



THE NEW RIVER EXPERIENCE

PROGRAM SUPPLEMENT

Welcome to High Adventure at the Summit Bechtel Reserve! Please refer to this program planning guide in the coming months as you prepare for your visit. If you cannot find an answer in the planning guide, please send questions to summit.program@scouting.org or feel free to reach out to me directly.

Adventure Program Manager

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NEW RIVER EXPERIENCE PREPARATION WEBINARS

Half hour webinars to prepare leaders for their crew's high adventure experience will be held leading up to the high adventure season. Webinars will start on the **3rd Wednesday of the month at 8:00pm in March and the second will be on April 16.** Call in and login instructions will be sent out each month.

The webinars will involve a 15-minute program and a 15-minute question and answer session. The invites will go out each month to the Contingent Advisors and the Crew Advisors we have in our system for each crew. If you have others that you would like to add, please forward them the invite.

TIME OF BROADCAST- 8:00 PM EST/ 7:00 PM CST/ 6:00 PM MST/ 4:00 PM PST

WEBINAR DATES:

- **MARCH** – Planning Guide, Equipment and Gear, FAQ's
- **APRIL** – Final Schedules, Roles of Adult, Youth, Staff, and Leadership Positions Overview, and wrap up.

If you miss a webinar or need to catch up, please visit our [High Adventure webinars page](#).

EXPERIENCE AT A GLANCE

This is a 50-mile paddle Experience on the New River. You will navigate the upper portion of the river in inflatable kayaks called "duckies". This portion of the river includes Class I to III rapids. The final whitewater day in the Lower Gorge is a rafting experience and includes more than 20 Class III to IV rapids. Crews camp along the river through the New River Gorge. A gear boat (raft) or trailer accompanies the group to transport gear and food. Please note that in exceptionally high water, the entire trip may be conducted in rafts. Participants must successfully complete the [BSA Swimmers Test](#) prior to arrival. We recommend that participants have completed the Kayaking Merit Badge or have equivalent knowledge and skill.

SCHEDULE OVERVIEW

- **Day 1-** Arrival, check in and Shakedown.
- **Day 2-** Depart the Summit for the river and begin kayaking!!!!

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- **Day 3-5-** More Kayaking and Adventure!
- **Day 6-** Whitewater rafting down the Lower New River! Return to the Summit. Eagle Flight Zip!
- **Day 7-** Depart for home. All good things must come to an end...

OTHER NOTES

- Nights 1 and 6 are spent at The Summit and all others will be camping in The New River Gorge.
- Day 1 dinner, Day 2 breakfast, Day 6 dinner and Day 7 breakfast are in the SBR Dining Hall, all others are in the Gorge.
- When back at the SBR on day 6 the evening activity areas in the Summit Center may be available to New River Experience Participants.
- For Information on Whitewater and or Kayak Merit Badges, 50 Miler Award, or Whitewater Rafting Award see [MERIT BADGES AND AWARDS OUTSIDE JUSTICE SCOUT CAMP](#)
- Unless you book all 4 boats, you will probably be on the Trek with other crews. Come prepared to make friends.

REQUIREMENTS FOR PARTICIPATION

- Registered member of the BSA
- Be at Least 14, or 13 and have completed the 8th grade.
- Have a current BSA “Swimmer” classification.
- Each Unit Must Have 2 YPT trained adults at least 21 years of age
- Have a medical evaluation within 12 months of your participation. Follow this link for the Annual Health and Medical Record. [SBR Health and Risk Advisory Form](#)
- Each Crew Must have at least one adult leader with Wilderness First Aid and CPR. We recommend 2 adult leaders have this training so that your group is still covered in case the trained adult cannot make the Trek.

HIGH WATER

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

BRANDING

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

EAGLE'S FLIGHT ZIP LINE

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

AERIAL SPORTS ACTIVITY WEIGHT GUIDELINE

The engineering and safety systems used by The Summit's Aerial Sports activities require participants to meet certain weight guidelines to participate in our climbing, rappelling, bouldering, canopy tour, challenge course and zip line activities. **Participants in these activities must weigh between 80 lbs. and 250 lbs. (including clothes) regardless of their height.**

When you arrive back at the Summit on Day 6 of your Experience, you may have the opportunity to ride on the Big Zip. The Big Zip is open Monday through Friday between 9 AM and 4:30 PM. It is approximately a 45-minute hike from the Zip landing up to the Zip launch. Check in at the landing no later than 3:30 PM to be safety briefed. The zip may be closed for weather related issues, usually lightning hazards. Remember you will need closed toed shoes to Zip. Your water shoes are not recommended. Sneakers are fine. You may bring a small backpack with you on the Zip if needed. As a guideline, Experiences generally arrive back at the Summit around 1 – 1:30 PM on Day 6. This allows for plenty of time to unpack gear, finalize any Experience details with Experience Staff, clean up, change, and head to the Big Zip landing in time.

MERIT BADGES AND AWARDS

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

TO DO THE ONLINE TRAINING:

- Login to <https://my.scouting.org/>
- Click Menu in the top left.
- Click My Training near the top. It is next to YPT.
- Click Scouts BSA. This will redirect you to Scouting U site.
- Click Course Catalog near the top. Scroll down to Program Learning Plans.
- Click on Learning Events in the Boy Scouting Box.
- Click on Merit Badge Counselor Training

This should pop up 2 options. 1: Merit Badge Counselor -Before the First Meeting and 2: Merit Badge Counselor – Position Trained. Complete both sessions and fill out and submit your Merit Badge Counselor Application. Be sure to Include Kayak, Whitewater, and any other Merit Badges you wish to sign off on. Here's link for merit badge counselor application <https://filestore.scouting.org/filestore/pdf/34405.pdf>

This seems complicated but if you follow the steps, it is not too painful. If online learning is not your style, contact your local council to find out about in person training opportunities.

Thanks in advance for your help in this. On any given year in the Experience program alone, we can see up to 1000 or more blue cards and award applications. If we sign them as the merit badge counselor, it becomes our responsibility to organize, archive, and retrieve information on any one of the blue cards should a question come up about the card or for Eagle Court. For this reason, we try to stay out of the

advancement business in High Adventure. We will provide the subject matter experts for the awards or badges.

Checkout these links for more information on the specific merit badges/awards.

- [Kayaking Merit Badge](#)
- [Whitewater Merit Badge](#)
- [50 Miler Award](#)
- [Whitewater Rafting BSA Award](#)
- [Kayaking BSA Award](#)

Note: the whitewater merit badge has a prerequisite for either the kayak or canoe merit badge. We will have the opportunity to complete the kayak merit badge and then complete the whitewater merit badge during the Experience.

PARTICIPANT AWARDS

The following awards can be a part of your experience at The Summit:

PAUL R. CHRISTEN HIGH ADVENTURE BASE PATCH

This patch is earned and awarded to each participant who completes their program including the ½ day service project. **There is no additional cost for this patch.** The crew's patches will be handed out to the youth crew leader at the close of their program. The crew leader can distribute to the individual members of the crew at time determined by the crew.

THE SUMMIT DUTY TO GOD AWARD

A Scout is reverent. Requirements for this award are designed to encourage participants to reflect on their experience and their faith. Requirements for the award can be completed while at The Summit and no requirements need to be completed before arrival. This is an optional award. The crew leader, the chaplain's aide and adult advisor will sign-off that the crew has completed the requirements. The chaplain's aide will receive instructions and materials to complete this award at the chaplain's aide meeting. The crew will present the sign-off sheet to the trading post staff and then **they will be able to purchase the award from The Summit Trading Post.** See the [Summit Duty to God Award](#) for all requirements.

THE SUMMIT SUSTAINABILITY AWARD

This award is designed to encourage participants to learn about how they can live a more sustainable lifestyle and how the decisions we make affect the world we live in. Requirements for the award can be completed while at The Summit and no requirements need to be completed before arrival. This is an optional award. The crew leader, the outdoor ethics guide and the adult advisor will sign-off that the crew has completed the requirements. The outdoor ethics guide will receive instructions and materials to complete this award at the outdoor ethics guide meeting. The crew will present the sign-off sheet to the trading post staff and then **they will be able to purchase the award from The Summit Trading Post.** See [Summit Sustainability Award](#) for all requirements.

EXPERIENCE SERVICE PROJECTS

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

OPENING AND CLOSING CEREMONIES

The main Summit site operates on a Sunday to Saturday arrival and departure schedule. On Sundays there is a main opening program open to all people on site regardless of program choice. On Fridays there is a main closing programs open to all people on site regardless of program choice.

NEW RIVER EXPERIENCE STAFF AND THEIR ROLES

Interaction with quality staff members is always an important facet of any camp experience.

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

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

Trip Leader – The Trip Leader (TL) has undergone all the requirements from the WVDNR to fulfill his or her responsibilities on and off the river. They have more experience and have taken extra training courses to get to this position.

EXPERIENCE CHECK IN HOSTS

- Will guide you through the check in process.
- Will take you to our registration staff who will collect paperwork and complete the registration process. They will also assist you in turning in your medical forms and complete a medical recheck.
- Will be trained on the processes and operations of The Summit.
- Will be trained to answer many basic questions about the Experience itself, but the Experience Coordinator and Guides will be the subject matter experts.
- Will guide you on a basic tour of the Summit Center and what will be available for you to enjoy on Day 6 when you return from your Experience.
- Will assist with the Experience equipment shakedown but the Experience Coordinator will lead this activity.

EXPERIENCE COORDINATOR

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

EXPERIENCE GUIDES

- Comprised of: Experience Trip Leader (The TL), Experience Gear Boater, and Experience Guides.
- Will be trained to lead groups down The New River.
- Will help participants improve their skills and confidence.
- Will be trained on the processes and operations of The Summit.
- Will work through the youth leadership of the group.
- Will be trained and experienced on the sections of river utilized on the Experience.
- Will be trained in basic first aid and CPR (at a minimum) as well as Swiftwater Rescue.
- Will be familiar with the camping locations along the river.
- Will be focused on making the program patrols experience challenging, memorable and positive.

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

ARRIVAL DAY

ARRIVAL PLAN

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

ARRIVAL TIME

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

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

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

EARLY ARRIVAL OR LATE DEPARTURE

If transportation logistics require a crew to arrive at The Summit a day early or depart a day later at the end of their experience, the cost is **\$40.00 per person** per night. This covers the cost of housing and meals for these additional times. Crews register for this in April using the arrival plan function of the registration system. Remember it is better to arrive early than late, please consider this when making your travel arrangements.

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

ARRIVAL DAY SCHEDULE

11:00 AM - 2:00 PM

- Meet your Experience Check in Host
- Check in and Register
- Medical Recheck
- Head to Summit Trek Camp

12:00 PM - 4:00 PM

- Meet your Experience Coordinator
- Conduct Shakedown
- Adult Advisors, youth crew leader, chaplain's aide, and outdoor ethics guide meeting
- Check in to Tents

5:00 PM - 6:00 PM

- Dinner at Dining Hall

6:30 PM

- **EXPERIENCE ORIENTATION AND DEPARTURE PREPARATION**
- At 6:30 PM all participants will meet with the Experience Coordinator to make final preparations for the next morning's departure and answer any questions about the week ahead.

MOVE-IN

Paul R. Christen High Adventure Base Experience participants are housed in Base Camp Alpha and Bravo area. You will meet the Experience Manager for the week at the Shakedown area at the Alpha Pavilion. Carts will be available at the unloading zone to help move gear to the campsite. After all gear is unpacked from the vehicles the adult leaders will move the vehicles from the unloading zone to the parking lot a short distance away.

SUMMIT CENTER WALKING TOUR

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

- Base Camp facilities
- Summit Center activity areas and hours of operation

- Health Lodge
- Leaders meeting and Experience Orientation Meeting location.
- Dining hall
- Guest Services
- Trading Post

SHAKEDOWN INSTRUCTIONS

After arriving at the Alpha Pavilion, the scouts/venture crews gear will be disassembled then repacked to eliminate extra weight, unnecessary items, and ensure proper equipment is taken on Experience. Scouts/Venture Crews will unpack all items brought with them and repack in the following order.

THE RIVER GEAR BEING WORN THE NEXT DAY WILL BE PULLED OUT AND SET ASIDE.

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

THEN, THE FOLLOWING "CAMP GEAR" WILL BE PACKED INTO THE 110L "CAMP BAG" DRY BAG PROVIDED BY SBR

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

ON TOP, EXTRA RIVER GEAR ITEMS WILL BE PACKED INTO THE 110L "CAMP BAG" DRY BAG PROVIDED BY SBR

- Short/Long Sleeve Shirts
- Swim Trunks/Shorts

MESS KIT ITEMS WILL BE PACKED INTO THE 110L MESS KIT DRY BAG PROVIDED BY SBR

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

EACH PERSON WILL THEN PACK THE FOLLOWING ITEMS INTO THE 5L "DAY USE" DRY BAG PROVIDED BY SBR

- Chap stick
- Sunscreen
- Pillow
- Locking Carabiner
- Ball cap without button on top

PERSONAL GEAR STORAGE

During your gear Shakedown, everyone will be handed a 110 cubic liter dry bag (We call it your Camp Bag) to store their personal gear in. This will include: Sleeping Bag, Pillow (optional), toiletries, clothing etc.... These are large dry bags, and everything will easily fit into one bag per person for the trip. These bags are much larger than most expedition style backpacks and provide approx... 6700 cubic inches of storage capacity. Take this into account when packing your gear to bring along. Please note: Excessive packing causes excessive weight. If Trek is at max capacity (40 plus 6 staff) and everyone brought an extra

unnecessary 10 lbs. of gear, we have increased the weight on the Gear Boat by 460 lbs. in personal gear alone. The shakedown will be utilized to ensure we all pack correctly, efficiently, and to reduce unnecessary weight.

Personal Gear Storage - Continued

The Dry Bags will be packed, sealed correctly (we will teach you how to do this), and loaded onto the Gear Boat or trailer for transport between campsites while on the river. Even though the gear boat will be floating along with you, access to your Camp Dry Bag once it is loaded up will not be realistic during the day until you reach your campsite for the evening. A small Day Use Dry Bag will be provided to each participant for daily essentials.

These items would consist of: Sunscreen, Vital Medications (Inhalers, EpiPen's, heart medication etc...), Sunglasses, bug spray (optional), waterproof camera (optional), and Water Bottle with a locking carabineer. This bag will attach to your Ducky with your locking carabineer. You will be able to access the items throughout the day during calm stretches on the river and while at lunch. Locking carabineers with the screw down mechanism work the best and the wider carabineers are preferred for dealing with water bottles and dry bags.

Should you have any medications that require cold storage we will be able to accommodate those needs while on the river. **Please Alert the Summit of this need prior to your arrival.** For all vital medications, whether it needs to be kept cool or not, it is highly recommended that you bring twice what you would need for the duration of the Experience. One batch goes with you on the Experience. One batch will stay with the Health Lodge at the Summit in case of any unforeseen accidents.

Any gear that is not taken on the Experience, should be stored in your personal vehicles if available. If no vehicle is available or more storage is required/ desired, we will provide a place for your gear while on the Experience. Keys for vehicles will be kept securely at the Summit until you return to ensure that you have them when you return. You do not want to take keys on the water as they may accidentally fall into the river. Be prepared.

EQUIPMENT INFORMATION

Review [Experience Equipment List](#) for a detailed list of Equipment. The equipment is broken down into personal gear, crew gear and equipment provided by The Summit. Personal gear and crew gear are the responsibility of the participant and crew. **It is strongly suggested that label your belongings.** The equipment provided by The Summit will be issued upon arrival and checked back into The Summit at the end of the week. The Summit expects the same diligent care of our equipment that you will give to your personal and crew equipment.

ADDITIONAL NOTES ON EQUIPMENT AND GEAR

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

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

NOTE: Do not wear cotton items on the river. Cotton holds water and wicks warmth away from your body.

BASIC RIVER GEAR

- Mandatory - Closed toed river sandals. An optional pair of open toed sandals may be brought if desired.
- Bathing suit or synthetic SPF pants
- Synthetic T shirt or long sleeve SPF shirt
- Sunscreen

- Sunglasses with retaining strap
- Hat
- Disposable camera*
 - **optional yet recommended*

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

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

RIVER FOOTWEAR

Please Note: “Croc” type shoes **will not work as river footwear**. You may bring them for camp but on the river, they are not acceptable. They simply won’t stay on your feet if you happen to swim a rapid.

All participants are required to have closed-toed shoes while on the water. You’ll notice that many of the guides prefer open toed river sandals like Chaco’s or Teva’s while on the water, but we still require them to have closed toed shoes or sandals always attached to their boats with a locking carabiner and easily accessible. The reason for this rule is that in the event of an evacuation or portage, open toed shoes don’t provide enough protection and stability.

OPTIONAL RIVER GEAR FOR COLD WEATHER

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

- **Base Layer-** Polypropylene, DryFit, Capilene, and Merino wool are all good base layer options. These fabrics are designed to wick moisture away from your body. They are hydrophobic, meaning they do not absorb water; rather they transfer it to your outer layers where it can evaporate keeping your core more comfortable.
- **Mid Layer-** Fleece or pile. These are thicker and fluffier than your base layer and supply insulation and warmth. Made from synthetic fibers, they will not absorb nearly as much water as natural fibers.
- **Additional-** If you choose to bring gloves, toboggans, and or socks just make sure they are synthetic if used on the river.

CLOTHING AT CAMP

Once at camp, it is nice to get out of your wet river gear and into something dry and comfortable. The New River Gorge is a temperate rainforest, so it’s best for all of the clothing you bring to be suitable for a wet environment. Many people choose to bring 2 sets of “wet” river gear and 2 sets of “dry” camp gear we have what we recommend in the packing list but just to expound on it for a minute.

BASIC CAMP GEAR

- T shirt* (long or short your choice)
- Shorts or pants*
- Underwear*
- Socks *

- Camp Shoes (sneakers work great)
- Light Jacket
- Head lamp or flashlight
- Bug spray
- Warmer Jacket or Fleece for night
- Rain Jacket (hopefully stays in your tent)

As with the basic river gear, additional camping clothing may be brought if desired and if you are concerned about being comfortable. There is room in the dry bag for additional items.

OTHER EQUIPMENT WORTH MENTIONING

- **Safety equipment-** The Summit provides all required safety equipment such as helmets, pads, PFDs, ear protection, harnesses, etc. Do not bring your own safety equipment. The Summit knows the history of the equipment being used.
- **Closed toed shoes-** All Summit activities require closed toed shoes for participation. Onsite Aquatics – no shoes required while on water. This does not apply on the river. See River Footwear
- **The Summit Trading Post-** We all know the motto of the BSA is **Be Prepared**. We also all know that no matter how hard you try someone is going to forget something. The Summit Trading Post will be stocked with many of the items on the equipment list that are crucial for participation. If the Trading Post is out of an item, The Summit staff will assist participants with purchasing crucial items from a retailer in the local area.
- **Custom Crew T-Shirts-** You will be able to order custom crew T-shirts directly from The Summit Trading post at <https://store.summitbsa.org/>. There is a strict order cutoff on April 1, 2024, so get your orders in early!
- **WHAT TO TAKE AND WHAT TO LEAVE AT THE SBR SITE?**
- Regarding non-essential items like cameras, GPS units, binoculars etc. it is simple: **If it is going to break your heart or your wallet to lose it, do not take it on the river.** If you decide to bring valuables or electronics with you, make sure you have the protective equipment to keep them protected and dry.
- **CELL AND WIFI SERVICE WHILE AT THE SBR SITE**
- The Summit main site offers wireless and cell phone connectivity. AT&T Wi-Fi Hotspots are available at The Summit’s base camps and in the Scott Summit Center. A password is not required to access these hotspots. Charging stations are in the base camps and Summit Center. These are not lockable storage areas, and it is intended that you monitor your items while charging. There are no charging capabilities in the Gorge except at the Stone Cliff campsite on Day 4 of the Experience.

Code:

- *- available at trading post. View apparel offerings in advance at GardenGroundOutfitters.com
- S- Share with buddy
- F-Female participants

Equipment	Qty	Comments	Code	Check
Upper Body				
Sweater	1	like a light fleece sweater	*	
Jacket	1	light jacket for evening	*	
Rain Jacket	1	Sturdy and water proof, with a hood, coated nylon and breathable fabrics are acceptable.	*	
Rain Pants	1	Sturdy and water proof, with a hood, coated nylon and breathable fabrics are acceptable.		
Shirt-Short sleeve	3	Moisture wicking. 1 cotton for camp. 2 synthetic for river. SPF for river.	*	
Shirt- Long sleeve	1	Moisture wicking, no cotton or nylon. SPF	*	
Sports Bra (F)	2	Synthetic	F	
Lower Body				
Long Pants	1	not jeans, synthetic material that works on river. SPF		
Underwear	3			
Hiking Shorts	2		*	
Swim Trunks	2	For aquatic activities		
Head Neck and Hands				
Baseball cap or wide brim hat.	1	Sun protection for face and ears.	*	
Beanie	1	No cotton. No ball on top (to fit under helmet) optional if you are very cold natured or concerned.		
Packs and Bags				
Gallon zip lock bags	6 to 12	For waterproof storage.	S	
small stuff sacks	2 to 3	Pack personal items/organize.		
Shower/toiletry bag	1			
Sleeping Gear				
Sleeping Bag	1	Packable in a compression bag.	*	
Sleep clothes	1 set	T-shirt and gym shorts worn only to bed. Cotton is fine.	*	
Sleeping pad	1 (Recommended)	Compact. No oversized pads.		
Pillow	1	Compact. Optional	*	
Footwear				
Socks	3 pair	synthetic or wool.	*	
Camp Shoes	1 pair	Lightweight sneakers work best.		
Water shoes	1 pair	Closed toed water shoes "keen style". Optional pair of opened toed river sandals. See Footwear .	*	
Miscellaneous				
Water bottle	32 oz.	"Nalgene" style. Durable lid with ability to be attached with a <u>locking</u> carabineer. If concerned about breakage, bring a backup.	*	

Locking Carabiner	1-2	Screw type is best. Wider opening preferred for dealing with water bottles and such. Only 1 required but bring another if desired.	*	
Mess Kit	1	Plate with lid, knife spoon fork. See Mess Kits	*	
Pocket knife or multi tool	1	Small knife will work. Accessible at camp only.	*	
Flashlight/headlamp	1	Durable, bring extra batteries	*	
Bandana	1		*	
Money	\$60.00	For on-site time at the Summit (trading post or snacks)		
Lip Balm	1	Moisturizing balm with SPF-25 or greater.	*	
Soap	1	Any style, eco-friendly preferred	*, S	
Sunscreen	1	Enough for the week	*, S	
Aloe	1	Can be included in the Crew First Aid Kit	*, S	
Poison Ivy Medicine	1	Types: Calamine, Tecnu, Zanafel Can be included in the Crew First Aid Kit	*, S	
Toothbrush	1		*	
Toothpaste	1		*, S	
Towel	quick dry		*	
Tampon/pads			*, F	
Sunglasses	1	With a retaining strap.	*	
Watch	1	optional		
Camera	1	If for river, needs to be waterproof.	S	
Foot powder	1		*, S	
Notepad and pen	1		*, S	
Insect repellent	1		*, S	
Fishing Equipment	1	See Fishing section. Optional		
CREW EQUIPMENT				
Equipment Provided by Crew				
Crew First Aid Kit	1	Minor. Band Aids, alcohol wipes, antibiotic ointment etc.		
Duct Tape	1 roll	For equipment repair	*	
EQUIPMENT PROVIDED BY THE SUMMIT				
Equipment Provided by Summit				
9' x 9' Dome tent	2 people per tent	Ground Cloth Included		
Camp Dry Bag	1 per person	110 liters		
Day use dry bag	1 per person	5 liters		
Camping Chairs				

ACCOMODATIONS WHILE ON THE RIVER

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

CAMPSITES

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

FISHING

Fishing- will be available your campsites along the river nights 1-3 (Gear not provided). Youth 14 years of age and under DO NOT require a fishing license. For all others, licenses may be purchased online at <https://www.wvfish.com>. Below is a fee breakdown using the non-resident status.

- A \$3 fee for initial purchases.
- Conservation/Law Enforcement Stamp (required for all anglers): \$13
- One-Day Fishing License: \$3 (additional days available and you must choose your dates)

Be aware a, SSN# will be required for any license adult or youth. No other Stamps or fees are required for fishing on the waters of the New River that you will encounter on your trip (Not required: National Forest Stamp, Trout stamp etc.) just the three fees mentioned in the bullet points above and total cost of 3-day license should be \$25. Fishing gear is not provided for you. Fishing is optional, and should you choose to do so you will need to provide your own gear.

Fishing is available on Day 2, 3, and 4 of your Experience (Day 1 being arrival day and Day 7 being Departure day) so if you purchase a license do not purchase more than three days for the Experience duration.

Part of this experience takes places in special regulation areas for bass and walleye. It is your responsibility to be familiar with Catch and Release requirements, slot limits, etc. This information can be found at [WV Fishing-Regulations Summary 2023](#)

Target species are mainly smallmouth bass and walleye but rock bass, bluegill, hybrid striped bass, catfish, and if you are lucky, muskellunge are in the New River. Soft plastic baits like grubs, tubes, and flukes work well in the 1/8 oz. to ¼ oz. weight range. Inline spinner baits in the same weights are also a great option. A topwater like a buzzbait or whopper plover can be great in the evening. Medium action rods are ideal and 2 piece rods are easier to pack. Remember, rods can break or be damaged. Take this into account

when deciding which rod to bring. Traditional colors in soft plastics are salt and pepper, watermelon, pumpkinseed, olive, brown, and chartreuse. Spinner baits in white or chartreuse generally do well.

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

MEALS

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

Sample Meal Schedule							
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	On your own	Summit Dining Hall	Eggs, Breakfast Meat, Yogurt, Granola, Drink Mix	Breakfast Burritos, Cereal, Fruits, Drink Mix	Breakfast Casserole, Yogurt, Granola, Drink Mix	Pancakes and Bacon, Granola, Yogurt, Drink Mix	Summit Dining Hall
Lunch	On your own	PB&J, Trail Mix, Drink Mix	Cold cut wraps, Trail Mix, Drink Mix	Bagel Sandwiches, Chip Trail Mix, Drink Mix	PB&J, Trail Mix, Drink Mix	Deli Style Lunch, Drink Mix	On your own
Dinner	Summit Dining Hall	Spaghetti, Garlic Bread, Salad, Drink Mix	Hot dogs and Veggies, Burgers, Chips, Beans, Drink Mix	Red Beans and Rice, Corn Bread, Salad, Drink Mix	Walking Tacos, Drink Mix	Summit Dining Hall	On your own
Dessert	Summit Dining Hall	Dutch Oven Cobbler	S'mores	Dutch Oven Cobbler	S'mores	Summit Dining Hall	

This is a sample menu and is subject to change. For Special Dietary Needs see section below. Early communication with the Summit is key when planning for participants with food allergies or religious restrictions.

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

MESS KITS

You will need to provide your own mess kit. This should include: Cup, Plate, Bowl, Knife, Spoon, and Fork. We will have pots, pans, "large kitchen" items etc... So, no need for you to bring those. This does not need to be complicated or expensive, but it does need to last the duration of the Experience. A simple kit like [this one](#) works well.

FOOD AT THE SUMMIT

While at The Summit main site you will eat at the dining hall for breakfast and dinner. Your first meal will be dinner on arrival day. Your last meal at The Summit is breakfast on the day of departure.

SPECIAL DIETARY NEEDS

The dining hall has the capability to provide meals that meet various special dietary needs throughout your stay at The Summit, including but not limited to vegetarian, vegan, religious diets, food allergies, and many more. In the spring, you will be able to indicate on your roster in the registration system any special

dietary needs for your crew members. In addition, please note any special diet needs on your medical forms, also introduce yourself with dining hall management upon arrival and they will be happy to assist and review ingredients in the different items and review items that are available to you.

Common Special dietary needs that The Summit Dining Hall Accommodates

- Vegetarian
- Vegan
- Kosher
- Halal
- Gluten Free
- Peanut Allergies

The dining hall can accommodate other special dietary needs in addition to the ones above. If you have special dietary need please visit [SBR Dietary Needs Form](#)

If you have participants in your unit with special dietary needs, you must indicate that in the arrival plan portion of the registration system available to you in April. This will allow the dining hall and your Experience Staff to have appropriate food ready for your experience.

As a backup, please inform your Experience Coordinator on arrival day if you have anyone who has dietary restrictions.

PHYSICAL PREPARATION (HIKING AND PADDLING)

The programs at the Paul R. Christen High Adventure are designed as HIGH ADVENTURE which means there will be a challenging physical aspect to the program.

During your Experience, you will paddle between 10-15 miles a day. You can prepare for this by paddling a kayak on flat-water. The average paddling speed is 3 MPH so a 3-5 hour paddling session would be reflective of a day on your Experience. Canoes will work just as well using the same formula.

Swimming is a great way to physically prepare for your Experience. Regular 30 minute to hour-long sessions are recommended.

If you do not have access to water, then prepare by doing core, arms, and general upper body exercises. Again, Hiking is a fantastic way to get in shape.

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

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

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

- Make sure parents and other leaders know your hiking route or paddling route, estimated departure, and return times and let them know when you have returned.
- Check the weather forecast and make sure you are prepared for any possible rain, snow, wind, heat and cold.
- For organized group hikes or paddling trips, two deep leadership must be maintained just like any other Scouting event.

- If you have a cell phone carry it for emergency communications
- See more on [physical preparation](#) here.

