed 24 hours a day. The staff member there may be asleep. Don't be afraid to wake him or her. In case of an emergency such as a fire, get all Scouts out of the area and go to the Administration Building.

Valuables/Lost & Found

The camp is not responsible for personal items. All valuables, such as money, cameras, watches, etc. should be carefully secured. Many unit leaders find it useful to bring along a trunk or other large container that can be locked for the storage of their campers' valuables. If a Scout reports a lost or stolen item, in most cases it has just been misplaced; the Scout should check with lost and found in the camp office, to see if the item has been found. It is recommended that all items brought to camp be labeled with the Scout's name and unit number.

Mail

Mail is delivered to the Administration Building each day. Outgoing mail is picked up once a day. Outgoing mail should be placed in the mailbox at the camp administration building by 12 noon.

An adult leader may pick up incoming mail from the camp clerk after 4 p.m. Stamps, envelopes, and postcards are available at the Trading Post. Mail should be addressed as shown below.

Name _____ Pack/Troop # _____
Camp _____
Goshen Scout Reservation
340 Millard Burke Memorial Highway
Goshen, VA 24439

Showers

A schedule is posted for hot showers for Scouts and adult leaders. There is a separate time for staff showers. Scouts should adhere to the showering schedule set by the Camp Director. Per our youth protection policy, adults must ensure youth member privacy. *Scouts and leaders never shower together.* Our shower houses at Goshen have private rooms with changing areas. This makes it possible for a unit to have all its members go the shower house at the same time and maintain privacy.

Pets

Absolutely no pets may be brought to camp.

Camp Phones

In case of emergency, parents should call the main office at Camp Post. **(540) 997-5773.**

Parents may contact unit leaders, but should be advised that it may take an hour or more to return phone calls. **Scouts will be allowed to call home ONLY in case of emergency.** An adult leader must

accompany a Scout when he is making an emergency call (remember youth protection guideline requirements).

Leaders' Lounge

A leaders' lounge is located in each camp's Administration Building and is used for meetings and fellowship gatherings. The lounge is generally open from 9 a.m. until 10 p.m. for adult leaders and staff only. The leader lounge is closed during meal times. There is a coffee-pot and a nearby soft drink machine. Wireless internet is available.

Trading Post

The trading post sells a wide range of supplies, including toiletries, merit badge materials, merit badge books, Scouting equipment, camp T-shirts, patches, handicraft supplies, sodas, and snack food. The trading post is open every morning and afternoon and on several evenings during the week. Bait for fishing as well as inexpensive fishing items are available. Look for many new items this summer. We encourage scouts to bring at least \$60 in spending money for souvenirs, snacks, and those merit badges requiring craft kits.

7. FOOD SERVICE

Special Dietary Needs

Special dietary needs must be presented before coming to camp. The food service can store food for you in coolers if requested. The food service company at camp has alternative meals available to meet all dietary needs. Call 301-214-9105 or email to: gmorin@boyscouts-ncac.org to inform us of any needs you may have.

Dining Hall Method Menu – Camps Olmsted, P.M.I, and Ross

Experienced professional chefs prepare wholesome food, which provides a well balanced diet for all Scouts and leaders. Wednesday supper will be aluminum foil cooking. Starting in 2008, each dining hall will use cafeteria style feeding, to ensure everyone is well-fed with minimal waste.

Discipline

Troops and Packs enter the dining hall through assigned doors, entering on signal, and leaving in an orderly manner. Scouts should remain quiet, standing by their tables until grace is completed. Scouts are seated on signal. The SCOUT SIGN is used to call for silence.

Waiters

Two for each table, report to the dining hall twenty minutes in advance of the meal to set the tables. Waiters will serve one day each, starting with the breakfast meal, and serve three meals.

Table Assignments

Tables will be assigned to troops and packs at the roundtable the first night. It is most important that all troops and Packs visit the Dining Hall on their camp tour.

Heater Stack Method – Camp Marriott and Camp Bowman

This concept is similar to the dining hall service but with a patrol cooking flavor. The troop can maintain an outdoor environment by eating at their campsite. No cooking or major cleaning is required. All Scouts and leaders must provide their own utensils and drinking cup. Disposable plates are provided.

Troops pick up prepared food from the commissary building for breakfast and supper. Food pick-up for breakfast is usually between 7:15 a.m. and 8:15 a.m., and for supper between 5:45 p.m. and 6:15 p.m. You are expected to pick up your food between these hours.

Special lunch arrangements: Lunch does not require cooking; however, food must be picked up at the commissary at 12:00 noon in the same manner as the patrol cooking method.

Patrol Cooking Method-Camp Marriott and Camp Bowman

The commissary is set up to supply meals for six, eight or ten persons. Adult and junior leaders should be assigned to eat with patrols based on these numbers but not exceed the maximum of ten persons

per “eating patrol”.

Camp staff will eat with some of the patrols at different times during the week. Your camp director will work this out with you. Dinner on the evening of arrival and breakfast on the morning of departure is prepared by the camp staff and served at the commissary building. Lunches will not require cooking. The last dinner will also not require cooking.

The first meal prepared by patrols is breakfast on the day after arrival. Food is issued before each meal at the commissary located in the service building. Food pick up times are:

Breakfast: 7:00 a. m.

Lunch: 12:00 Noon

Dinner: 5:00 p.m. (Thursday 4:00 p.m.)

At the beginning of the week, a “Pre-Meal Order” form is prepared. This form indicates the number of Scouts, leaders, and staff who will eat with the patrol.

If the quantities of food are insufficient, the commissary will be glad to issue more. Likewise, the commissary will go lighter on the portions if too much food is being issued. Please advise them accordingly by noting this on the pre-meal order form.

Unopened canned goods should be returned to the commissary at the next meal pick-up

The food is put in patrol boxes. The Scout picking up the food transfers it to a “pack basket” that is issued to each patrol at the beginning of the week. When transferring the food, each item should be checked against the food list to make sure that nothing is missing.

Peanut butter, shortening, seasonings, and sugar to last the whole week are issued with the first breakfast. If the patrol should run short, more of these items can be obtained at the commissary.

It is suggested that egg cartons be brought to camp to avoid egg breakage on the trip from the commissary to the patrol site. Have your Scouts save egg cartons from home.

Propane Stoves

Troops are encouraged to use L.P. gas stoves for patrol cooking. Many troops use them to cook breakfast. Dinner can be cooked over a wood fire or using gas stoves. Units attending Camps Marriott and Bowman will be furnished a propane stove and fuel for each cooking patrol if requested.

Aluminum Foil Cooking (Dining Hall and Heater Stack option and PMI and Ross)

On Wednesday evening, all Leaders and Scouts will be given the ingredients for a foil dinner to cook in their sites. This is a highlight activity no matter what the weather!

Wood for this meal should be collected early and kept dry. Many Packs and Troops bring additional charcoal to make cooking that much easier.

The Scouts must arrive at the dining hall or commissary by 4:30 p.m. to pick up their food. It is suggested that, except for the cook and fireman, all patrol members in the troop or den be sent in order to have enough hands to carry food and other supplies back to the troop site. Early in the week, time will be devoted to learning how to manage this meal. A camp staff member can be invited and all packs and troops are urged to do so.

This meal usually consists of a foil dinner of hamburger, vegetables, an apple, drink and cookies. In anticipation of this event, please bring the following:

- Gloves, tongs, etc., to handle the hot aluminum foil packages
- Two to three paring knives to help prepare vegetables
- Any spices you think you may need such as salt, pepper, special flavorings, and sugar and cinnamon for baked apples
- Extra heavy-duty, wide aluminum foil for the apples and main meal

For more details, see *The Official Boy Scout Handbook* concerning preparation of aluminum foil meals. Give it a try on a campout before you come to camp!

Food Preparation

Please ask your cooks to read their instructions *THREE* times before preparing meals. Every meal should be successful if all instructions are followed and adults supervise food preparation and cooking. The only food items provided are those listed in the menu; however, every effort will be made to honor requests

for specialty items. We encourage each unit to bring a spice kit with items such as hot sauce, seasoning salt, etc.

Safe Food Handling

Adult leaders are asked to pay close attention to the thoroughness of food preparation and cleanup. The health of your campers and the entire camp is dependent upon the supervision given by unit leadership in this most important area of camp living. Food handlers must wash their hands prior to starting any meals.

8. HEALTH AND SAFETY

Firearms, Ammunition, Illegal Drugs, Alcoholic Beverages, and Fireworks

Boy Scouts of America policy states that all of these items are prohibited in Camp. If any of these items are found in the possession of any troop member, either adult or youth, those involved will be dismissed from camp.

Other Restricted Items

Sheath knives longer than four (4) inches, aerosol bug sprays, archery arrows, and compound bows are not permitted in camp. (A special privilege may be granted, to allow those Scouts desiring to earn the archery merit badge to bring their personal bows. These bows must be turned in to the shooting sports director for storage when not in use. This permission must be requested at least three weeks before coming to camp. Requests should be sent to the Director of Camping at the National Capital Area Council office before June 1st or to camp after June 1st)

Chemical Fuels

The use of chemical fuels in lanterns and stoves is acceptable under the following conditions:

1. A knowledgeable adult must provide supervision over the storage, transport, and usage of the fuel.
2. Unit leaders will teach Boy Scouts the safe and proper handling and usage of fuel, stoves, and lanterns.
3. The storage of liquid fuels must be in a safe and secure place approved by the Camp Director.
4. BY LAW, -- NO pressurized L.P. gas cylinders may be transported to camp on the bus.
5. BY LAW, -- NO liquid fuels (e.g., Coleman) may be transported to camp on the bus.

Wearing of Shoes

All Scouts and leaders are required to wear closed-toed shoes at all times except when involved in waterfront activities. Neither shower clogs nor sandals are acceptable for wear in camp as footwear, but may be worn while showering

9. TRANSPORTATION

Transportation by Bus

Units camping at Goshen may take advantage of buses chartered by the council or provide their own transportation.

If your unit uses the Council's buses, the following applies:

1. Units must notify the program department of their transportation plans by sending the "Goshen Bed Reservation Form" to the program department four weeks before the opening date of the scheduled camping session.
2. Buses will be ordered based on the number of persons requesting transportation on the "Goshen Bed Reservation Form" unless the program department is advised of any changes by 5:00 p.m. on the Tuesday before the scheduled departure date for your unit. The phone number for that change is (301) 214-9197.
3. If the unit does not notify the camping office of changes, the unit will be charged for the number of seats requested in advance or the number of seats actually used, whichever is greater.

4. Bus fee charges are not pro-rated. The cost is the same for either round trip or one-way.
5. **AT LEAST ONE ADULT LEADER FROM THE UNIT MUST RIDE ON THE BUS TO AND FROM CAMP.**
6. **No pets are allowed either in camp or at the bus loading sites.**

Bus Loading Information

If your unit is going to camp by bus, the unit must travel to the Fairfax Government Center where bus loading is conducted. There is a *Bus Transportation To and From Camp* instruction sheet located in the back of this Leader's Guide. This sheet may be photocopied and given to each of the families with Scouts attending summer camp.

The families bringing Scouts to the bus-loading site should arrive between 9:00 a.m. and 9:30 a.m. The unit cannot leave for camp until every Scout is present and checked in.

Unloading Gear

The size of the parking area is restricted and all parking is structured to ensure safety. Cars can be unloaded and loaded only after they are parked (no standing). All equipment must be carried between the car and the bus loading areas. At no time may cars enter the bus loading areas.

When you arrive and all gear has been unloaded, have your junior leader supervise setting up of the unit's "pack line". Have the unit's gear placed in the front with the Scout's gear behind. Have them keep the unit together and notify you when the unit is complete.

Only Complete Units Are Loaded

Units are not loaded onto the bus until the unit leader has all campers present. Buses do not depart for camp until all assigned seats are filled. Some units may have to be split between buses. Leaders should brief patrol leaders concerning this possibility. Every bus will have adult leaders and maximum consideration will be given to keeping a unit leader with his Scouts on the same bus. Make sure you have everyone on the bus. Count them to be sure. Check the number against the count you gave the bus loading staff.

A word to the wise: Make sure you have all the physical examination forms including yours and the other adults. The wise leader "doesn't leave home without them." Also have several extra copies of your unit roster. Any revisions required should be made on the bus trip down.

Conduct of Scouts

The conduct of Scouts at the parking lot and on the bus is the responsibility of the unit leaders. The driver is responsible for getting you to camp safely.

Bus loading is conducted by council Scouters who are interested in making Goshen a great adventure for your Scouts. They will be glad to assist you in solving any problems that may arise.

Boarding The Buses

As soon as your unit is all present, advise the bus loading staff of the number of Scouts and leaders in your final count. When it is time, you will be advised which bus to board and on what side to load your equipment. Load the large bulky items like footlockers first. Make sure you have Scouts to police the pack line for gear and trash.

Remember to keep your lunches available to eat on the bus

On The Way

The trip to Goshen is about four hours. While there are bathroom facilities on the bus, there is something to be said for being prepared. For any unforeseen problems, go to the bus loading staff. You might wish to bring something to occupy your time on the bus. Of course this is a last chance to review your pre-camp planning, including complete roster listing, and perhaps even accomplish some last minute counseling. Bring along a few plastic trash bags for lunch remains, other debris and motion sickness. Please help police the bus.

Coming Home

At the time the *Unit Reconciliation Sheet* is completed, or before, the unit leader will be asked to accurately report the number of Scouts and leaders going home on the bus. These plans should be made in advance of arriving at camp.

Buses returning from Goshen will arrive at the Fairfax Government Center parking lot at approximately 10:30 am. Be sure that parents are notified to arrive by this time so that Scouts may be picked up promptly. Please help police the bus. *Scouts who are left "stranded" are the responsibility of the unit adult leadership.*

Transportation By Other Means

Those units choosing to supply their own transportation are asked that drivers please observe the following regulations:

Scouts should arrive at camp between 2:00 p.m. and 3:00 p.m. Arrival at Camp Olmsted begins at 1 p.m. Early arrivals will be restricted to the parking lot, as the camp staff will be preparing each site. Adult drivers are welcome to stay for supper for a fee of \$5.00. All Scouts should be in camp by 3:00 pm. (2:00 p.m. for Camp Olmsted)

Drivers are requested to arrive at their specific camp and discharge all passengers and their equipment *in the camp parking lot.*

Private cars and trucks are prohibited from using campsite access roads. Parking at camps is limited. Car-pooling is helpful and appreciated.

All drivers must observe a 15-mile per hour speed limit to ensure safety on all camp roads.

At the end of the week, drivers should plan to pick up Scouts at 7:00 a.m. in the camp parking lot.

Parking in Camp

All vehicles must be parked in the camp parking lot. If either unloading or loading is required, due to special needs, the leader must ask the Camp Director. Vehicles are very likely to get stuck, and towing equipment is not available on weekends. There is no towing equipment at camp. If towing is necessary, a towing service from town must be used.

E-Check In

This summer we will again use an "E-check In" system. This is an optional way to check in and will allow you to arrive earlier than the times stated above. Information for this method of checking in will be available on our website by the end of April 2008.

10. HEADED FOR HOME: INFO FOR ALL CAMPS

Final Inspection and Checkout

Your last evening, everyone should begin packing up his or her gear. Everything should be packed that night except for sleeping bags and clothes needed for Saturday. A staff member will go to each site with an inspection form for the purposes of checking tents, equipment and campsite cleanliness. Sites must be clean before a group checks out. **Any damaged equipment is the responsibility of the unit.**

Early Morning

On departure morning, everyone is up at 5:30 a.m. Your Staff Guide will meet you in your site to help you pack your remaining gear. After you transport it to the headquarters area, a light breakfast is served. The buses begin arriving at approximately 6:30 a.m. Staff members will load your gear on the bus. You and your Scouts will leave shortly thereafter. Triple check your unit rosters—**Leave NO ONE or NO THINGS Behind!** The trip home is a lot simpler than the trip to camp. Everyone will wind down and many will sleep. The leader may even be able to catch a little shut-eye.

Arrival at the Bus Loading Site

Advise parents to meet the bus at the Fairfax County Government parking lot no later than 10:30 a.m. on your departure day, following the signs to the PICK UP location. **MAKE SURE** everything is

unloaded from the bus. Look in the luggage and passenger sections. Make sure all gear belonging to your unit is removed from the parking lot.

HELPFUL INFORMATION AND MAPS

This section contains a list of available forms on our website at:

<http://www.boyscouts-ncac.org>

All of these documents may be printed and photocopied as the needs of your unit require:

- Class 3 Medical Form (All Lenhok'sin campers and all leaders 40 years of age and older)
- Class 1 and 2 Medical Form (Scouts and adults under the age of 40)
- Medication Information Form
- Goshen Scout Camps Area Map
- Camps Bowman, Marriott, Olmsted, PMI, Ross Maps
- Bus Transportation To and From Camp
- Pre-Camp Crew Survey Form
- Lenhok'sin Basic Schedule
- Lenhok'sin Crew and Personal Equipment Checklist
- Principles of Leave No Trace
- Camp Roster

II . CAMPS PMI AND ROSS SPECIFIC INFO.

KNIGHTS OF GOSHEN!!!

2008 WEBELOS THEME

1. PLANNING FOR WEBELOS CAMPS AT GOSHEN SCOUT RESERVATION

Imagine a wilderness setting with hundreds of acres of pristine forest, fresh water streams and lakes and abundant wildlife. Well, imagine no more! That's what awaits you at Camps Ross and Camp PMI this summer.

Camp Ross and Camp PMI have dining hall food service, lake front aquatics programs, handicraft and Scoutcraft (outdoor skills) areas, an obstacle course with a Bouldering (climbing) wall, BB and archery ranges, nature education areas and campfire rings. At night, you and your fellow campers will enjoy sleeping in your campsite outfitted with large tents, wooden floor platforms, and cots.

The staff will be your hosts for the week. They will make sure you can have a fun and enjoyable week. They are all trained for their positions on staff and eagerly await your arrival.

We have selected the theme "Knights of Goshen" for camp this summer. Craft projects, games, and activities will all be geared toward this theme. Come prepared with ideas and enthusiasm.

Important Registration Information

We recommend that units try to maintain a **one adult to five Webelos Scout** ratio at camp. This ratio will provide your campers and your parents and leaders a more enjoyable time at camp. Camper attendance is based on space availability. All space will be allocated on a first come first serve basis. The unit which is first with **ALL** fees paid is served first. Dates on which full payment is made will determine priority.

2. CAMP SAFETY RULES

1. Everyone must have a buddy wherever they go in camp.
2. Everyone must wear closed-toed shoes at all times in camp. No flip-flops or open-toed sandals. Webelos Scouts and Scouters wear hard soled shoes at all times except when swimming. Shower clogs or sandals are not acceptable; they do not provide substantial protection. No exceptions.
3. No running in camp (except during games).
4. Areas off-limits to Webelos Scouts:
 - a. Waterfront docks, unless scheduled.
 - b. All Program areas when staff is not present.
 - c. Administration building (except 1st Aid)
 - d. Staff Areas and Staff Site
 - e. Other people's tents
 - f. Other campsites
5. All Webelos Scouts must receive permission before leaving any program or den area.
6. Webelos Scouts must give all medicines to leaders. Adult leaders will assist camp staff with the administration of prescription drugs as prescribed on the container.

7. No food in tents. (Food will invite nighttime visitors, i.e. animals.)
8. Keep yourself clean and check for ticks.
9. Don't damage equipment.
10. When the Scout sign is up, please be quiet.
11. All alcoholic beverages, illegal drugs, firearms, and fireworks are prohibited in camp. Anyone violating this rule will be expelled and law enforcement officials may be called.
12. All leader must be present when Webelos Scouts are using the pay phone. Remember, use of the phone by Webelos Scouts is for emergencies only. Note: cellular phones do not work at Goshen Scout Reservation.
13. No flames or fire in any form is allowed in tents (including all smoking materials).

Do's and Don'ts

- **DO** have a pre-camp shakedown to ensure that all campers (Scouts and Adults) have what they need and do not take what they do not need.
- **DO** determine tent mates in advance.
- **DO** arrive at Bus Loading **ON TIME**.
- If driving, **DON'T arrive before 2:00 PM** on Sunday. Please leave pets at home.
- **DO** obey all camp rules.
- **DO** volunteer to help where needed. See Camp or Program Director to volunteer.
- **DO** lock up valuables.
- **DO** make sure at least one adult accompanies the Webelos whenever they leave their site and **DON'T** leave Webelos unattended.
- **DO** keep appointments in program areas or cancel them in advance.
- **DO** hike Goshen's trails - Take your Webelos Scouts on a hike to a Boy Scout camp.
- **DON'T** ever ride in the bed of a pick up truck whether or not it has a cap.
- **DON'T** allow Webelos Scouts to bring electronic toys, radios, or TVs. Pocket knives are allowed if their usage is supervised by adults.
- **DON'T** bring Hatchets, Axes, or Sheath Knives.
- **DON'T** bring liquid fuels to camp.
- **DON'T** Bring anything that you don't want to lose.
- **DON'T** expect to drive to campsites. *BE PREPARED* to carry all of your equipment and personal gear to sites yourself. You will have to hike to your campsite.
- **DON'T** store food in tents and **DON'T** bring moth balls or other chemicals to put around tents.
- **DON'T** show up for events you were not scheduled to participate in.
- **DO** bring 3 copies of your group roster (including adults). **DO** turn in all 3 copies of your roster upon arrival at Camp.
- **DO** remember that this is summer camp. Things like poison ivy, spiders, trees, leaves, bats, birds, and all the other parts of nature will be around you for a whole week. Summer camp can seem rough for some who are not used to Scout outdoor camping.
- **DO** arrive with a positive attitude, ready to have fun, and be flexible through the week.

3. WEBELOS SCOUT AND LEADER EQUIPMENT CHECKLIST

Remember that for one week you will be sleeping in tents in a camp environment. We suggest that leaders and Webelos Scouts bring only what they need—you will have to carry everything to your site. Remember that this is a camp, with limited washer and dryer facilities. Please bring sufficient clothing to last six days. Located in the mountains, the weather at Goshen Scout Reservation is subject to ABRUPT changes. Be sure to bring rainwear and jackets or sweaters. Also, there is no electricity in the den sites, only in the leader's shower facility.

CLOTHING AND PERSONAL GEAR

- ⌚ Complete Uniform (remove pins)
- ⌚ Toothbrush/Toothpaste
- ⌚ Washcloth (2)
- ⌚ Comb and mirror
- ⌚ Sturdy hiking shoes & sneakers
- ⌚ Extra underwear & socks
- ⌚ Bath towel (2)
- ⌚ Handkerchiefs
- ⌚ Beach towel
- ⌚ Swim trunks (no cut-offs)
- ⌚ Raincoat or poncho
- ⌚ Soap on a rope or soap in a container
- ⌚ 5 sets of T-shirts & shorts
- ⌚ Sleeping bag (or 3 blankets)
- ⌚ Non-spray insect repellent
- ⌚ Small pillow (if desired)
- ⌚ Shampoo
- ⌚ Long pants
- ⌚ COMPLETED MEDICAL FORM
- ⌚ Sweater & jacket (signed with emergency phone #)
- ⌚ Water shoes for aquatics activities
- ⌚ Day pack/Book bag
- ⌚ Sun Tan Lotion/Sunscreen
- ⌚ COMPLETED MEDICATION INFORMATION FORM (properly filled out)

MUST HAVE FOR A HAPPY WEEK (OPTIONAL ITEMS)

- ⌚ Flashlight
- ⌚ Camera with film (disposable cameras sold in the camp trading post)
- ⌚ Pencil & paper (Sold in the camp trading post)
- ⌚ Webelos Scout Handbook
- ⌚ Sewing kit
- ⌚ Spending money
- ⌚ Canteen (empty)
- ⌚ Extra flashlight batteries
- ⌚ Costumes related to theme
- ⌚ Bag lunch with drink for bus trip

WEBELOS SCOUTS DO NOT BRING: Ax, hatchet, sheath knife, matches, electronic toys, TV, radio, footlocker, expensive watches or jewelry, and things either they or you don't want to lose.

Optional Items for Den Leaders Only

- ⌚ Lantern (battery or propane)
- ⌚ Foot Locker or Chuck Box
- ⌚ Zip-Lock Bags
- ⌚ Story Books for Den Time, etc.
- ⌚ Propane Stove, Coffee Pot & Utensils
- ⌚ Books, Games, Quiet Time Materials
- ⌚ Pocket Knife (no sheath knives)
- ⌚ Bow Saw
- ⌚ Utensils for Foil Dinners
- ⌚ Coffee, Hot Chocolate, etc.

4. YOUR WEEK AT CAMP

First Day Schedule

- Arrive at Camp between 2:00 p.m. and 3:00 p.m.
- Unpack and settle into your campsite
- Camp Orientation, Tour, and Medical Check, led by a staff site guide.
- Flag Lowering—Class “A” Uniforms & a short explanation of Dining Hall procedures
- Dinner—Class "A" uniforms
- Leaders’ Roundtable Meeting, at least one leader from every pack must attend.
- Evening campfire.

Arrival at Camp

Upon arrival at camp, you will meet a staff member who will serve as your Guide and will assist you in getting your gear unloaded and organized. You, as the leader, must register with the Camp Director **before you do anything else**. You will need to have the camp roster form (3-part) properly filled in and ready to turn in to your Guide. Please make sure the requested information is completed and accurate and written legibly in ink or typed. **You MUST reconcile your fee statement upon arrival.** Also, make sure that you have your Pack’s completed medical forms, arranged in alphabetical order ready for your medical check time.

Camp Orientation and Tour

After you have checked in with the Camp Director, your Staff Guide will take you and your Webelos Scouts directly to your campsite. **REMEMBER: YOU CARRY ALL PERSONAL GEAR TO THE SITE.** You may make extra trips if necessary. At the campsite, the Webelos Scouts will choose tents and settle in. The purpose is to give them the opportunity to explore and get to feel at home in their campsite. There is no need to hurry them. You should have them unroll sleeping bags, set out their night clothes, and put their flashlights where they can find them. When they are comfortable in their tents, they will join the camp guide to go over the camp rules, emergency procedures, camp program, Sunday’s schedule, and anything else that might be important. Encourage the boys to ask questions and allow your staff Guide to answer them. This will be the time to put a boy's fears to rest. After this orientation session, your Guide will take your Pack on a tour of the camp and show you all the program areas and the trails. Please use the maps in this Guide as you go along to aid you in getting around. After the tour, everyone will assemble at the flag pole for the flag ceremony. Dinner will be served. Please do NOT be late, as the whole camp must be present. Your site guide knows your Sunday schedule, rely on them to keep you at the right place at the right time.

Medical Check

Camp is NOT the place to take Scouts off medications!

As part of your camp tour, you and your Pack will meet with the First Aider for a routine medical check. You should have your medical forms ready and in alphabetical order before you get there. The First Aider and other staff will review the medical forms and they will be kept by the 1st aid person for the week.

PLEASE MAKE SURE THAT ALL MEDICAL FORMS ARE SIGNED BY EITHER THE PARENT OR GUARDIAN AND A DOCTOR.

Leader Roundtables

After dinner on Sunday night all the leaders will have a roundtable with the key camp staff to review camp policies and procedures. You will receive your schedule for Monday and Tuesday and learn about the program and all of its aspects. There will be a few other brief leaders’ meetings during the week.

Dining Hall Procedures

Meals will be served at 8:00 a.m., 12:30 p.m., and 6:00 p.m.

Dining hall procedures will be discussed at the first meal. All dining hall activities are coordinated by the Dining Hall Steward and/or other Staff. We will be serving cafeteria style this summer to insure that everyone gets the portions they need while minimizing waste.

Each table must have an adult serve as the waiter for the meal. Every table must have at least one adult leader seated with the Webelos Scouts. The waiter is the one who will get things from the kitchen for the table. He or she will be the one to return things to the kitchen during clean up. It is important that the waiter be the **ONLY ONE** moving around during the meal. This is to prevent accidents. Due to group sizes and dining hall space sometimes two separate units may share a table. Please be courteous to each other and make new friends.

At the end of the meal there will be a song or short program as well as some important announcements. You should encourage your boys to participate in the entertainment (and you should too!). Webelos Scouts are not allowed to leave the dining hall unaccompanied

When it is time to clear the tables, the waiter will take all the returnable items to the kitchen. Everyone else will pass the non-returnable items to the nearest trashcan. Remember—only the waiter should be moving. The rest of the Webelos Scouts should remain seated. When all of the trash is disposed of and all of the dishes returned, the diners should wipe down the table, then fold and stack their chairs on the table.

Finally, a note on table manners: While it is known that it is impossible to make boys behave like angels, you will be responsible for their behavior. Please do not leave them unattended at the table and make sure there is at least one adult at each of your pack's tables. Spills and messes do occur at camp, but that is no reason to let things get out of hand. Please make sure your Webelos Scouts know this.

The Waiter Den

Each pack will be asked to be Waiter Den for one to three meals. The Waiter Den is expected to show up at the dining hall **AT LEAST THIRTY MINUTES IN ADVANCE** of the meal to set the tables. It is essential that the den arrive **ON TIME** to prevent a delay in camp meal time. Special procedures on table setting and food placement will be directed by the Dining Hall Steward and/or other camp staff. After the meal, the Waiter Den will stay to support clean-up and assist the Dining Hall Steward and/or other camp staff.

Opening Campfire

Sunday night is the opening camp-wide campfire. During the campfire, leaders are to control the use of lights and may wish to hold them until dismissal. After the campfire, dismissal is by Pack and no members should be left behind. Your Guide will escort your den back to your site.

Quartermaster

THINGS! THINGS! THINGS! If you want any **THING** for any purpose (e.g., sports equipment, toilet paper, kerosene, tools for a conservation project), please talk to the Quartermaster during his hours. **WORK! WORK! WORK!** If your site or trail needs any **WORK** (e.g., broken platform, ripped cot or tent, water fountain not working), notify your Commissioner or Quartermaster. The Camp QM is typically manned during specific, posted times by the Camp Commissioners.

Lost and Found

Lost and found is located in the office in the Administration Building. Remember to mark your personal items in advance so that they will be easier to identify.

Camp Telephone

We have found that free access to the telephone by Webelos Scouts tends to promote homesickness. There seems to be nothing worse for a homesick boy than a long talk with Mom or Dad. For this reason, we have established the following telephone policy:

Webelos Scouts attending are allowed to use the telephone ONLY with their leaders present. Webelos Scouts should never receive incoming calls. Any messages taken are given to the Webelos Leader. The leader may choose how to proceed. Please limit phone calls to 5 minutes.

In case of emergency, parents should call Camp Post (540) 997-5773. For other calls, they may call pay phones but should be warned that it may take a very long time for a leader to be found and get to the phone. Camp Ross Phone: (540) 997-1285. Camp PMI Phone: (540) 997-1279

Mail

Located just outside the administrative building is the mailbox. Drop outgoing mail here. Camper mail is delivered after lunch each day. Parents and others should address incoming mail as follows:

Webelos Scout's Name & **PACK NUMBER**
Goshen Scout Reservation
Camp Ross or Camp PMI
340 Millard Burke Mem. Hwy.
Goshen, Virginia 24439-2421

Make sure to include the “Camp Ross” or “Camp PMI” and Pack # - Goshen Scout Reservation can have over 1,000 campers a week, it is very tough to deliver mail in a timely fashion if there is no camp name & Pack #.

Suggestion: Parents might want to write to their son BEFORE he leaves for camp, so he will receive the letter in the first couple of days. Leaders may wish to collect letters from parents before departure for camp. This assures they will be available to hand out during the week and that every boy receives a letter from home. **Letters sent after Wednesday will usually not arrive until after the Pack has left camp.**

5. WEBELOS CAMP PROGRAM

The main purpose of Webelos camping is not advancement or earning achievements and belt loops. It is to have fun, get Webelos Scouts excited about the outdoors and camping, and to get Webelos Scouts excited about moving into the Boy Scouting Program.

If you have a particular achievement you would like to explore, depending on camp attendance and staff availability you may be able to work on an achievement with a staff member.

Create Your Own Program

On Sunday night you will receive your program schedule for your first two days at camp. This schedule is made by the Program Director. It will give you a chance to visit every program area and see what they have to offer. At some time during these first two days you will meet with the Program Director to work out a schedule for the rest of the week, choosing from the various options available.

After the first two days, you will be following a schedule more or less of your own creation. Your choices for formal activities may include the following:

- **BB RANGE** - Learning the proper safety rules for handling a B.B. rifle and improving your marksmanship and self-control.
- **ARCHERY** - Learning the proper safety rules and handling of a bow and arrow, and improving your marksmanship and self-control.
- **SCOUTCRAFT** - Doing various Webelos skills needed in the outdoors, and preparing to learn new skills as Boy Scouts—knot tying, fire building and safety, cooking, etc.
- **NATURE** - Learning about the outdoors and the Outdoor Code—trees, mammals, reptiles, conservation, etc. Activities like fishing and nature hikes will be available.

- **HANDICRAFT** - Making various craft items using special projects or materials on hand—leather working, making a den flag, braiding, wood crafts etc.
Tie Dye - Tie Dying T-Shirts can be a fun activity for Packs at Camp. Plain white t-shirts are available for a fee at the trading post. Due to sales volume and other factors, enough t-shirts or sizes may not be available. If your Pack is certain they want to do tie dye, please bring t-shirts with you to camp.
- **SWIMMING & BOATING** - Here you will swim and swim some more! Everyone will take a swimming ability test to determine their skill as a swimmer at their first aquatics session.
The requirements are simple:
 - **SWIMMER:** Jump feet first into water over your head. Level off and swim 100 yards, 75 yards using a strong front or sidestroke, and 25 yards using the elementary backstroke.
Right after the swim, stay in the water and rest by floating on your back with as little motion as possible (exceeds Aquanaut requirements 1 and 2).
 - **BEGINNER:** Jump feet first into water over your head. Level off and swim 50 feet using a front or sidestroke, reversing direction at least once during the swim (does not meet Aquanaut requirements).
 - **LEARNER:** Cannot meet the above requirements.
- **ROWING** - Learning the safety rules of a rowboat and practicing rowing.
- **FUNOOS** - Miniature canoes that teach elementary canoeing technique.
- **PADDLE BOATS** – New in 2007. A fun activity for Webelos Scouts and Adults!

Hikes

We strongly recommend and encourage every den to "take a morning off," and go for a hike. You can hike to one of the Boy Scout camps, or to other points of interest. You will find out more about these hike opportunities at the first Roundtable Sunday night. Your Program Director will be happy to help you plan a hike and **must approve all hikes**. Note: These hikes meet a requirement for the Diamond "W" Award.

Den Time

Den Time is when the dens schedule their own activities. This is valuable time the Pack can use to incorporate program elements they would like to use that are not standard in the Camp program. The following is a list of possible activities your den might enjoy:

- | | |
|-----------------------------|--------------------------------|
| ⌚ Songs | ⌚ Hikes |
| ⌚ Read/Story Telling | ⌚ Red Light, Green Light |
| ⌚ Tag (many different ways) | ⌚ Physical Fitness Games |
| ⌚ Relays | ⌚ Pina |
| ⌚ Frisbee | ⌚ Circle Games |
| ⌚ Jumbled Zoo | ⌚ Soccer |
| ⌚ Kickball | ⌚ Five Hundred |
| ⌚ Duck, Duck, goose | ⌚ Indoor Track Meet |
| ⌚ Simon Says | ⌚ Nature Games |
| ⌚ Twenty Questions | ⌚ Line Games |
| ⌚ Clean Sites | ⌚ Drawing |
| ⌚ Write Letters | ⌚ Streets and Alleys |
| ⌚ Volleyball | ⌚ Conservation/Service Project |
| ⌚ One, Four | ⌚ Zip, Zap, Zoom, Zing |
| ⌚ Practice Flag Ceremony | ⌚ Build a Terrarium |

Resource materials: Cub Webelos Fun Book, Cub Webelos Leader's Book, Cub Webelos How to Book, Group Meeting Sparklers.

Fishing

Fishing is an activity that can be part of your Nature program time. Some bait may be available in the trading post. Due to a limitation on rods and supplies, fishing times or group sizes may be limited. You may fish on your own or during Den Time if you have your own equipment or equipment is available. Please keep in mind, Lake Merriweather is catch and release only. Please fish from approved fishing areas. The Nature Staff or the Program Director will be able to show you the approved areas. No fishing is allowed from the Swimming and Boating Areas. We will have the use of a 24 foot pontoon boat for fishing one evening during the week.

Flag Ceremonies

Flag ceremonies are for the entire camp twice a day. Please be prompt. The flag raising is at 7:50 a.m. and lowering is at 5:50 p.m. On the first day, staff members act as color guard. Thereafter, the boys take over for evening flags with the staff continuing in the morning. Instruction on flag raising, lowering, and folding are available through your Commissioner or the Program Director. Den leaders should have their den practice these ceremonies. At morning flag ceremonies units will have an opportunity to lead the whole camp in a Patriotic Song, i.e. America the Beautiful, God Bless America, This Land is our Land, etc.

Note: **Class A uniform is required** for all members of the den performing the ceremony.

Camp Site Visitations

Each campsite is visited once each day by your site commissioner. The daily "inspection" consists of checking for cleanliness and neatness throughout the campsite, including tents, trails, and latrines. Campsite cleanliness is a good habit for Webelos Scouts to begin learning. A first class campsite can also help a den earn the "Diamond 'W' Award." A clean campsite is, of course, important to all campers. The incentive of a daily visitation should help you motivate your Webelos Scouts to keep their site clean. We ask every unit to "do their best" in keeping their campsite clean and be good stewards for the time they are here.

In-site Cooking

On Wednesday evening, all Leaders and Scouts will be given the ingredients for a foil dinner to cook in their sites. This is a highlight activity no matter what the weather! Unit leaders must send their Scouts to the dining hall at Camp PMI, or Ross to pick up the food for this meal. Wood for this meal should be collected early and kept dry. Many Packs bring additional charcoal to make cooking that much easier. The Scouts must arrive by 4:30 p.m. to pick up their food. It is suggested that, except for the cook and fireman, all members in the den be sent in order to have enough hands to carry food and other supplies back to the den site. Early in the week, time will be devoted to learning how to manage this meal. A camp staff member can be invited and all packs are urged to do so.

In-site Campfires

You will have the opportunity for campsite campfires at least twice during the week. Typically Wednesday evenings for the foil dinner and one other night during the week will be specifically for campsite campfires. This can also be after the end of any evening program. Complete your campfire with songs, skits, and jokes. Dens may wish to join together and make a real extravaganza or you might prefer a quiet time with just your den.

HINT: This could complete some of the requirements for SHOWMAN.

Webelos Camp Diamond "W" Award and Adventure Award

PURPOSE: To provide incentives for Webelos Scouts to work, play, and hike at Goshen Webelos Camps, thereby developing a concern and caring for Goshen and its natural beauty.

SOME BASIC SAMPLE REQUIREMENTS:

- Keep your camp site clean.
- Take a hike
 - Visit Swinging Bridge or Viewing Rock AND visit at least one Boy Scout camp
 - Learn the Outdoor Code
 - Devote one hour to a Service Project around camp

- Attend the Camp's Religious Service
- Yell the Cheer (at least once a day)
- Participate in a Flag Ceremony
- Have FUN!

AWARD: The Pack will get the Diamond "W" Ribbon for their Pack flag. Visit the Program Director once the award is completed.

Webelos 2 Program

Camps Ross and PMI offer a special program one evening for boys in their second year of Webelos Scouting. This evening is typified by a special staff-led night hike, followed by a camp fire with stories and songs. The campfire is capped off with a special evening treat of cobbler or something similar. This is a special activity for 2nd year Webelos only. Please allow only your 2nd year Webelos to attend as we want returning campers to have a special night to look forward to the next year.

Advancement Policy

On advancement, we remind you that the purpose of Webelos Camp is to have FUN. Our philosophy of advancement is that **IF A WEBELOS SCOUT HAS FUN AND IS PROVIDED A FULL PROGRAM, HE WILL ADVANCE.** On the other hand, if a boy comes to camp and does nothing but work towards advancement, the program is certainly incomplete, and he may not have fun at all. By offering the Webelos Scout a full, varied program, including singing, swimming, hiking, campsite cooking, studying nature, boating and so much more, we provide them with a fun time, a full program, and a multitude of advancement opportunities.

Under the two-year Webelos program, we have two levels of Webelos Scouts attending camp. There are boys at camp just entering their first year as a Webelos Scout. If you have an interest in advancement for your Scouts, you must provide your own requirement sheets and pack adults are responsible for signing off requirements. A program Area Director may be able to support your efforts based on scheduling and attendance.

Den Chiefs who come to Webelos camp **cannot expect any type of merit badge counseling from the Webelos camp staff.** Most Webelos Camp Staff members are not authorized for merit badge counseling, and those who are do not usually have time in their schedule.

6. EMERGENCY PROCEDURES

Fire in Camp

- When a fire is discovered in camp by a den, everyone in the area must move immediately to the parade field. The leaders should tell the very first staff member they find about the fire. The staff member will sound the fire alarm or get word to the administration building. When the group that discovered the fire arrives at the parade field, the leader will immediately tell the details of the fire to the Camp Director, Program Director, or a Commissioner. In the event of a night fire or if no staff member is found on the way to the parade field, the Webelos Scouts and leaders involved will go directly to the first aid room and notify the staff member on duty about the fire.
- If a staff member discovers a fire, that staff member will go directly to the first aid room and sound the fire alarm, then give details of the fire to the Camp Director, Program Director, or a Commissioner. If more than one staff member finds the fire, only one need go to the administration building. The others stay to monitor and control the fire.
- Upon hearing the fire alarm, all persons in camp (except any staff members that are monitoring the fire) will report to the parade field. All areas and activities close immediately. Anyone having a campfire in his site at the time must extinguish it before leaving the site. Do not try to bring along any personal gear. Shoes must be worn. Den leaders should take attendance to be sure that all

Webelos Scouts and leaders are present. Staff will go out with fire equipment and as runners to program areas and campsites as needed.

- The Camp Director will take attendance using the master list of Webelos Scouts and leaders in camp. The Camp Director will check with a den leader from each den.
- If any fire fighting needs to be done, it is by STAFF MEMBERS ONLY. The Camp Director (or the next person in charge if he is out of camp) will stay in contact with the Reservation Director and update him on the situation in the event staffs from other camps are needed.

WEBELOS SCOUTS AND LEADERS NEVER ASSIST IN FIGHTING FIRE!!

Lost Bather (Missing Swimmer)

If there are more buddy tags on the "IN" board than persons accounted for in the water, these procedures are to be followed immediately:

- All swimmers are instructed to get out of the water and check out.
- A staff member blows the air horn at a rate of one blast every 5 seconds as swimmers clear the area. Upon hearing the horn, staff members close all areas and activities in camp.
- All Webelos Scouts and leaders report immediately to the parade field. Staff members close all areas.
- All program staff will report directly to the Aquatics Director, being sure to check in with their buddy tags. Staff will start searching the swimming area BEFORE swimmers have finished checking out. All other service staff will report directly to the Aquatics Director as quickly as possible and will be given assignments in and out of the water as needed.
- The Camp Director, Program Director, and Clerk will report to the parade field with the master checklist of campers and file of ALL medical forms. Before leaving the administration building, they quickly call the Health Lodge to tell them that the camp has an aquatic emergency. The Camp Director will take attendance using the master list and will check for the missing person using the information from part 7. After the Camp Director checks a den and determines that the missing swimmer is not from their group, they return to their campsites and instructed to stay there until the all-clear signal (one long blast).
- At the waterfront, buddy tags are checked person to person by the aquatics staff members to determine the identity of the missing swimmer. As Webelos Scouts check out of the waterfront they will proceed directly to the parade field. They should only take time to put on shoes. They do not stop to pick up personal items or to use the latrine. DO NOT RUN.
- As soon as the missing person is identified, no matter how far along the search has gone, the person running the buddy board yells out the name of the missing person. The person yells toward the lake, toward the woods, and toward nearby program areas. This can be done BEFORE all swimmers check out. If there is no response, the Aquatics Director radios the Camp Director with the missing person's name, pack, and site. If the swimmer is not found there, the clerk will bring the person's medical form to the Aquatics Director. Runners will be sent to the person's campsite and to the other program areas.
- If the missing swimmer is found outside the waterfront, a staff member will bring the person directly to the waterfront. If the Aquatics Director determines that it is the correct person, the search will be called off and the all-clear signal sounded.
- If the person is found in the swimming area, the Aquatics Director radios the Camp Director with the details of the person's status and the reservation Health Lodge is notified.
- If the person is not found anywhere within a short time, the reservation Health Lodge is notified and the search continues.
- All clear will be sounded by one long blast of the air horn and by runners going to all campsites.
- If the missing swimmer was found outside the Waterfront, only the Camp Director or Program Director will be involved with disciplining or counseling a Webelos Scout or leader who caused the lost bather drill.

The Aquatics Director is responsible for determining how the person managed to leave unnoticed and for taking any disciplinary action with the staff that were responsible.

Missing Webelos

WEBELOS DO NOT ASSIST IN ANY PART OF THE SEARCH.

- Den leader determines that a Webelos Scout is missing.
- Den leader immediately informs the Camp Director or Program Director.
- No horn or alarm of any kind is sounded.
- The Webelos' medical form is checked. If there is any reason to believe there may be a medical emergency, the Reservation Health Lodge is notified to stand by.
- The den leader returns to the site with two staff members assigned by the Camp Director or Program Director. Together, these staff and den leaders thoroughly search the campsite, the surrounding woods, and the neighboring sites.
- If the Webelos Scout is not found within 30 minutes, additional staff is assigned to the search, even if they need to be taken from program areas.
- If the Webelos Scout is not found within two hours, the Reservation Director and Health Lodge are notified. The Reservation Director then takes charge.

Severe Weather / Flood / Natural Disaster

- No alarm is sounded.
- Camp Director or Program Director determines what action to take after consulting with the Reservation Health Director, if necessary.
- The First Aid person is instructed to be the night duty person for that night. All staff are on active duty. Staff time off is immediately canceled.
- Runners are sent to program areas with instructions to close down, as necessary.
- Webelos Scouts and Den Leaders report to their campsites. Den Leaders take attendance to determine if anyone is missing.
- A staff member will be sent to each den site to inform Leaders and Webelos Scouts of the appropriate procedures to follow.

Telephone Use During Emergencies

During and following an emergency, telephone use is restricted to the Camp Director and those approved by him. No information about emergencies and victims is to be released by any staff member, den leader, parent or youth. That responsibility rests with the Reservation Director and Council Scout Executive.

7. Staff Discipline or Concerns

Camp Ross and PMI have a Chain of Command, a staff structure and hierarchy like any organization or business. The staff is trained to follow the Camp Chain of Command and to conduct program in a certain manner at specific times. Please keep in mind that Webelos Scouts and Adult leaders and parents are customers at camp, but they are also guests at camp. If you have a problem with the behavior or actions of a camp staff member, please do not correct that staff member unless it is a health and safety emergency. Please do not attempt to discipline any staff member or overrule them in their program area. Staff members are trained to lead the program according to the guidelines of the Boy Scouts of America. Your Camp Director, Program Director, Aquatics Director, Camp Commissioner, and many others are trained at BSA National camping School, they are the experts on the rules and guidelines of Webelos Scouting Program and Camp Management. If you have a concern with a staff member, you may share your concern with the Camp Director or Program Director. Corrective or disciplinary action may or may not be taken according to the prerogative of the camp management.

For Departure information, see page 12 of this guide

For a list of useful and required forms, see page 13 of this guide.

(forms are available on our web site <http://www.boyscouts-ncac.org>)

KNIGHTS OF GOSHEN 2008 AWAITS!!!

III. Boy Scout Camps Specific Information

1. PLANNING FOR BOY SCOUT CAMPS AT GOSHEN

Advancement

Advancement plays a major role in the troop's program at summer camp. Goshen provides an outstanding opportunity for Scouts to earn merit badges and other awards that are not so readily available back home. The troop leader should counsel each Scout before they come to camp about which merit badges they wish to earn.

We encourage all first year campers to take advantage of the First Year Camper Program, where basic Scouting skills, necessary to earn First Class Rank, are offered. Scouts in the First Year Camper Program will generally earn 2 merit badges during the week at camp. See Chesimus program on page 29.

Scoutmasters are encouraged to guide each Scout to take Merit Badges with consideration for their age, experience, maturity, physical strength, coordination, and ability. For example, a first year Scout might face considerable difficulty in attempting to complete the rowing merit badge, where strength and coordination needs are better suited for older boys.

Certain merit badges require a considerable amount of written work or completion of projects that are impractical to carry out at camp. To earn these merit badges, Scouts can either bring a written report from the merit badge counselor at home showing what he has completed, bring the written material from home to camp, or bring the project, if practical, to camp.

If a Scout expects to earn a merit badge with pre-camp requirements, it is important to emphasize these pre-camp requirements during your counseling. Make sure your counseling session provides sufficient time to discuss advancement requirements. See the program section of this guide for further advice on merit badges.

It really helps to bring a list of merit badges and activities for each Scout coming to camp. Some leaders choose to prepare their Scouts' merit badge cards before camp. Expect a small amount of change once you get to camp when some Scouts, usually the newer ones, change their choices. Bring your troop records with you, as well as extra "blue cards".

Additional Troop Program Opportunities

Each of the base camps offers additional program opportunities such as troop rifle shoots, archery shoots, pirates' breakfasts, troop swims, troop boating, volleyball, etc. It is wise to ask your Patrol Leader Council which ones they want to do before you come to camp. This allows you to tell your camp staff quickly what items you want to include on your troop's schedule. Meetings of adult and youth leaders will be held at camp to discuss and plan the Troop's program. This is also a chance for your leaders to share any concerns or suggestions with the camp staff.

Camp Adventure Award

We encourage your Troop to earn the Camp Adventure Award (see the requirements below). Why? We think that any Scout who participates with his patrol and Troop in earning the Camp Adventure Award will have a great week.

During the week, the troop must meet the following requirements to earn the Camp Adventure Award:

1. Each patrol in the troop must participate in six activities from the list shown on the award application.
2. At least one patrol volunteers to serve as the service patrol.
3. The troop attends each day's retreat ceremony.
4. The Senior Patrol Leader attends each camp-wide SPL Council meeting.
5. The troop achieves an average campsite inspection score of at least 38 points per day.
6. Each member of the troop accomplishes at least one of the following: (1) earned a merit badge; (2) advanced in swim classification, or (3) advanced a rank.
7. At least 75 percent of the troop members participate in either a conservation or service project. (These projects can be those also used for merit badge and progress award requirements.)

Recognition: The unit will receive a ribbon for their troop flag.

2. YOUR FIRST DAY AT CAMP

Summary of the First Day of Camp

1. Your site guide will meet you at the parking lot when you arrive.
2. Your site guide will point out an area to form a pack line. Unload, form the pack line and wait for your site guide to return.
3. Your site guide will direct the adult leader in charge to check in. **At check in, the camp will accept two copies of your unit roster of those in attendance during the week.** Completing your unit roster prior to arrival will speed up your check-in process significantly.
4. Your site guide will lead your troop to your campsite.
5. Your site guide will provide the schedule for medical checks, swim checks, pictures, dinner and pick-up of troop site equipment from the camp quartermaster. Your site guide will provide a campsite briefing, which will include fireguard chart and proper cleaning of the latrine. Your site guide will inventory all patrol cooking equipment with the SPL.
6. For medical checks, all Scouts and leaders must be attired in shorts, shirts and shoes. Proceed to the designated area with the medical forms. Once completed, return to campsite.
7. Your site guide will lead you to dinner, which will be between 5:00 and 7:00 p.m. as specified on your site guide's schedule.
8. Additional information that is particular to each camp is available on-line at our web site www.boyscouts-ncac.org.

Arrival at Your Campsite

When you arrive at your campsite, the Senior Patrol Leader and a designated adult leader will review the condition of camp equipment with your guide. They will be asked to sign an inventory and a statement indicating the condition of your equipment. Make note on the statement of any equipment that is serviceable but in poor condition. Remember you are responsible for the campsite equipment while your unit is at camp.

Initial Roundtable

A roundtable meeting for adult leaders will be held on your first night. The actual time will vary by camp. At the roundtable, you will receive a complete briefing of the camp program.

3. CAMP PROGRAM OPPORTUNITIES

Troop Program at Summer Camp

Goshen offers a wide range of programs for the Scout during his stay at camp. Program opportunities generally center on advancement, including skill training and merit badges. Troop activities and camp-wide events, however, also play a major role in most troop programs. A troop's program is limited only by the imagination of its leadership. A Scout's weekly program should include:

- (a) FREE TIME—To grow, alone or with a couple of buddies. Friendships built at camp can last a lifetime.
- (b) PATROL ACTIVITIES—Scouts work best and learn most in small groups, under their own leadership.
- (c) TROOP ACTIVITIES—Troop spirit provides opportunity for junior leaders to lead.
- (d) CAMPWIDE ACTIVITIES—Make new friends and enjoy new and exciting experiences.
- (e) HIKE TO CAMP POST—View Lake Merriweather from Post Hill.
- (f) CONSERVATION PROJECTS—Talk to your camp commissioner.
- (g) ADVANCEMENT OPPORTUNITIES—Progress on the Eagle Trail.

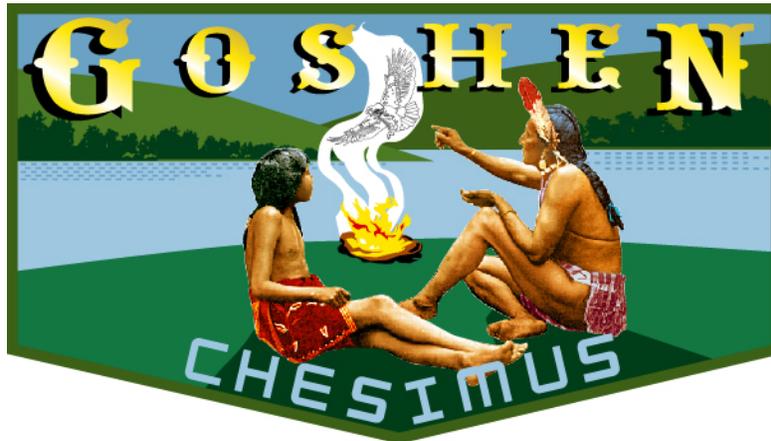
Goshen Scout Reservation offers almost unlimited possibilities for troop activities. While planning and conducting these activities, the camp will provide assistance and equipment when appropriate. Your commissioner will help plan and arrange these activities. All out-of-camp trips must be under the supervision of the troop's adult leadership.

Advancement Program

Advancement is a product of troop program and activities. Many of the activities that a Scout will do in camp will support his advancement. At Goshen, there are two parts to the advancement program, the first-year program (Chesimus) and the merit badge program. The merit badge program is ready for you to organize right now by using the merit badge schedule available on line.

Goshen has unique opportunities for all your Scouts!

First Year Scouts



Chesimus is the recognition for your first year Scouts. The requirements are very simple. Prior to arriving at camp, the Scoutmaster and the Scout make a contract as to what the Scout should accomplish during his first week in Boy Scout Camp. This may include participation in the camp's structured first year program, the troop's own first year program, a combination of both or any other requirements that the Scoutmaster and Scout determine. The Scoutmaster lets the camp know which Boys have achieved the award by Thursday evening. The award will be presented at the Friday Evening campfire. It is envisioned that the Scout will wear this patch on his uniform's right pocket flap until he is elected to the Order of the Arrow.

Camp Olmsted will offer its traditionally structured first year camper program. Camps Bowman and Marriott will offer a very flexible program that can be tailored to the individual Scout. We will have a FYC coordinator who will meet with the Scouts at the morning and evening Flag ceremonies. This person will act as the big brother to the younger Scouts, similar to a Troop Guide in your troop at home. Each program area will set aside time for the first year campers to visit their area and receive the specific training they require. Scoutmasters will be asked to certify all Scouts who have met the Scoutmaster's expectations in their first year. We will recognize these Scouts at the Friday evening Campfire.

Merit Badges

The merit badge program operates in two ways. Some badges are scheduled at specific times, while others may be offered either by appointment or on a "walk-in" basis.

The merit badges listed on either the Merit Badge Prerequisites List or Merit Badge Schedule are the only merit badges approved by the Council Advancement committee to be offered at the Goshen Scout Reservation by the camp staff. Merit badges other than the ones listed on the Merit Badge Schedule may be earned in camp by approved merit badge counselors attending with the troop. See the web site for the schedule.

Merit Badge Partial Completions

Partial credit for merit badge work done at Goshen Scout Reservation during the summer will be given by listing the requirements the Scout passed on the blue merit badge cards. These cards will be given to the unit leader of the troop at the end of the week. All partials are valid until the Scout turns 18 years of age. When a new counselor takes over from another, however, the new counselor may review all requirements.

4. OPPORTUNITIES AT THE WATERFRONT

Swimming Requirements

All Scouts and adults must complete a swim check and will be classified as learner, beginner, or swimmer. These tests are those listed in the latest edition of *Guide to Safe Scouting*. These classifications must be renewed annually.

SWIMMER - Jump feet first into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes; sidestroke, breaststroke, trudgeon, or crawl. Then swim 25 yards using an easy, resting backstroke. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.

BEGINNER - Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.

LEARNER: - Any person who cannot meet either the swimmer or beginner requirements.

BSA Lifeguard Certification

This certification is for Scouts 14 years and older and adult leaders. Candidates must be prepared to spend most of the week at the waterfront in order to meet requirements. Proof of current CPR certification is required.

Adult Scouters are welcome and encouraged to take this certification. Scouts attempting this course should have the Swimming, Lifesaving, Rowing, Canoeing and First Aid merit badges. BSA Snorkeling is also required.

Safety Afloat And Safe Swim Defense

The complete BSA Safety Afloat and Safe Swim Defense policies from the *Guide to Safe Scouting* will be followed at camp. All leaders should become familiar with them. Copies will be furnished and reviewed at camp.

The most important aspects concerning Safety Afloat are qualified supervision, physical fitness and swimming ability. It is highly recommended that all adult and youth leaders become very familiar with all safety requirements given in the *Guide to Safe Scouting* before camp. Safe Swim Defense and Safety Afloat training will be offered at camp.

Canoe and Boat Trips

Canoe trips on Lake Merriweather may be arranged through your commissioner. Troops may take either evening or early morning trips, with or without food, as the troop desires. Early morning rowboat fishing trips may also be arranged. All troops planning to go on boating trips must comply with the requirements for such activities as are given in *Guide to Safe Scouting*. Boating before sunrise and after sunset is prohibited.

Pirate's Breakfast—Camps Bowman & Marriott

A Pirates' Breakfast is an early morning trip by canoe and/or rowboat on Lake Merriweather to have fun, to eat breakfast and to return for the morning program. Troops must comply with the requirements for this type of activity listed in the *Guide to Safe Scouting*, which states in part:

“Before a BSA group may engage in an excursion, expedition, or trip on the water (canoe, raft, sailboat, motorboat, rowboat, tube, or other craft), adult leaders must complete “Safety Afloat Training”.

Troops may schedule this very popular event with the camp commissioner at the first adult leader roundtable. Your commissioner will also help with the arrangements for the trip which include times, food pick-up and area to stop and eat. The food for the Pirates' Breakfast will consist of two boxes of cereal, two cartons of milk, fruit and individual pound cake portions for each participant.

5. OTHER OPPORTUNITIES AND PROGRAM FEATURES

COPE:

Project COPE (Challenging Outdoor Personal Experience) is offered to Scouts age 13 and above at all three Boy Scout camps. Our COPE course is located at Camp Post. The program has many different levels of participation, including a full week of program that consumes one-half day each day Monday to Friday. Consult the program schedule for more details.

Scouts from Camp Olmsted or Camp Bowman will hike to Camp Post to participate. Scouts from Camp Marriott will be transported if the unit cannot provide transportation.

There is no fee to participate in COPE. Scouts will sign up for COPE at camp. Adults may also have the opportunity to participate if space is available.

Climbing:

Our climbing tower is located at Camp Post. Scouts from all three Boy Scout Camps will have the opportunity to earn the Climbing Merit Badge or come down for recreational climbing or rappelling.

Hikes:

Troops may arrange their own hikes to fit their desires. Goshen Scout Reservation and the adjoining National Forests contain many miles of trails with varying degrees of difficulty. A Geological Survey map, which may be purchased at the Trading Post, is a necessary guide for the trails.

6. CAMPSITE INSPECTION

Your commissioner will inspect your campsite once a day. Your SPL should inspect your campsite prior to this inspection. A Class-A campsite can help earn a daily Honor Troop Award and helps towards earning the Camp Adventure Award.

7. ORDER OF THE ARROW

The Order of the Arrow (OA) Goshen Coordinator will be available to visit your Troop to explain the OA program, promote attendance at lodge and chapter events, discuss the purpose of the OA, and have OA literature available to camp staff and campers. A troop may request his presence by calling Camp Post. You will have an opportunity to meet him at a roundtable.

The lodge will conduct Brotherhood ceremonies at Goshen. There will be a charge to cover costs. Current dues must have been paid. All OA members who attend Goshen should bring and wear their sash at the opening and closing campfires.

8. EQUIPMENT CHECKLIST

Troop Equipment

Each unit should bring the following equipment and materials to camp:

- Unit first aid kit
- Unit advancement records
- Campfire ideas & materials
- Footlocker (with strong lock)
- American & unit flags
- Patrol flags
- Plastic cover for bulletin board
- Tarp(s) with poles and lines **if** desired
- Laundry Soap
- Unit merit badge pamphlets
- Alarm clock
- Patrol ax(es) with sheaths
- Thumb tacks for bulletin board
- Song and Stunt books
- 100' ¼ -Inch rope for lashing, etc.
- Nylon stocking for soap at latrine
- Unit sewing repair kit
- Propane lanterns
- Extra lantern mantles
- 4 egg cartons for carrying eggs to troop site (Camps Bowman & Marriott only)
- Matches

DON'T FORGET TO BRING AT LEAST TWO BLANK CHECKS.

Cell phones should stay at home---reception is not good for cell phones. **For Leaders only**, we do have a wireless internet connection in the Administration Area of camp. Bring your own laptops.

Scout Equipment

In addition to the required *Medical Form, and the Medication Information Form, signed by a parent/guardian*, each Scout should bring the following minimum equipment for his personal use at camp:

Clothing and Bedding

- Complete uniform with hat
- Sturdy hiking shoes
- Water activity shoes
- Extra underwear and socks
- Handkerchiefs
- Shorts/blue jeans
- Scout T-shirts (s)
- Swimsuits (2)
- Raincoat/poncho
- Pajamas
- Sweater/jacket
- Sleeping bag/three blankets
- Pillow (if desired)
- Long sleeve shirt with buttons, long pants, and belt for Swimming and Lifesaving merit badges (if on your schedule)

Personal Gear

- Plate, cup, bowl, knife, fork and spoon (except Camp Olmsted)
- Toothbrush and toothpaste
- Towels
- Shampoo
- Washcloths
- Comb, brush, mirror
- Soap in container
- Canteen
- Flashlight
- Pencil, pen, pad/notebook
- Spending money
- Insect repellent (non-aerosol)
- Scout Handbook
- OA sash (if OA member)
- Medication & physical forms properly filled out by parents

***Mark everything with the Scout's name/troop number.
DO NOT BRING VALUABLES!***

Camp Quartermaster

Various tools and supplies, toilet paper, trash bags, etc., are available from the Quartermaster located at the camp service building. Equipment for projects may be borrowed. Quartermaster hours will be posted at the service building.

Troop Site Equipment

On the first day the camp quartermaster will issue troop site equipment to your unit. Your site guide will arrange for this issue on the first day. This equipment is signed out by the Senior Patrol Leader and must be returned (or paid for if lost) at the end of the week. The following is a list of this equipment.

- Bucket
- Kerosene lantern
- Disinfectant for latrine
- Toilet brush
- Toilet Paper

Patrol Cooking Equipment

The basic items of equipment listed below are furnished at Camps Marriott and Bowman for each patrol-cooking site. Cooperation in the proper use of the equipment will not only benefit your troop but also will benefit those campers who follow you.

- Dining fly with poles and lines
- Cooking fly with poles and lines
- Fireplace
- Patrol box
- Patrol table
- Cooking pot (small)
- Cooking pot (medium)
- Cooking pot (large)
- Large frying pan
- Medium frying pan
- Fry pan handles (2)
- Plates, metal (3)
- Measuring cup
- Colander (strainer)
- Hot pot tongs
- Plastic water jug
- Pitchers (2)
- Wash buckets (3)
- Basting spoon
- Soup ladle
- Meat fork
- Chef's knife
- Pancake turner
- Can opener
- Kit cover
- Paring knife
- Pot lid (medium)
- Dutch oven
- Food carrier
- Molly mop
- Shovel
- Bow saw with sheath

Either your camp commissioner or site guide will check off the equipment with the Senior Patrol Leader upon arrival and again before departure. Your unit is expected to return all equipment in the condition it is received, normal wear accepted. Scouts must bring their own knife, fork, spoon, plate and cup (see *Personal Equipment Checklist*).

For Departure information, see page 12 of this guide

For a list of useful and required forms, see page 13 of this guide.
(forms are available on our web site <http://www.boyscouts-ncac.org>)

IV. LENHOK'SIN HIGH ADVENTURE

Lenhoksin@gmail.com

1. PLANNING FOR LENHOK'SIN HIGH ADVENTURE

Mission of the Lenhok'sin High Adventure Camp

Our goal is to offer older youth and adult advisors high adventure opportunities, where they may enjoy, test, and expand their outdoor backpacking and camping skills. Using teamwork skills developed through the patrol method, crews will be offered an introduction to challenging recreational programs that will prepare them for National High Adventure bases such as Philmont.

Age Requirement

In accordance with National High Adventure policy, youth attending Lenhok'sin High Adventure Camp must be 14 years old or have completed eighth grade by the date of the program. A waiver for mature 13-year olds may be granted by Council upon submission of a written request.

Leadership Experience

National Standards now requires that at least (2) two members of the crew, youth or adult, have had "Extensive Experience". This is defined as having been on at least three similar treks. See page 2 for information on weekend shakedown.

Physical Stamina

National Standards require, "A thorough pre-trek Shakedown". Pre-trek conditioning will prevent a variety of potential injuries. Therefore, adult advisors must be careful to ensure that youth are able to handle the rigors of the trail and are able to take care of themselves regardless of age. These requirements are reduced for the week-long Civil War programs, which does not require as much hiking.

We recommend doing several weekend treks to slowly build up your crew's stamina and ensure that they are prepared for the Lenhok'sin program.

The Trails of Lenhok'sin

One of the Boy Scouts of America's finest programs for young men and women, Lenhok'sin High Adventure gives you and your crew the opportunity to use not only 4,000 acres of BSA property, but also 45,000 more acres of surrounding state wildlife game land. Over 50 miles of trails will give your crew a true mountaintop experience. At Camp Baird the crew will receive a special U.S.G.S. topographical map customized for Goshen Scout Reservation to help you along the trail.

Hiking the Lenhok'sin High Adventure Trail

You and your crew will spend five days hiking the trails of Goshen Scout Reservation. To ensure your success, this guide and the Lenhok'sin staff offer advice on how to prepare and what to see and do. **All Goshen trails are marked with white, 2-inch by 6-inch, vertical, rectangular blazes.** White is the only color used to mark the trails on the camp property. These are painted on trees along the trail to indicate the trail route. A double blaze, one above the other, warns you to be alert for a trail intersection, either an abrupt or obscure turn, or some other out of the ordinary circumstance. Standard wooden direction signs, red with white lettering, are used to indicate the name and destination (and occasionally the direction) of trails. The yellow blazes along part of the Anderson Trail mark the boundary between public lands and council property.

Trail Service Projects

To earn the Trailblazer Award, your crew must complete a conservation project. Camp Baird Staff will assign your crew a project. You may be asked either to work on a trail or perform some other conservation project. Once your crew's project is selected, confirm the time and place so that any tools you will need will be made available at the project site.

Organizing for a Backpacking Adventure

As with any worthwhile activity, preparation is the most important part of the trip. Organize well to maximize your enjoyment while on the trail. Remember:

- The week on the trail will be challenging, both physically and mentally, as you utilize your outdoor skills.
- Fun, fellowship, enthusiasm and adventure should be important ingredients in all your plans.
- Complete crew survey forms and obtain Class 3 medical forms as soon as possible so that there will be no barrier to beginning your trail experience.
- National Standards require that "At least one member of each crew, preferably two, must be currently certified in First Aid and CPR. The acceptable minimum is an eight hour course by any community agency."
- One adult member of the crew must hold a current certification for Safe Swim Defense and Safety Afloat before arriving at camp. (This is now available online) This not only saves time but also will enable your crew to take advantage of aquatic activities offered. *Safe Swim Defense and Safety Afloat classes will be offered to adult advisors who still require them.*

Weekend Shakedown

Be sure to have at least three weekend shakedowns prior to camp, and perhaps more if this is a "green" crew, to learn how not to overload yourself. Keep notes of items you used, didn't use, and any you should have brought but left behind. Except for essential needs, such as ponchos, cooking gear, etc., if you don't use that "extra" item you thought you would need on the shakedown, chances are you won't need it on the trail. These shakedowns should include an overnight stay so the crew can practice setting up and breaking down camp efficiently.

Crew Chief

Your primary youth leader is the "Crew Chief". While the adult crew leader attends to the administrative details and keeps an eye on health and safety, your crew chief should direct the crew. Delegate responsibility early and then take your turn in following the crew chief's direction--just as you expect that your directions will be followed. Ensure that your crew chief understands the program, the skills, the Trailblazer Award requirements, the daily routine, and the campfire program. **Unless you must step in to solve a serious problem, leave the leadership of the crew in the hands of youth leaders.**

Crew Size

In keeping with Leave No Trace principles, maximum crew size **is limited** to ten youth and two adult advisors or an overall maximum of twelve. Program quality cannot be maintained if crews are too large. Remember that a crew has a set amount of shared gear (pots, pans, etc.). A small crew ends up carrying more weight per person than a crew of near ideal size. Crews that are very small may be paired with another small crew to make a more workable crew situation.

Trail Itinerary

In 2008, Lenhok'sin now offers your choice of nine outposts. Also new for 2008 are five week-long treks. Please be sure to fill out your pre-camp crew survey so that we can have the outpost schedule for your crew ready upon arrival. During the round robin session on Sunday, we will provide your crew's outpost schedule for the week as well as a topographic map of all trails and outposts in order for you to complete a trail itinerary for both your crew and us. Before your departure on Monday morning, we will be collecting your crew's itinerary.

2. YOUR EQUIPMENT AND WILDERNESS HIKING:

Your Pack

Attention to choosing your pack is probably the most important thing you will do to assure your comfort. Your pack is where everything will be carried. It is your kitchen cupboard, bedroom dresser, and bathroom medicine chest.

Your pack must fit properly. Even though it's called a backpack, the weight inside should rest on your hips instead of on your back and shoulders. If ever you've been on a hike and a crew member, who is otherwise a great individual, has become a complainer and looks exhausted, chances are the pack doesn't fit the individual properly and needs adjustment. A properly fitting pack with padded hip straps is essential to continued comfort on the trail. When planning what is going to go into your pack, make sure you plan enough space to carry your share of trail food. This space should be about the size of a 10 lb bag of sugar. Plan to carry personal equipment, crew equipment, and crew food for 2-1/2 days.

Footwear

Crew members should have either soft-sided leather/nylon hiking boots or leather hiking shoes in good condition and well broken-in. Most of all, the boots and shoes **MUST FIT** properly. A week on the trail in boots that do not fit properly will cause blisters and make the wearer miserable. Soft-sided leather and nylon hiking boots do not have to be broken in, but they are not waterproof. The choice between leather boots and soft-sided shoes is a matter of personal preference and has advocates for both types.

Generally, footwear made from natural material is better than footwear made from mostly synthetic materials. Although the synthetic material is sometimes lighter in weight, it doesn't always breathe properly and thereby traps moisture. Moisture trapped in socks and footwear softens and weakens the skin and leads to blistering very quickly. There are, however, brands made of synthetic materials which are highly rated by experienced hikers.

Dry wool socks are very important. Veteran backpackers bring several pairs of wool hiking socks and polypropylene sock liners. Cotton socks cause ten times as many blisters and those blisters are always larger than with either woolen or polypropylene socks. Wool and polypropylene sock liners wick moisture away from the foot and help keep feet dry.

Hammocks

While a matter of choice, some backpackers prefer a hammock to sleeping on the ground. Persons using hammocks will need a rain fly and either some insect repellent or a net enclosure. Seasoned hammock users say that those who use tents lead a sheltered life. They are likely correct, but the choice is yours. Have your crew members practice sleeping in a hammock before coming to camp. Some people cannot last the night without falling out. Try it before committing to a week on the trail. Some choose a large, double hammock. A double hammock is still lighter than a tent and reduces your chances of falling out. Some form of barrier must be placed between the hammock ropes and the trees that they are strung from in order to minimize impact.

Tents

A tent provides shelter not only from rain, but also from biting bugs. Choose a good quality, two-person, rip-stop nylon tent with no-see-um net closures. Tents should be large enough for two crew members. Tent mates should practice erecting their tent before coming to camp.

We suggest dividing the tent (stakes, poles, fly, etc.) into two tent bags to share the load between tent mates. One can carry the tent and poles and the other can carry the fly and stakes. Remember to use sealer on the seams.

Ground Cloth

If your tent doesn't have a waterproof floor you will want to make sure you have a sturdy ground cloth cut to fit the tent. Either a 3 to 5 mil piece of builder's plastic or sturdy plastic drop cloth is a good choice. A good ground cloth also helps prevent damage to the tent floor.

Sleeping Bags

Go as light as possible but do bring your sleeping bag. Temperatures often drop to the low 40's at night through early July and sometimes all summer. Your sleeping bag should be stored in a waterproof bag.

Dry Clothing

To keep clothing clean and dry, pack your gear in zip-lock plastic freezer bags. These come in a variety of sizes and can be marked for use and content with a marker pen. You can, for example, get a change of underwear and two pairs of dry socks into a quart-sized bag if you roll the items very tightly. Other items also can be packed in other sizes as required.

Make sure you squeeze out excess air before closing the bag to save room in your pack. Repacking soiled and wet items in the same plastic bag can help prevent odor and dampness from soiling other items not packed in plastic bags.

Protection from the Weather

Either a poncho or good quality raingear is a must! You will be in the woods all week and rain showers often come rolling in with short notice. Please make sure all crew members have this mandatory piece of equipment. Because these rains may be quite cool, they may cause you to have a chill, so either a wool sweater or fleece pullover is necessary.

You should have a waterproof cover for your backpack. This will keep your pack dry if you are hiking in the rain and when you reach your outpost for the night. These can either be purchased or made from plastic bags. If the latter is your choice, use a large, heavy-duty lawn and leaf bag.

Mattress Pads

Some type of pad will help you have a restful night. Self-inflating mattresses provide the best comfort. They are expensive but worth every penny. Foam pads are less expensive alternatives and are acceptable.

Flashlights

You need a reliable flashlight. It gets very dark in the woods. A AA-size, lightweight flashlight is adequate. A set of fresh alkaline batteries should last the week, particularly if you have a newer LED light. A headlamp is our preferred light source as it keeps your hands free to handle other tasks.

Map and Compass

Crew members must be aware that they will need a compass and know how to use it. Also, crew members will have to know how to read a topographic map. We will provide one topographic map. Your crew may purchase additional ones if desired. Our staff hikes the trails, and will give you pointers about trail problems, but crews must be prepared to use orienteering skills.

3. TRAIL COOKING

A Scout is Hungry- the 13th Point of the Scout Law!

You will certainly be ready for a good meal at the end of a day on the trail. If the exercise of all that hiking and outpost program activity isn't enough, the mountain air seems to do something for an appetite that only good, solid food can satisfy.

Your Trail Food

We provide crews with commercially available dehydrated food from one of the leading companies. Crews are provided with extra food to feed the outpost staff dinner and breakfast. With a little experience and careful preparation, you'll find that it is both tasty and satisfying. Expert trail hikers give a few recommendations:

- A spice kit is highly recommended. It may include cinnamon, seasoned salt, Tabasco and soy sauce, Parmesan cheese, and your own favorite flavorings. If you bring only one spice, make it Tabasco.

- Carry all the food for a single meal in one person's pack to avoid having to tear up all packs to find the missing bag. A little planning when you receive your allotment prevents wasted time later-- especially when you are "hungry as a bear."
- At each meal and before you open any of the bags, lay out all the courses and read the directions. Some directions say to add water to the dry ingredients while others may say add the dry ingredients to the water. **IT DOES MAKE A DIFFERENCE!**
- As soon as you know how much water will be needed, get it all into one pot and get the pot on your stove. A lid on the water pot saves about 40 percent on fuel needed to boil the water, and shortens the time necessary to bring the water to a boil.
- If at all possible, use the plastic bag to mix the dry ingredients and water. To obtain the best results (although it will mean dirtying another pot), boil the water, and use another pot to mix the ingredients with water according to package instructions. Mix well and then let simmer in this second pot. This ensures complete mixing and proper hydration.
- Enough food for the first half week on the trail is supplied at the beginning of the week. You will re-supply in the middle of the week, including any items you leave with us for your re-supply.
- For those crews doing the 5 peaks or the 50+ miles, we suggest supplementing the food we will be supplying you with your own food such as GORP or energy bars. We can also hold a portion of this food at base camp until your mid-week re-supply.

Fire Safety

Your crew must be extremely careful with fires. Never leave a fire unattended and be careful not to build a fire too large. Never let the flame get higher than one's knees. Make sure the fire is **dead out** when you're finished. Drought conditions may limit the number and type of fires allowed. Your outpost director will give guidance on what is allowed.

During a hot, dry summer in Virginia, fire is a great danger. Because of the thick ground cover in many areas of the camp, a fire could spread quickly.

Sprinkle water on your fires, stir them around and sprinkle water on them again. To make sure the fire is completely out, run your hand over the ashes, checking for hot spots. The crew chief and the crew leader should follow the crew in running a hand over the ashes to be certain there are no lingering embers. If you follow Leave No Trace principles, you should have no troubles here.

When leaving your *primitive* camp site, scatter your fire ring and return the area to either the same or a natural looking condition.

Camp Stoves

We recommend that the crew use one-burner backpacking stoves. One stove per 4 crew members should be adequate. Many outfitters have various stoves available for purchase; some are better suited for backpacking than others. Ask expert leaders for recommendations if you aren't sure which one to choose.

In keeping with National BSA policy, gas stoves using either liquid or bottled gas are to be used only under adult supervision. Adult advisors must demonstrate safe use, discuss safety rules, and observe closely as each youth demonstrates the proper operation of this equipment. Please learn safe practices before coming to camp. Crew experience and conservation practices will largely determine how much fuel you will need.

Restrictions on Liquid Fuel

No one is allowed to transport any liquid fuel, such as white gas or propane cylinders, on the buses transporting campers to Goshen Scout Reservation.

All the Trading Posts around the reservation will be selling Coleman fuel. Bring red aluminum flasks which do not leak, to carry the liquid fuel in your packs. If possible, try to make sure you bring enough fuel to last you the entire week. Take half with you when you depart on your trek, and we will re-supply you on Wednesday. Your shakedown camping trip will indicate fuel consumption for your size crew. A gallon of Coleman fuel is usually enough for one crew for the week.

Pots and Pans

One 8 qt. pot, one 4 qt. pot, one coffee pot, one fry pan, one large cooking spoon, one spatula, and one cooking fork are all that is needed for each six crew members. If the crew doesn't bring pots and pans, they may be borrowed from the camp quartermaster.

4. THE OUTPOSTS:

Pre-Camp Crew Survey Form

Your crew must complete the Pre-Camp Crew Survey Form and **mail it to the Marriott Scout Service Center or email it to lenhoksin@gmail.com at least four weeks prior to your arrival at camp.**

The priority numbers you place next to the names of the outposts will aid us in making your favorite choices available. **We will do our very best to schedule the highest priority outposts possible, but cannot guarantee your outpost selection.** The information you enter on the form will help us balance the crews at the outposts to make available all the staff attention you need and want. Some outposts are historically interpretive and some are physically challenging. A brief description of each outpost is given below.

Outpost Hours

All outposts are closed between the hours of 9:00 a.m. and 1:00 p.m. to allow our staff to prepare for your arrival.

Try to be at the outpost promptly at 1:00 p.m. to get started immediately on the program the outpost has available for each crew. If you should be near an outpost area before opening time, please go for a short nature hike, prepare your noon meal, create and practice your campfire skit for the campfire, or work on a service project until time to enter. To give the crew a break, crews can make a pack line at the entrance to the outpost. Be sure to cover the pack line with a long tarp. Thunderstorms come fast and unexpectedly in these mountains. **Before leaving an outpost, crews must sign out with the outpost staff.**

The Outposts - Description:

Foxfire

Based on the series of books by the same name, Foxfire is set in 1913 Appalachia. Try your hand at the lost art of blacksmithing. You can make something as simple as an "S" hook or as complex as a knife blade. Other opportunities include woodworking, bone carving, candle dipping, stone carving and leatherwork. Spend the day building and creating or just relaxing in the cool waters of Kelso Spring. The choice is yours!

Native America

Don't just read about Native American Life---Live it! Come experience how day to day chores and games were done by the true settlers of North America. There are no lectures here! All activities are "hands on". Period archery, lacrosse and a real tipi highlight this step back in time.

Mountain Man

The fur trappers of the 1820's and 1830's blazed the way for the settlement of the West. With the use of his rifle, tomahawk and traps, the Lone Hunter was not only able to survive but make a profit as well. At this Outpost, you will be able to shoot a black powder rifle, throw tomahawks and knives, and listen to our mountain man weave his tall tales. Make sure that you have an item of value with a good story so that you can trade with the infamously thrifty Mountain Man.

Lumberjack

Ever climbed a tree? Not like this! With just a pair of gaffs and a belt, work your way up to the top of our tree climb. Lumberjack offers the chance to try some of the games and competitions in which the loggers of the 1890's participated. During the day, throw double bitted axes, compete in two man cross-cut sawing, work on a real log cabin and, of course, climb the tree. After a day of chopping and sawing, relax around the campfire while enjoying food and music provided by your crew and our Lumberjacks.

Caving

Come and explore the nearby Crossroads Cave. Our caving outpost is located at one of the Baird campsites with a working latrine and space to set up camp. Upon arrival, crews can set up camp

(depending on arrival time) before being transported to the caves. We ask that crews arrive to this outpost as close to the 1:00 PM check-in time in order to ensure a full program opportunity. Please bring old clothes, and a headlamp, if you have one. Headlamps, knee pads, and helmets will be provided if necessary.

Rock Climbing

The Rock Climbing Outpost is tough. If you climb to the top, you have truly met the high adventure challenge. Safety is always our number one concern at Lenhok'sin but at this Outpost, it reaches perfection. Whether you are climbing up or rappelling down, you will be in good hands. Our staff is expertly trained so even if you are stuck between a rock and a hard place, at the end of your rope or standing on the edge...well, you get the idea! This year, due to the addition of Cope and Rope, our Rock Climbing outpost will only be running from Monday thru Wednesday. The area will be run by Cope staff and as such, that night's campout will be considered a primitive night. Like the caving outpost, we can provide a fuller experience if the crew arrives as close as possible to the 1:00 PM check-in.

Mountain Biking

Hold on tight!!!! You're in for a ride at Mountain Biking. Spend the afternoon riding the trails of the Goshen Scout Reservation and the evening repairing the bikes as well as yourself. The Outpost has achieved a good balance between being introductory and yet still retaining a certain degree of excitement and peril. We are also proud to announce that we have acquired new, top-of-the-line mountain bikes to further enhance your experience.

Civil War

Experience the life of a Civil War soldier in a typical camp setting. You will be greeted by Bonnie Boo, our canine camp guardian. Experience the life of the Civil War soldiers, thanks to an extensive collection of period artifacts and highly experienced Civil War re-enactment staff. Black powder rifles, Civil War games, and the chance to sleep under a pup tent are just part of this unforgettable experience. You can also experience this camp as a week-long adventure instead of a one-day outpost. Crews will camp at the outpost all week and, while still enjoying their own program, assist the staff in giving other crews a more in-depth experience.

Wild West

Experience the life of a cowboy in the old west. Enjoy a great meal over an open fire while brewing your own root beer at the saloon. Bring an item for branding, try your luck at our mechanical bull, try your hand at lassoing, and have a good ol' WILD WEST SHOOTOUT!

Primitive

All crews will have one day for primitive camping. It is a day when you will be able to camp anywhere—except at either an established outpost or base camp area. Most crews find this day the most relaxing and a great time to stretch their legs. You can hike to Big Butt, Forge Rock, Jump Rock, Viewing Rock or The Knob; do a service project; or work on a skit for the closing campfire at the end of your week. Some crews prefer extra primitive days to hike well beyond Goshen's 4500 acres. If your crew wants more primitive days in place of programmed outposts, let us know on your pre-camp crew survey form. Some crews may also opt for an extra night, or two, of Primitive on Friday and Saturday night if they would like to ensure that they reach all five peaks or make 50+ miles. If a crew opts for these extra nights they must return to camp Baird by 10:00AM on Saturday or Sunday and must have their own transportation home.

*NOTE: Meals can be provided for the extra time spent on the trail at a cost of \$5 per person per meal. Bus transportation WILL NOT be available for those who stay these extra nights.

5. TREKS

COPE and Rope Trek

Back by popular demand! The Cope and Rope program schedule includes two days of COPE, one day on the climbing tower, and one day of Rock Climbing at our natural rock face. Crews will camp at the designated patrol sites at the COPE and climbing course. On Thursday, crews will strike camp and hike to the rock climbing station.

Civil War Trek

The Civil War Trek runs the same program as the outpost with the opportunity for a more in-depth program. Enjoy one of the most popular programs for the week. Crews will camp at the outpost.

Philmont Shakedown Trek

This trek is designed to aid your crew in preparing for a Philmont High Adventure trek. Choose from a 30/50/75 mile backpacking adventure. The National Capital Area Council High Adventure Committee has determined that any crew participating in a Lenhok'sin program will have preference in selection for a council sponsored Philmont adventure.

Weeklong Primitive Treks

For those crews wanting to do their own program. Enjoy fishing, hiking, and other activities while you hike the gorgeous trails. On Wednesday, you will be met at the closest resupply point with provisions for the rest of your week. Crews may also participate in a weeklong primitive trek following a geocache course. Or, you may choose to spend the entire week in a primitive campsite running your own program. The choice is yours.

James River Canoe Adventure.

Canoe the James River for a week. All medical checks and swim tests will be conducted on Sunday at Goshen Scout Reservation. On Monday, the crew is transported to the James River to spend 5 days on the water. Return to Goshen on Friday.

6. WATERFRONT ACTIVITIES AT BASE CAMPS

Crews will have the opportunity to complete swim checks at a base camp and go swimming when schedules allow. Pre-planning will be required.

7. ENDING YOUR WEEK

On Friday, you'll come back to base camp to clean up, get into a Class A uniform, attend religious services with the Lenhok'sin family, eat in our dining hall, and perform at the closing campfire. It's your chance to perform an original skit, song or cheer relating to your experience on the trail. After a good night's sleep, you'll be up at 5:30 a.m., grab a continental breakfast, and be on your way home by 7:00 a.m. on Saturday morning.

For more information, see page 12 of this guide.

8. PRE-CAMP CREW SURVEY FORM --AGAIN

If we sound as if we are repeating ourselves, we are. It's because this form is so important. To make sure you get your top choices, please complete the form via e-check in or mail it to the address shown on the form so that it will be received no less than four weeks before your scheduled arrival in camp. Your cooperation in getting this important form submitted on time is greatly appreciated.

8. DANGER AREAS

The Dam

All persons are to stay off either side of the dam, including trash racks and spillway areas. Therefore, no fishing is allowed from either the dam or along the spillway run below the dam.

The Upper Bridge

No fishing is allowed from the bridge at the upper end of the lake because the bridge is narrow and there is danger from moving vehicles. Fishing is allowed along the stream banks above and below the bridge.

Water

Water at base camps is tested regularly and is safe to drink. Although it may taste better, spring water is not always safe due to microorganisms from sources such as animals, so it must be purified. If the crew desires to use a pump-type water purifier, it must be brought to camp. Either iodine or halazone tablets may be used to purify water. They are reliable, inexpensive and lightweight. They may impart a disagreeable taste to the water, which can be covered up with powdered drink mixes. If you bring a pump, be sure you and your Scouts get experience using it before camp. Be sure to have extra filters and supplies as extras are not stocked at camp. Water may also be boiled for 15 minutes to purify it.

Roads

Please do not hike along roads, except to cross the dam and the bridge at the upper end of the lake, or where the trail crosses the Beltway. The Beltway is not only dusty and boring to hike, but also contains blind corners where backpackers are in danger from moving vehicles. This is a requirement for the Trail Blazer Award.

Garbage Disposal and Sanitation

Garbage and poor sanitary practices attract animals to campsites. Left-over food items and containers must be disposed of properly. Poor sanitary practices in food preparation and living conditions in campsites, along with piles of trash bags, detract from your program. By following Leave No Trace principles, your crew will have a more enjoyable stay at Lenhok'sin High Adventure. **PACK IT IN---PACK IT OUT!** There is no trash service at the Outposts. Crews must drop off their trash at a Base Camp Dumpster.

Base Camps

Lenhok'sin crews are welcome to use the facilities at the 5 Base Camps on a not-to-interfere basis, but must not set up camp either in or near any base camp. The suggested distance for primitive campsites is no closer than 500 yards from the perimeter of a base camp except in specific emergencies.

Base camps normally will let you use showers, swimming areas, and trading posts when this does not interfere with the normal base camp program. Should you enter a base camp area, the following applies.

- The adult advisor must check in at the base camp administration building and ask permission to use the facilities. Of course, no explicit permission is needed to hike on through.
- Trading posts are open during established hours only and will not be opened specifically for trail crews.
- Showers and waterfronts are to be used only when the youth from the base camp are not using them.
- Adults and youth members must use separate shower facilities.
- Primitive camps cannot be set up either on or near base camps, including Lenhok'sin base camp and the Outposts.
- Trail crew members may not be in the showers at the same time as Webelos Scouts at PMI and Ross.
- Female crew members will be allowed to use separate indoor showers located at each of the Base Camps.
- Crew members always leave an area cleaner than they found it.

Sound Pollution

Leave all radios and tape players at the Lenhok'sin High Adventure base camp; better still, don't even bring them with you when you leave home. Also, laptop computers and cell phones are of no use on the trail. Leave No Trace principles include hiking and camping as inconspicuously as possible.

Buddy System

Crew members **never** travel the trail alone. Aiding an injured person in the wilderness makes the rule of four essential; two to go for help and one to render first aid and comfort to the injured crew member. Always travel in a group of 4 or more hikers.

Safe Swim Defense and Safety Afloat

The Guide to Safe Scouting sets policy for all BSA activities. Safe Swim Defense and Safety Afloat certification are necessary to run crew swims, canoe, and boat as a crew. The certified adult advisors must be 21 years old. If your adult advisors are not certified before arriving at Lenhok'sin, the training is offered on your first evening in camp.

Emergency Procedures and Medical Attention

Upon your arrival in camp, we will review emergency procedures in detail. Medical attention will be rendered by the trained medical staff at the medical center at Camp Post. A physician is on call 24 hours a day for emergencies. If a crew member requires medical treatment to the extent that they need to be admitted to either the Health Lodge or Stonewall Jackson Hospital in Lexington, Virginia, the staff will notify the adult advisor as soon as possible. Either the physician or the Camp Health Director is responsible for notifying parents. Adult advisors are asked to contact the medical center before calling parents concerning the health of a Scout.

10. AWARDS

Lenhok'sin High Adventure Patch: The Lenhok'sin High Adventure Patch is presented at the closing campfire to each crew member that has completed a week on the trail. At the end of the week, the crew adult leader will certify that each crew member has participated fully and demonstrated Scouting spirit. This is an award. It is neither sold nor is it given to anyone who hasn't earned it. To earn it, a crew member must:

- Attend the opening campfire.
- Complete the trail itinerary.
- Demonstrate Scouting spirit.
- Follow the Outdoor Code and all outpost rules, including arrival and departure times.

Trailblazer Award: To recognize those crews choosing to make the most of their week on the trail by showing extra effort, the staff has instituted the Trailblazer Award. This award is a plaque made of cowhide with our moccasin symbol emblazoned upon it. The plaque is suitable for framing and displaying in your unit's meeting place. Crews can make their own frames during the week. Any crew can earn it by completing these eleven requirements:

- Hike as a unit to **at least two** of the following: Viewing Rock, Jump Rock, Big Butt Rock, Forge Rock, and The Knob.
- Complete a **two-hour service project**. Projects, which best fit the needs and desires of the crew, will be assigned at the beginning of the week. A Lenhok'sin staff member will certify completion and approval of the project.
- Arrive at every outpost **no earlier** than 1:00 p.m. and depart **no later** than 9:00 a.m. the following morning.
- Hike only on the trails--not the roadways.
- Follow the Scout Oath and Scout Law.

- Subscribe to and show application of Wilderness Ethics and Crew Rules of Conduct.
- Hike at least 20 miles during the week.
- Follow all crew rules for the trail, especially the rules for locating primitive campsites 500 yards away from all base camps.
- Present an **original** song, skit, cheer or story about your trail adventure at the closing campfire.

Moore Peaks (5 Peaks) Award: This award has been renamed The Moore Peaks Award, after Sam Moore, to honor his years of maintenance of the trails. There are 5 mountains/hills at the Reservation that offer a beautiful view at their peaks. Hiking to all 5 peaks earns the crew the honor of having accomplished this feat and a Certificate commemorating it.

The Big Butt Award: Big Butt is our toughest climb, not for the weak at heart. The crew that braves this FULL-DAY hike will be revered and honored for their stamina. The crew will receive a certificate to prove to all that they completed this climb.

The Wilderness Award: This is an award for those crews that really want to experience a High Adventure Trek.

- Qualify for the Trail Blazer Award
- Visit a base camp ONLY ONCE during your Trek.
- While at the base camp, visit the first year camper program and chat with the Scouts there about backpacking.
- Give a detailed written report on trail conditions.
- Practice the principles of “Leave No Trace”

11. GENERAL INFORMATION AND REMINDERS FOR LENHOK’SIN:

Bear Bags: We highly recommend the use of bear bags at night in our wilderness. Crews should bring a 75-foot nylon cord and a sturdy bag for this purpose. No scented items in tents!

Storage: Before leaving any items at the Lenhok'sin High Adventure base camp for storage, make sure they are clearly labeled in large letters to properly identify them as belonging to your crew. You may wish to bring your own storage container.

Toilet Paper: Don't forget to bring along this essential item. Every crew member should carry a personal supply. If you should forget, **please ask for some**. Please **do not remove toilet paper from latrines at any base camp**.

Wildlife: Do not kill snakes of any kind. If your crew encounters poisonous snakes, make note of the location and inform a member of the staff. Crew members should not attempt to re-locate snakes; just be cautious, avoid the snake, and continue along the trail. Do not corner a wild animal. Do not try to catch any wild animals.

For Departure information, see page 12 of this guide

For a list of useful and required forms, see page 13 of this guide.
(forms are available on our web site <http://www.boyscouts-ncac.org>)

12. LENHOK'SIN TIME SCHEDULE

<u>Sunday</u>	2:00-5:00	Round Robin Stations for Crews. Includes Adult Leader meeting and Itinerary meeting. Move in to campsite.
	5:00	Church services. Catholic Mass at Chapel by Parade Field. Non-Denominational Christian Service by Fire Ring below parking lot.
	5:45	Each crew sends a waiter to the dining pavilion.
	5:50	Crew assembly in parade field for Flag Lowering. Dinner directly following. Class A uniforms.
	7:00	Roundtable for Crew Chiefs and Adult Leaders, followed by help with itinerary planning.
	8:50	Assembly at Parade Field for Campfire. After campfire, retire to crew site.
	10:00	Quiet time
<u>Monday</u>	7:45	Waiters to dining hall
	8:00	Assembly at parade field for Flag Raising. No uniforms. Dress for trail. Breakfast.
	9:00	Hand in itinerary and Hit the Trail.
<u>Friday</u>	2:00-5:00	Return from Trail. Check in at Admin building. Turn in Award Applications and Outpost Evaluations. Clean-up and relax.
	5:50	Waiters to Dining Hall
	6:00	Assembly at the parade field for Flag Lowering. Dinner follows. Formal uniforms
	7:00	Roundtable for Crew Chiefs and Adults
	8:00	Safe Swim Defense / Safety Afloat Training
	8:50	Assembly at parade field for Closing Campfire
	11:00	Quiet time at crew site
<u>Saturday</u>	5:30	Wakeup
	6:00	Continental breakfast Bus arrives 6:30
	6:30	Crews depart.

2008 Lenhok'sin Pre-Camp Crew Survey

Please complete and return to NCAC or email to Lenhoksin@gmail.com AT LEAST 4 WEEKS PRIOR TO YOUR ARRIVAL AT CAMP

Week attending Lenhok'sin _____

Unit No _____

Council _____

Crew Leader _____

Day Phone () _____

Address _____

Evening Phone () _____

City _____

State _____ Zip _____

E-mail _____

Number of youth _____ Number of leaders _____

(Minimum total per crew is 7, Max. total per crew is 12 people)

Week long trek opportunities (please indicate your choice)

_____ Cope 'n' Rope _____ Canoe _____ Week Long Civil War

_____ Provisional Week Long Civil War (**PROVISIONAL YOUTH ONLY**)

_____ Philmont Shakedown Trek (**no outposts included**) Hike 30/50/more miles

_____ Week Long Primitive Base-camp Trek (**crews will find their own primitive base camp – NO outposts included**) (Lenhok'sin will provide trail food for the week)

_____ **Traditional Outpost Trek.**

Rank the following outposts in order of preference (we will do our best to give you your top two-three choices) NOTE: all treks will include 1 (one) primitive night and 3(three) outpost nights for a total of 4 nights on the trail - unless you opt for additional nights on the trail – see below for more details

_____ Fox Fire _____ Native America _____ Civil War

_____ Mountain Biking _____ Mountain Man _____ Lumber Jack

_____ Wild West _____ Caving _____ Rock Climbing _____ Primitive

_____ 500 yard High-powered rifle _____ Handgun Range

(must be 14 and in Venturing to participate at either range)

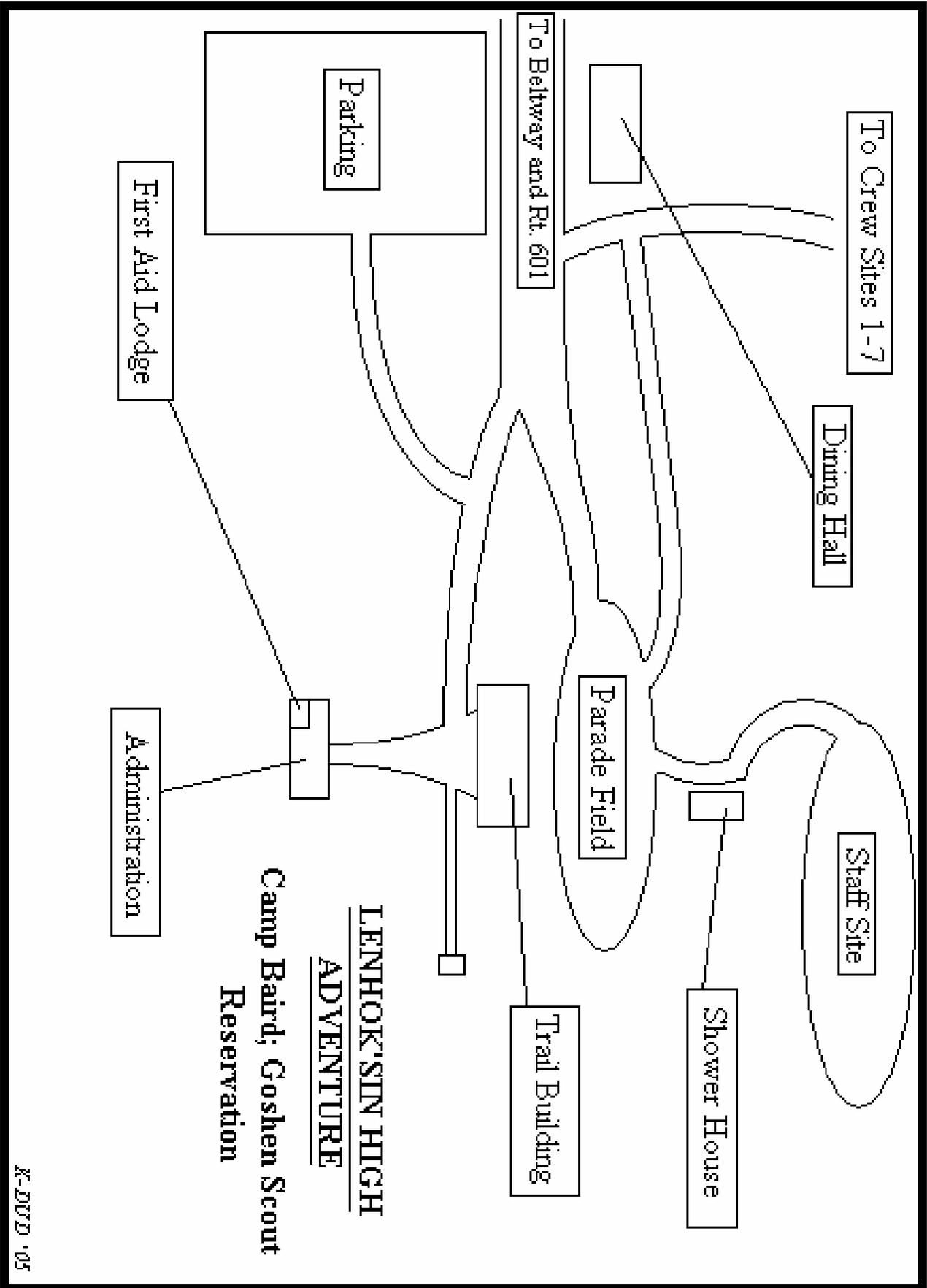
Additional Primitive Night Option

Crews have the option of adding primitive nights to the end of the week (max of two, which would be

Friday and Saturday night) PROVIDED YOU HAVE YOUR OWN TRANSPORTATION HOME

There is an additional charge of \$5/person/meal (trail food) for those participating in additional primitive nights

Number of additional primitive nights requested (up to 2) _____



K-DVD '05

CREW EQUIPMENT CHECKLIST

ITEM*	QUANTITY	PERSON RESPONSIBLE	COMPLETED
First Aid Kit			
Topographic maps			
Pens or Pencils			
Water purification kit			
Gear Loft Tent (optional)			
Toilet Paper			
Water Jugs (2 collapsible)			
Backpacking Stoves			
Matches (waterproofed)			
Liquid Fuel Containers			
Propane Fuel Containers			
75ft Nylon Cord/Rope			
Trail Chef Cook Kit			
Trail Chef Tool Kit			
Spice Kit			
Scouring Pads (w/o soap)			
Bear Bag			
Large Ziploc Bags			

PRE-CAMP CREW CHECKLIST

PRIOR TO ARRIVAL	REQUIREMENTS	PERSON RESPONSIBLE	COMPLETED
4 weeks	Unit Payment record and fees submitted		
	If out-of-council, tour permit processed		
	<i>Pre-Camp Survey</i> form mailed		
1 week	Recheck all equipment		
	Medical Forms Completed		
	Roster of Crew (4 typed/printed <i>legibly</i>)		
6 days	Bus reservation changes called in by 5:00 p.m. on Tuesday prior to departure		

*Extra blank lines added for your use when necessary.

LENHOK'SIN PERSONAL EQUIPMENT CHECKLIST

<ul style="list-style-type: none"> <input type="checkbox"/> 1 pack and frame fitted to your body with a padded hip strap <input type="checkbox"/> 1 pack cover/waterproof bag <input type="checkbox"/> 25 ft of 1/8 inch nylon cord for packing, tentage, bear bag, etc. <input type="checkbox"/> 1 backpacking tent (one per two crew members) in two stuff sacks or <input type="checkbox"/> 1 hammock with rain fly (optional) <input type="checkbox"/> 1 sleeping bag in waterproof bag in stuff sack <input type="checkbox"/> 3 plastic trash bags (tall kitchen size) <input type="checkbox"/> 1 waterproof ground cloth (at least 3-mil plastic) <input type="checkbox"/> 1 sleeping bag and pad <input type="checkbox"/> 1 small reliable flashlight with fresh batteries <input type="checkbox"/> 1 pair well broken in hiking boots/ or soft side hiking shoes with sturdy/new laces <input type="checkbox"/> 1 pair spare laces <input type="checkbox"/> 1 pair water shoes/sandals/sneakers <input type="checkbox"/> 6 pairs wool/polypropylene socks <input type="checkbox"/> 1 pair long trousers/sweat pants <input type="checkbox"/> 1 pair walking shorts <input type="checkbox"/> 2 T-shirts <input type="checkbox"/> 3 underwear <input type="checkbox"/> 1 long sleeve shirt <input type="checkbox"/> 1 wool sweater/fleece pullover/warm jacket <input type="checkbox"/> 1 poncho/rain suit (your choice) <input type="checkbox"/> 1 web belt <input type="checkbox"/> 1 swim suit 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 set of caving clothes and belt (OLD and suitable for 50 degrees weather underground); old boots or sturdy sneakers* <input type="checkbox"/> 1 Scout knife (no sheath knives) <input type="checkbox"/> 1 compass (Silva or equivalent) <input type="checkbox"/> 1 Roll of toilet paper <input type="checkbox"/> 1 quart-sized zip lock bag for topographic map <input type="checkbox"/> Spare pack-to-frame (clevis) pins <input type="checkbox"/> ½ bar of soap in plastic bag (“Camp Suds”) <input type="checkbox"/> 1 toothbrush, tooth paste, and dental floss <input type="checkbox"/> 1 small towel <input type="checkbox"/> 2 plastic water bottle (1 quart each) <input type="checkbox"/> 1 spoon, deep plate and cup (Sierra cup ideal) <input type="checkbox"/> 1 small insect repellent (can be shared) <input type="checkbox"/> Sunscreen lotion (higher spf better) <input type="checkbox"/> COMPLETE CLASS A UNIFORM; include Scout socks and belt; worn for meals, church, and campfires at <i>base camp</i>. May be left in storage during week on the trail. <p>Optional Equipment</p> <ul style="list-style-type: none"> <input type="checkbox"/> Camera and film <input type="checkbox"/> Notebook and pen <input type="checkbox"/> Sunglasses <input type="checkbox"/> Binoculars <input type="checkbox"/> Handkerchiefs <input type="checkbox"/> Spice kit <input type="checkbox"/> Instant coffee/tea <input type="checkbox"/> Bandana <input type="checkbox"/> Binder Clips (2) <input type="checkbox"/> Hiking Stick <input type="checkbox"/> Camel Back –type water container <input type="checkbox"/> Day Pack
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- Caving clothes are not carried on the trail. They are delivered to the caving base campsite by the Lenhok'sin staff. These items packed separately and clearly marked with the unit number prior to departure from base camp. All caving clothes for the crew must be packed in one container.

Goshen

CAMP PHOTOS

Schedule of Times & Locations

CAMP	TIME	LOCATION
Camp Ross (Sunday)	45 min. before dinner 4:15-5:00p.m.	At front camp sign
Camp PMI (Sunday)	45 min. before dinner 5:15-6:00p.m.	At front camp sign
Camp Olmsted (Sunday)	After dinner 6:30-7:15p.m.	In front of Chapel
Camp Lenhok'sin (Sunday)	Before dinner 7:30-7:45p.m.	At painted High Adventure sign
Camp Bowman (Sunday)	After Lunch 1:15-1:45p.m.	Flag poles by commisary
Camp Marriott (Sunday)	After Dinner 8:00-8:30p.m.	Entrance to water front

- **RAIN LOCATIONS:**

ALL Camps meet at their Handicraft shelter at Specified Times, if bad weather exists. Ask your Camp Director.

GOSHEN SCOUT CAMPS TROOP PHOTOS ORDER FORM

TROOP # _____
CAMP NAME _____
MAILING ADDRESS _____
TROOP PHONE # _____
CAMP DATES _____
LEADERS NAME _____

5X7'S.....\$7.00

8X10'S.....\$9.00

ONLY ONE ORDER FORM PER TROOP

Enter # of 5x7's _____ x \$7.00= _____

Enter # of 8x10's _____ x \$9.00= _____

AMOUNT ENCLOSED _____ tax included

All photographs are copyrighted and may not be copied.

Payment is due when photos are taken.

All photos will be returned on Friday.

Pay photographer cash or check.

**Personal checks are acceptable
and should be made payable to:**

Light Tight, Inc.

For more information call 434-525-9755

GOSHEN SCOUT CAMPS PACK PHOTOS ORDER FORM

PACK # _____
CAMP NAME _____
MAILING ADDRESS _____
PACK PHONE # _____
CAMP DATES _____
LEADERS NAME _____

5X7'S.....\$7.00

8X10'S.....\$9.00

ONLY ONE ORDER FORM PER TROOP

Enter # of 5x7's _____ x \$7.00= _____

Enter # of 8x10's _____ x \$9.00= _____

AMOUNT ENCLOSED _____ tax included

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For more information call 434-525-9755

Guardians of Goshen

- Agree to help promote Goshen Scout Reservation at your District Roundtables and Events
- Work with specific Troops and Packs that are not attending Goshen Scout Reservation to encourage them to try the improved facilities and program.
- When you agree to the above and commit to contacting two prospective units you will be awarded a distinctive Guardian of Goshen hat.
- If you are responsible for a unit attending Goshen that has not attended within the last three years, your unit will be credited \$25 towards your Goshen Fees for each Scout that was recruited. This finder's fee will be paid when the recruited unit fully pays for its Scouts.

To sign up please complete the application below.

Name _____ Unit _____ Position _____ District _____

Address: _____

City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____

E-Mail _____

Please return too: Greg Morin
National Capital Area Council
9190 Rockville Pike
Bethesda MD 20814