



WELCOME TO GOSHEN SCOUT RESERVATION LENHOK'SIN HIGH ADVENTURE @ CAMP BAIRD SUPPLEMENTAL LEADER'S GUIDE

Lenhoksin@gmail.com

Kristin Haynes-Camp Director
George Johnston-Program Director

This guide contains information specific to those crews attending the Lenhok'sin High Adventure camp for the 2010 summer season. For general information about Goshen Scout Reservation and its policies, please read the Goshen Scout Reservation Leader's Guide available at www.boyscouts-ncac.org.

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. While using teamwork 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 13 years old by September 1, 2010. Please contact us if you have any questions on this policy.

Leadership Experience

National Standards require that at least (2) two members of the crew, youth or adult, have had "Extensive Experience" in outings similar to Lenhok'sin. This is defined as having been on at least three short-term outings. See page 2 for information on weekend shakedown.

Training Requirements

At least one member of each crew (preferably two or more) must hold a current Wilderness First Aid certification from any approved provider, as well as CPR certification. NCAC offers these training courses regularly. Call 301-214-9156 for information.

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 enjoy Goshen's 4,000+ acres, as well as 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 find your way 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. **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. 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 Work 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, while challenging your outdoor skills.
- Fun, fellowship, enthusiasm and adventure should be important ingredients in all your plans.
- Complete crew survey forms and obtain 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 Wilderness First Aid and CPR".

Weekend Shakedown

Be sure to have at least three weekend shakedowns during the spring, and perhaps more if yours 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 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

Maximum crew size **is limited** to ten youth and two adult advisors or an overall maximum of twelve unless approved by the Camp Director. Program quality cannot be maintained if crews are too large. The ideal crew size is seven youth and three adult advisors. 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 2010, Lenhok'sin now offers your choice of ten outposts, including a primitive night. Also new for 2010 are three 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 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.

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

Generally, footwear made from natural material is better than that mostly made from 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

Hammocks have become very popular on the trail and some campers swear by them. 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, which 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. Hammock-users should bring a rain fly and either some insect repellent or a net enclosure.

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.

Divide each tent 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. 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 wear and tear of the tent floor.

Sleeping Bags

Go as light as possible with your sleeping bag. Temperatures often drop to the low forties at night through early July and sometimes all summer. Your sleeping bag should be stored in a waterproof bag.

Dry Clothing

To keep clothing from becoming soiled and wet, 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.

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

Any 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. An AA-size light is adequate. A set of fresh alkaline batteries should last the week, particularly if you have a newer LED light.

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. Maps will be the most up-to-date maps available. 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.

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 the day. 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. We can also take a portion of this food to be given back to you during your re-supply.

Fire Safety

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. Therefore, 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.

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 through the ashes. The crew chief and the crew leader should follow the crew in running a hand through the ashes to be certain there are no lingering embers

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

Camp Stoves

We recommend that the crew use one-burner backpacking stoves. Two of them are usually adequate for a crew of eight, but a third one would be a wise precaution. 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 conservation (cover your pots) and experience 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.

The Trading Post will be selling Coleman fuel and propane. Bring approved, aluminum flasks which do not leak to carry the liquid fuel you will need 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 bring the remainder on Wednesday to re-supply. Your shakedown camping trip will indicate fuel consumption for your size crew. A half 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 can be borrowed from the camp quartermaster.

Pre-Camp Crew Survey Form

Your crew must complete the Pre-Camp Crew Survey Form and **mail it to the Marriott Scout Service Center and/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 outposts will aid us in trying to make 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 outdoor challenges. 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. Please stay away from the outpost areas during this period. Our staff will be preparing for your arrival during this time.

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 may come fast and unexpectedly in these mountains. **Before leaving an outpost, crews must sign out with the outpost staff.**

The Outposts

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!

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 the 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 that the loggers of the 1890's have participated in. 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 with our Lumberjacks.

Rock Climbing

The Rock Climbing Outpost is tough. If you climb to the top, you have truly met High Adventure. 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 trained at BSA National Camp School 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! We can provide a fuller experience at this outpost 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 wild ride at Mountain Biking! Spend the afternoon riding our trails and the evening learning how to repair 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 will acquire new "top of the line" mountain bikes to further enhance your experience this summer.

Civil War

Experience the life of a Civil War soldier in a typical camp setting. Experience, in depth, 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. For the weeklong program, 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.

Kayaking

Back by popular demand next summer, Kayaking is an adventure for all on Lake Merriweather. Head out on the lake and go exploring the coves, inlets, and best fishing spots. The kayaking base is located at the Camp Baird waterfront of old-a favorite spot on the lake since camp opened in 1967. After a cruise on the lake, enjoy a relaxing dinner at base camp, and try your luck at fishing. Better yet, catch your dinner in the late afternoon and be the hero of your crew that night.

High Powered Rifle

Ready for a shooting program unlike anything in any other camp in America? We've got it at Lenhok'sin-our High Powered Rifle range. Knock down our targets at 100, 200, 300, and 500 meters using our 30.06 rifles. Need more challenge? Try hitting an Ace of Spades at 300 feet! You've definitely not done this before!

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 the close-in 4000 acres. If your crew wants more primitive days in place of programmed outposts, let us know on your pre-camp crew survey form.

Week-long Treks

Civil War Trek

The Civil War Trek provides an opportunity for a more in-depth program at this popular outpost. Enjoy one of the most popular programs for the week. Become an "auxiliary" member of our army!

James River Canoe Trek

Canoe the James River for a week. All medical checks and swim tests will be conducted on Sunday at Goshen Scout Reservation. On Monday, you will be transported to the James River to spend the remaining time in the river. Return to Goshen on Friday.

New this year: One leader from each Crew will need to be trained in Aquatics Supervision: Paddle Craft Safety. Training opportunities will be provided by the council prior to training. Please see the Council website for more information on trainings.

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.

Ending Your Week

On Friday, you'll come back to base camp to clean up, get into your 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.

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 ensure you get your top choices, please complete the form and mail, fax or email it so that it will be received no less than four weeks before your scheduled arrival in camp.

The advance time has been lengthened due to the requirements of managing the program and the increasing numbers of youth and adult advisors participating. Your cooperation in getting this important form submitted on time is greatly appreciated.

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. Outside of the base camps, water from all sources must be treated for microorganisms. Boiling, adding iodine or halazone tablets, or using a filter system will work. Be sure to practice whatever method you will be using on a shakedown hike prior to arrival.

Roads

Please do not hike along roads in camp except to cross the dam and the bridge at the upper end of the lake, where there is no alternative. The camp beltway is not only dusty and boring to hike, but also contains blind corners where backpackers are in danger from moving vehicles. Staying off of camp roads 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. **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 their facilities 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 using these areas does not interfere with the normal base camp program. Should you enter a base camp area for these reasons, 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 for trail crews.
- Showers and waterfronts are to be used only when the youth from the base camp are not using them.
- 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.
- Crew members always leave an area cleaner than they found it.

Sound Pollution

Leave all radios, ipods, etc. at the Lenhok'sin High Adventure base camp; better still, don't even bring them with you when you leave home. Also, laptop computers are of no use on trail.

Splitting a Crew

Crew members must **never** split up or travel alone. Always travel in groups of 4 or more if possible. 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. Again, the only reason you should ever split a crew is an emergency. It is dangerous to split a crew for hiking.

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 adult advisors certified 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, included in the base camp Leader Guide. Medical attention will be rendered by the trained medical staff at the medical center at Camp Post. They are 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.

AWARDS

Lenhok'sin High Adventure Patch: The Lenhok'sin High Adventure Patch is presented at the closing campfire to each crewmember that has completed a week on the trail. At the end of the week, the crew adult leader will certify that each crewmember 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 crewmember 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 hanging in your unit's meeting place. Crews can make their own frames during the week. Any crew can earn it by completing these nine 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 5 Peaks are: Viewing Rock, Jump Rock, The Knob, Forge Rock and Big Butt.

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 a new 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. (Note any trails that are in need of attention; be specific.)
- Practice the principles of "Leave No Trace"

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 relocate 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.

DEPARTURE FOR HOME

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. Buses begin arriving at approximately 6:30 a.m. Staff members will help load your gear on the bus if you are using our bus service. You and your Scouts will leave shortly thereafter. Triple check your unit rosters—**leave NO ONE and 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.

HELPFUL INFORMATION AND MAPS

This section contains information that is available on our website at:

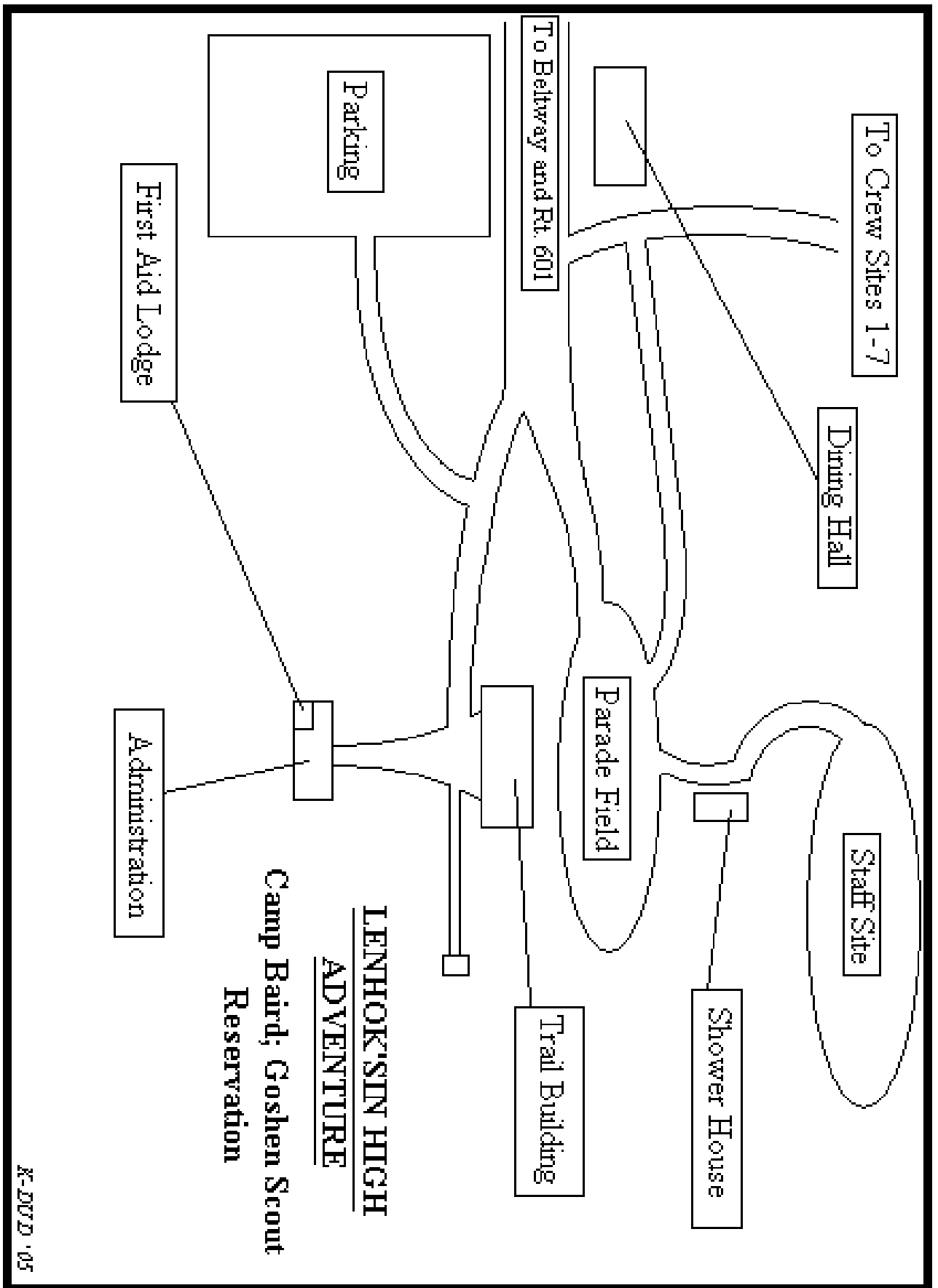
<http://www.boyscouts-ncac.org/openrosters/ViewOrgPageLink.asp?LinkKey=31446&orgkey=1933>

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

- Parts A, B, and C of the Boy Scout Medical Form
- Goshen Scout Camps Area Map
- 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

TIME SCHEDULE**2010****Lenhok'sin High Adventure**

<u>Sunday</u>	2:00-5:00	Round Robin Stations for Crew. Includes Adult Leader meeting and Itinerary meeting
	5:45	Each crew sends a waiter to the dining pavilion
	5:50	Crew assembly in parade field for Flag Lowering. Dinner directly following. Formal uniforms worn
	7:00	Roundtable for Crew Chiefs and Adult Leaders, followed by help with itinerary planning
	8:15	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. Eat 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
	5:00	Church services. Catholic Mass at Chapel by Parade Field. Non-Denominational Christian Service by Fire Ring below parking lot
	6:00	Assembly at the parade field for Flag Lowering. Dinner follows Formal uniforms
	7:00	Roundtable for Crew Chiefs and Adults
	8:15	Assembly at parade field for Closing Campfire
	11:00	Quiet time at crew site
<u>Saturday</u>	5:30	Wakeup
	6:00	Continental breakfast
	6:30	Pack Up for Departure
	7:00	All Crews Depart



K-2002-05

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 Ziplock 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 <i>p.m. on Tuesday prior to departure</i>		

*Extra blank lines added for your use when necessary.

LENHOK'S IN 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 softside 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 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 ziplock 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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