GOSHEN SCOUT RESERVATION

2012 LEADERS'/PARENTS' GUIDE

June, 2011

A Note from the Goshen Camp Directors:

Welcome to the Adventures of Scout Camping at Goshen Scout Reservation!

In the following pages, we provide you with all the information you need to help prepare your youth members and adult leaders to enjoy a successful week at one of the camps at Goshen Scout Reservation, home to thousands of boys and leaders every summer. Whether you are with a den of Webelos Scouts, a troop of Boy Scouts (some brand new, some experienced) or a Venture Crew, this guide will be helpful to you in preparing for camp next summer.

The Camp Directors have spent countless hours revising and preparing this guide for you. While they are very good at foreseeing all the possible questions one might have in preparing for camp, they certainly cannot foresee every possible item on your mind or from someone from your unit. And so, we are ready and willing to help with emails, phone calls, unit visits, "whatever it takes" to help you be as prepared as possible. That's what this guide and our camp directors are all about.

Please read through the material here and feel free to email or call us with any questions you have. The best email address to use is that of our Reservation Director, Mike Donaghue: michael.donaghue@scouting.org. By phone, you may reach us at 301-214-9197. In addition, we are constantly updating and adding new information that is specific to your camp program on our website, www.boyscouts-ncac.org. Be sure to visit your specific camp's pages frequently for information on themes, merit badge schedules, special programs, etc.

The camp directors will spend the next 10 months preparing for summer, as will you and your Scouts. We'll be ready when you show up at camp next summer with the best summer camp program anywhere. Together with your leadership, we will deliver on a program second to none for our youth and instill the values of Citizenship, Character, and Fitness in these young people that they will carry with them forever.

We look forward to seeing you next summer at Goshen!

On behalf of our Camp Directors…

Yours in Scouting,

Michael Donaghue
Reservation Director

I. GENERAL INFORMATION

1. INTRODUCTION

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 now that you have this Leaders' Guide-your key to becoming familiar with the camp program and the mechanics of taking a unit to camp. Your assistants and parents 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 and our main Trading Post.

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). Information on Provisional camping programs is available at the council website or by calling the camping department of the National Capital Area Council, 301-214-9197.

2. CAMP FEES, PAYMENT DEADLINES, ATTENDANCE REQUIREMENTS

Payments: Please mail payments to:

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

All checks should be made payable to NCAC-BSA and should indicate the camp that your unit is attending.

Unit Fee Settlement

On one of your first days 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 settle your camp account by paying any balance due or requesting a refund. Please bring at least two blank checks (or a credit card): 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, 2012.**

Camper Financial Aid

"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 on the NCAC website or from the Program Department at the Marriott Scout Service Center. Deadline for receipt of campership applications is April 15, 2012. Camperships are only available for youth registered in units of the National Capital Area Council attending an NCAC camp.

Tour Permits

All out-of-council (Non-NCAC) units must file a tour permit with their local council at least 3 weeks prior to arriving at Goshen. Units traveling less than 500 miles to Goshen should file a local tour permit; 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 when attending Goshen).

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 in 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 provide a ratio of one leader for every five youth and Troops/Crews provide a ratio of one leader for every eight youth (with a minimum of two adult leaders to satisfy youth protection requirements).

Medical Requirements

Every Scout and adult leader must submit a *Personal Health and Medical Record - Class A-B-C-D -* upon arrival. This is BSA Form #680-001, which is now the only form allowed by BSA for summer camps. A medical examination by a doctor within the 12 month period prior to arriving at camp is now required for all campers, regardless of age. This is a BSA requirement which we must enforce. It is a wise health practice to get an annual physical and most young folks have such physicals for school-related activities annually anyway so we would expect that this would not be a hardship for most families.

Leaders should provide a copy of the new medical form (available on line at www.boyscouts-ncac.org) to each youth and adult planning to come to camp as soon as possible so that they can get their physicals completed and forms filled out properly.

Any persons taking prescription medication must bring the medication to camp in the **original prescription container.** A lock box will be provided to each unit to store their prescription medications in their site. Units wishing to store their prescription medications in the health room at camp may do so by talking to the medical officer upon arrival.

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** or until a completed form is faxed to camp. No one is allowed to stay in camp more than 24 hours without a medical form.

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 forms 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.** Medical forms will be returned to you before you depart camp on your final morning. **Do not mail your medical forms to the council office!**

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 camp 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 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 the camp leaders are trained and they understand their responsibilities while in summer camp.

Early Departures/Late Arrivals

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 camp should proceed directly to the administration office of their specific camp to check in.

Off Limit Areas

For safety reasons, certain areas of Goshen 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 any floating logs near the dam spillways.

Short cutting through other camps and campsites is not allowed unless hiking on the existing trails and you have informed your camp director of your plans.

Staff areas are off limits to campers.

All campers should be in their unit's site by 9:30 p m. each evening unless engaged in a late night program.

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

Caves located north of the Goshen Scout Reservation on Route 601 are off limits to all camp staff, leaders, and campers, unless permission is granted by reservation staff.

4. STANDARDS OF CONDUCT FOR ADULT LEADERS

Boy Scouts of America Policy

Preventing child abuse has been adopted as a critical objective of the Boy Scouts of America. The assistance of every Adult Leader is essential to success. The guidelines listed below are designed to protect Scouts against child abuse and Adult Leaders against misinterpretation of their intentions. Anyone who has questions should consult with the 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.

Guidelines for Adult Leaders and Parents

All adults in camp 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. All 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. Adult Leaders and Scouts never sleep in the same tent, unless the adult is the parent or guardian of the Scout.
3. Adult Leaders must always shower separately from Scouts.
4. Adult Leaders and Junior Leaders must not permit activities involving group nudity, such as skinny-dipping.
5. Adult Leaders 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 Adults** must be present on camping trips and other group activities.
8. Adult Leaders must never tell off-color stories to boys. A Scouter, as well as a Scout, is clean in mind and body.
9. Adult Leaders must hold conferences with Scouts in open settings, where they may be seen (but not heard, if discussion is confidential) by others. 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. An Adult Leader who observes another adult 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 and consider the same for adults.

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 is located conveniently to a latrine. Within each of these sites are 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. 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 the spring, 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 unit's particular requirements based upon information contained in this guide and materials found on the council web site.

"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 is still very useful 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

Menus for each camp will be provided on our council website in early 2012 to help your patrols plan for and cook typical summer camp meals on weekend outings.

Necessary Paperwork

Applications and payments are completed using the paper forms provided on our council website: www.boyscouts-ncac.org. Guidance on other paperwork necessary is contained within this guide (such as medical forms needed). Direct any questions you have to our program office, 301-214-9197.

6. CAMP SERVICES

Your Camp Commissioner

Camp Commissioners are the main link between you and the camp. They will visit 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. If you need something for your campsite, just ask your commissioner.

Camp Chaplain and Religious Services

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 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. For Roman Catholic and Jewish Scouts and Leaders, we offer weekly services specifically for both of these faiths. We will continue the popular "Duty to God" program this summer. 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. Goshen Scout Reservation has arrangements with Stonewall Jackson Hospital in Lexington to handle any emergencies.

Medical Treatment

If medical attention is required, the camp maintains a health center at Camp Post, staffed by trained medical personnel. In the event of a medical situation, 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 unit requires medical treatment to the extent that he/she 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 upon arrival. If you have any questions concerning health services, please feel free to visit with the camp first-aider or camp director.

Night Assistance

If problems arise during the night that you cannot handle alone, proceed to the camp administration building, where a staff member will be present to assist. He/she can handle most problems or will get help. At night, the staff member on duty 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 immediate 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 and labeled . 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 item, 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. At the end of the summer, any items of significant value are brought to the Marriott Scout Service Center and held for a short time before donated to charity or disposed of.

Mail

Mail is delivered to the Administration Building in your camp each day. In order to ensure mail is received at Goshen before the unit leaves camp at the end of the week, we suggest all mail and packages be sent out no later than Monday of the week in camp.

Outgoing mail is picked up daily as well. Outgoing mail should be placed in the mailbox at the camp administration building by 12 noon. Outgoing mail sent "home" should be mailed no later than Tuesday in order to arrive before the camper does.

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

Name _____Pack/Troop/Crew #_____
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 use the shower house at the same time and maintain privacy.

Pets

Absolutely no pets may be brought to camp**.** This is a national BSA policy we must enforce.

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). Cell phone service is available at camp for callers with Verizon wireless service.

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. Leaders should plan their schedule so that they are not in the leader lounge past 10 PM. The leader lounge is closed during meal times. There is a coffee-pot and a nearby soft drink machine. Wireless internet is available but limited and we ask that everyone be understanding and share what bandwidth we have.

Trading Post

Each camp has a trading post that sells a wide range of supplies, including toiletries, merit badge materials, merit badge books, handicraft supplies, sodas, and snack food. The trading post is open every morning and afternoon and on several evenings during the week. 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 or other supplies.

Camp Post also has a full-service Trading Post with food items, souvenirs, uniforms, insignia, and much more. Plan time during camp to come visit our newly expanded store at Camp Post!

7. FOOD SERVICE

Special Dietary Needs

Special dietary needs must be shared with camp leadership prior to arriving at camp. We will do our best to accommodate most food allergies but cannot be held accountable for the management of these allergies. Severe allergies that require special food items must be provided for your child on the day of arrival at camp. Example: Gluten Free Diets cannot be provided by the food service department due to the severity and complexity of this diet. Parents should feel free to contact us **AT CAMP** to review the menu and ingredients at least one week prior to attending camp to ensure proper management of a camper's special needs. We are able to store food for you in our refrigerator or dry storage area if requested.

Dining Halls – Camps Olmsted, PMI, and Ross

Experienced, professional chefs prepare wholesome food, which provides a well balanced diet for all Scouts and leaders. Meals are served with the goal of ensuring everyone is well-fed with minimal waste. Units assemble in a designated area prior to each meal and enter the dining hall at the direction of the dining hall steward.

Table Assignments

Tables will be assigned to troops and packs during the opening day tour. It is most important that all troops and packs visit the Dining Hall on their camp tour to receive this information and to understand how meals are administered.

Heater Stack Method – Camp Marriott and Camp Bowman

This concept is similar to the dining hall service but with a patrol cooking aspect. The troop enjoys eating in the outdoors at their campsite. No cooking or major cleaning is required. **All Scouts and leaders must provide their own personal utensils, plates and drinking cup.**

Troops pick up prepared food from the commissary building for all meals. Food pick-up times are approximately 7:30 am, 12 noon, and 5:45 p.m.

Patrol Cooking Method-Camp Marriott and Camp Bowman

Patrol Cooking allows your troop to prepare all of its own meals in your troop site. Raw food is picked up at the commissary prior to the meal times each day. The commissary will supply food based on the numbers in each patrol in your unit. Adult and junior leaders should be assigned to eat with patrols based on these numbers but not exceed the maximum of ten persons per patrol for meals.

Camp staff will eat with the patrols at different times during the week. Your camp director will work this out with you. Dinner on the evening of arrival and the last night in camp, as well as breakfast on the morning of departure are prepared by the camp staff and served at the commissary building. Lunches will not require cooking. The first meal prepared by patrols is breakfast on Sunday.

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. (Tuesday 4:00 p.m. for Foil Dinner Night)

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 each 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.

Peanut butter, shortening, seasonings, and sugar for the week are issued with the first breakfast. If the patrol should run short, more of these items may 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 (Olmsted, PMI and Ross) and Heater Stack Units

One evening in camp, all Leaders and Scouts will be given the ingredients for a foil dinner to cook in their sites. Wood for this meal should be collected early and kept dry. Many Packs and Troops bring additional charcoal to make cooking that much easier.

Scouts arrive at the dining hall or commissary by 4:00 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 may be invited and all packs and troops are urged to do so.

This meal consists of a foil dinner of a pre-cooked hamburger patty, vegetables (carrots, potatoes, and onions), 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. Training on safe food handling practices will be provided to all upon arrival in camp.

8. HEALTH AND SAFETY

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

Boy Scouts of America policy states that the items listed above 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 and law enforcement officials contacted if necessary.

Other Restricted Items

Sheath knives longer than four (*4)* inches, aerosol bug sprays, archery arrows and bows are not permitted in camp. (A special privilege may be granted to 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. Requests should be sent to the Goshen Scout Reservation Director at the National Capital Area Council office before 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 and equipment.
2. Unit leaders will teach Boy Scouts the safe and proper handling and usage of fuel, stoves, and lanterns. Webelos Scouts do not handle liquid fuel stoves or 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 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 at least four weeks before the opening date of the scheduled camping session.
2. Buses will be ordered based on the number of persons requesting transportation unless the program department is advised of any changes by **5:00 p.m. on the Tuesday** before the scheduled arrival date for your unit at camp. The phone number for any changes 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, $40.00, is the same for either round trip or one-way.
5. **AT LEAST ONE ADULT LEADER FROM THE UNIT MUST CHAPERONE ALL SCOUTS ON THE BUS TO AND FROM CAMP.**

Bus Loading Information

Bus loading is conducted at the Fairfax County Government Center in Virginia and the Largo Town Center in Largo, Maryland. Please see the *Bus Transportation To and From Camp* information on the council website for more information. .

Scouts should arrive at the bus loading site between 9:00 and 9:30 a.m. The unit cannot leave for camp until every Scout is present or accounted for.

The volunteer bus loading staff will provide additional instructions on where to assemble, what to do with gear, when to load, etc. when your unit arrives. Units with large numbers of bus riders may be required to split into two groups on two separate buses. In this case, at least one adult must be with each group of youth.

Personal gear to be loaded on the bus must be able to fit in the lower storage area of the bus. A backpack or large duffel bag is best. Foot lockers are not to be brought on the bus-they take up too much room. Items that a rider may need during the ride down to camp or back from camp should be kept in a day pack and kept up in the overhead bin on the bus. All riders should bring lunch to eat on the bus on the way down to camp.

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.

On The Way to Camp

The trip to Goshen is about three hours. Bathroom facilities are available on the bus. 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 before disembarking at camp.

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 Co. Government Center or Largo Town 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. due to larger enrollments than the other camps. Early arrivals will be restricted to the parking lot until the camp staff has readied the campsites. Adult drivers are welcome to stay for supper for a fee of $5.00. All Scouts should be in camp no later than 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. If the unit has a trailer, it will be allowed to unload and leave the trailer at the campsite, if space allows.

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 campsite unloading or loading is required due to special needs, the leader must ask the Camp Director.

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 parking lot, breakfast is served. The buses begin arriving at approximately 6:45 a.m. Staff members will help load your gear on the bus if you are riding 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.

HELPFUL INFORMATION AND FORMS

Please visit **http://www.boyscouts-ncac.org.** to access all the useful forms and camp-specific information you will need to prepare for camp, including:

- Class A-B-C-D Medical Form
- What to Bring to Camp Lists
- Camp Schedules
- Registration Forms
- Camp Maps