



Summit 
BECHTEL RESERVE™

Paul R. Christen

NATIONAL HIGH ADVENTURE BASE

2015 Planning Guide



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WELCOME TO THE PAUL R. CHRISTEN HIGH ADVENTURE BASE

Thank you for selecting The Summit's Paul R. Christen High Adventure Base as your High Adventure destination for 2015! We are excited to host you this upcoming summer and hope you are excited to experience the adventure that The Summit has to offer.

The Summit encourages participants to grow in competence, confidence and awareness by providing experiences that require participants to move out of their comfort zones and "stretch" themselves. The Summit uses action and adventure sports to help each individual find their personal "stretch" zone.

This guide is designed to help council and chartered unit contingents plan a successful trip to The Summit. It is important that each Adult Crew Advisor become familiar with every aspect of the trip and to share this information with participants and their parents.

Please read this guide carefully as you will find many answers to your questions. If you have further questions that you don't see the answers to, please e-mail us at: summit.program@scouting.org. We can't wait to serve your group this summer at The Summit's Paul R. Christen High Adventure Base!

Sincerely,



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SUMMIT CORE VALUES

The Summit has different program tracks and activities, but throughout these various experiences participants will be exposed to a set of core values important to The Summit, Scouting and Life.

ADVENTURE

Adventure lies in the new, the unknown and the challenging. The wide variety of activities available at The Summit in our adventure areas, Action Point and the neighboring New River Gorge should provide the chance for all participants to do something they have never done before. The facilities at The Summit were designed to meet many different ability and experience levels.

SERVICE

“A Scout is Helpful.” As with all of the BSA National High Adventure Bases each crew will spend three hours of time in cheerful service on a conservation service project on The Summit site, the New River Gorge or a nearby community. In many cases, crews will be involved with projects in areas impacted by the activities in their selected program track. For example, a River program crew may be involved with a river clean-up project. A Wheels program crew may be involved with bike trail maintenance or a building project. Remember, with recreation comes responsibility.

SUSTAINABILITY

Sustainability describes a way of planning and operating that balances environmental stewardship, economics and educates people to ensure that what you do today can be sustained into the future. The Summit Sustainability Award program includes the Sustainability Tree house, a self-contained structure demonstrating sustainable practices located near action point and Reach the Summit. The Award program also involves discussion and other requirements for the crew to complete. Those that complete the program will be able to purchase an award patch at The Summit’s Trading Post. Details on the award will be included in the Summit Adventure Guide which will be sent out in March of 2015.

LEADERSHIP

Each crew will operate under the direction of a Youth Crew Leader assisted by the Quartermaster, Chaplain’s Aid and Outdoor Ethics Guide. Keep in mind that leadership is more than just having a specific position or title. All participants will get the chance to improve their leadership skills. Summit programs and activities are designed to foster the development of important leadership characteristics for all participants: self-confidence, sound decision-making skills and a commitment to living the ideals of Scouting.

THE PROGRAMS OF THE PAUL R. CHRISTEN HIGH ADVENTURE BASE

2015 PROGRAM DESCRIPTIONS

All prices include food, program equipment use and camping in tents and cots provided by The Summit.

SUMMIT EXPERIENCE

This is a broad interest high adventure program for participants that want to try everything. Spend a half day at each of the Summit's adventure sports venues – The Canopy, The Rocks, Low Gear, The Park, The Trax, The Bows, The Barrels, Bravo Lake and The Ropes. Summit Experience groups will also get a thrilling ride down the 3100 foot BIG ZIP! Participants must be 13 years of age by September 1st of 2015.

FOCUSED PROGRAMS

Each focused program gives you three days of core programming to delve into a particular activity focus. The two days not spent in your core programming are divided into four half day activity periods. Two periods will be elective activities in one of our adventure areas and the remaining periods will be a service/conservation project and your ride on the 3100 foot BIG ZIP! Participants must be 13 years of age by September 1st of 2015.

- **THE RIVER** (Kayaking onsite and on the Upper New River. Rafting on the Lower New River.)
- **HELMETS & HARNESES** (Climbing at The Rocks, canopy tours at The Canopy and high ropes courses and The Ropes.)
- **THE MARKSMAN** (Archery at The Bows and shooting at The Barrels.)
- **TIRES & TRAILS** (Mountain Biking at Low and High Gear.)
- **BERMS & BARS** (BMX racing, freestyle at The Trax.)
- **RAMPS & RAILS** (Skateboarding at The Park.)

A few notes on electives in the focused programs:

- The content of the half day elective in an adventure area is the same as the content that participants in the Summit Experience get during their half day in that same activity area.
- The elective request process is made available those in a focused program after we have received the \$100.00 per person deposit. The elective selection is in the online registration system. For those participating in a focus program, each participant will be asked to provide five electives in which s/he would be interested in doing. We will do our best to schedule each participant two of their top three requests, however this may not always be possible based on participant numbers and the amount of requests for that elective on a given week.
- Both adult and youth participants will enter elective choices. Our top priority will be getting youth participants their most desired activities. We will be able to give many of the adults their higher choices, but our focus will be on the youth.
- Please view the electives as a way to experience the variety of activities that the Summit has to offer. As such, we ask that you not request elective activities in adventure areas that you will experience as part of your core programming. For example, avoid requesting The Park

Skateboarding elective if you are in the Ramps & Rails program. When scheduling, we will give priority for electives to participants who did not experience a particular area in their core program.

- If a group or individual participant has an activity that is the reason they are coming to The Summit they should choose a program that has that experience as part of its core programming. We can't guarantee that participants will be scheduled for any specific elective. For example, if The Canopy Tour is the primary reason your group is attending The Summit, you should choose Helmets and Harnesses, as the Canopy Tour is part of that core programming. If the group chooses the River, the Canopy is not part of the Core River programming and even if requested as a top elective, participants may not receive it as either of their two electives
- For groups or parent/participant pairs wishing to receive the same elective, we will do our best to schedule them together, but may have to place groups or pairs in electives of lower interest based on capacity.

ADVANCED PROGRAMS

The Summit's Advanced Programs have been developed for those who have some experience in a given discipline but want to dive deeper into the skills and take advantage of one of the great outdoor recreation venues in the world – the New River Gorge. Because of the intensity of these programs, you will spend your entire program experience focused on a single activity. These programs require a high level of physical stamina. Please note that these adventure training courses require a minimum number of participants. If the minimum number is not reached, participants will be contacted to re-assign them to their next available program choice.

ADVANCED KAYAKING

Your seven day program includes five days of kayaking and kayaking skill development. If you want to learn to run big water, this is the program for you. This program takes place on the New and Gauley Rivers (areas chosen based on conditions and participant skill level) in up to Class IV whitewater.

For maximum enjoyment and progression, participants should have kayaking experience at least consistent with the skills in the kayaking merit badge. Before moving from the lake to the river, participants must demonstrate a wet exit, bracing and whitewater roll. These skills will be taught on day one of the program.

You must be at least 16 years old, 56 inches tall and successfully complete the BSA Swim Test to participate. Prior kayaking experience is recommended.

ADVANCED CLIMBING

Your seven day program includes five days of climbing and climbing skill development on real rock in the New River Gorge – a world-renown climbing destination. For those interested in making climbing a life-long hobby, this experience will give you the skills and practice that you need to become a more confident and proficient climber.

For maximum enjoyment and progress, participants should have climbing experience at least consistent with the skills in the climbing merit badge.

This program is designed to present proficient instruction followed by ample climbing opportunities that will allow for the practical application of the skill. Skill presentations include:

- Top site anchors and systems.
- Top site assistance and rescue skills.
- Seconding sport and traditional routes.
- Cleaning anchors.
- Environmental considerations.
- Bottom site management.
- Bottom site assistance and rescue skills.

You must be at least 16 years old.

ADVANCED MOUNTAIN BIKING

If you are ready to get serious about mountain biking, the advanced mountain biking program will help you develop the skills that separate the serious riders from the weekend warriors. The Summit's 36 miles of mountain biking trails provide a vast array of challenges and experiences to practice your new skills. Skill development opportunities include:

- Body position.
- High speed corners.
- Wheel lifts.
- Drops.
- Bunny Hops.
- Descents.
- Climbs.
- Shifting.
- Braking.

This will be a physically rigorous experience. All participants must be at least 16 years old.

ADVENTURE PHOTOGRAPHY

Take your photography hobby to the next level. This week-long workshop teaches you how to take great pictures while you are involved in the action.

Learn from the experts the art of adventure photography, including the skills you need to keep yourself, your equipment and your subject safe in intense, fast paced adventure sports. .

The Summit and the New River Gorge region provide amazing landscapes, bountiful wildlife, interesting historical and cultural sites and world class action and adventure sports that will appeal to photographers of all interests and abilities.

Just as important, you will get to apply these skills while climbing, rappelling, zipping, mountain biking, hiking

and more. This is not a classroom workshop. Be prepared to be outdoors in the middle of the action.

Previous photography experience with a DSLR camera will be very helpful. Participants must be 14 years of age by the start of the program.

ADVENTURE TRAINING PROGRAMS at THE SUMMIT NATIONAL TRAINING CENTER

These training experiences provide the fundamental knowledge and skills that serve as the basis for teaching and assisting others in adventure sports participation. These are hosted by the Summit National Training Center but are regarding high adventure activities. In addition to these adventure training programs the Summit National Training Center also offers Scouting Development Training Courses. Details on the Scouting Development Courses can be found at www.Summitbsa.org.

These high adventure courses are available as a program experience to leaders and members of high adventure crews attending the Paul R. Christen National High Adventure Base programs, as well as to others who register individually for these courses. The training opportunities listed do not reflect all of the training courses that will be available in 2015. Please go to www.summitbsa.org for a complete listing of all up-to-date Adventure and Development Training Programs offered in 2015.

Please note that these adventure training courses require a minimum number of participants. If the minimum number is not reached, participants will be re-assigned to their next available program choice.

In addition to these adventure training programs the Summit National Training Center also offers Scouting Development Training Courses. Details on the Scouting Development Courses can be found at www.Summitbsa.org.

RIVER GUIDE SCHOOL

The seven day program includes five days of training for prospective river guides. Topics and skills covered include:

- Hydrology.
- River Terminology.
- Reading the water.
- Steering strokes.
- Guide strategies for Class III & IV rapids.
- How to rescue swimmers.
- How to right a flipped raft.
- How to “unwrap” a boat.
- Strategies for self-rescue.
- How to swim rapids.

The program includes classroom time, swift water rescue training and several days of on-the-water rafting culminating in guiding a raft through a Class IV rapid on the New River.

Participants must be at least 16 years old, 56 inches tall and successfully complete the BSA Swim test.

Please note that this is NOT a certification course, but does provide foundational skills for those who wish to pursue whitewater raft guiding as a hobby or vocation.

MOUNTAIN BIKING INSTRUCTOR SCHOOL

The seven day mountain biking instructor class includes five days of learning how to teach mountain biking skills, including proper body position, shifting, braking, climbing, cornering and more. In addition, participants will learn how to prepare for a guided ride, assess participants and take participants through a guided mountain bike trek.

Participants must be at least 16 years old and have intermediate mountain biking skills. This course can be especially helpful for individuals who want to assist councils in operating or creating a mountain biking program.

SHOOTING SPORTS ACADEMY

Gain the knowledge and skills to teach various shooting disciplines using NRA and NAA instructor qualification programs. Participants will develop skills to teach rifle, shotgun, muzzleloading rifle, pistol and archery.

Participants who successfully complete the course can submit their course completion materials to the NRA and NAA to receive instructor credentials. The certification level depends on the participants age and test scores. All participants, regardless of age, may receive the NAA Level 1 Archery instructor designation.

For NRA instructor disciplines, the following age guidelines apply:

16-17 yrs. old – Apprentice Instructor. 18-20 yrs. old – Assistant Instructor. 21+ yrs. old – Instructor

Course will include:

- NRA Rifle Instructor.
- NRA Shotgun Instructor.
- NRA Muzzleloading Rifle Instructor.
- NRA Pistol Instructor.
- NAA Level 1 Archery Instructor.

AMGA SINGLE PITCH INSTRUCTOR

If you are an experienced climber who wants to share your skills with others, the AMGA Single Pitch Climbing instructor course may be for you.

You will spend two days climbing sport and traditional routes in the New River Gorge. Then, the next three days will focus on the skills of the American Mountain Guide Association (AMGA) Single Pitch Instructor program. In this course, you will learn the skills necessary to plan and execute climbing experiences for others.

Participants must be 18 years old and have previous climbing experience.

NOTE: To certify as an AMGA single pitch instructor, a third party test is required. Those who successfully complete the course will be provided a list of testing opportunities in their area. The arrangements and cost of the test are the responsibility of the participant.

ACCT LEVEL 1 INSTRUCTOR

Challenge courses provide an exciting program that helps participants develop self-confidence and encourages teamwork.

The ACCT Level 1 Instructor course prepares participants to become challenge course facilitators by developing the skills to safely operate a course, as well understand how to facilitate an experience that is beneficial to course participants.

Participants must be 18 years old and in good physical condition.

OTHER PROGRAM OPPORTUNITIES AT THE SUMMIT

In addition to the High Adventure programs offered at the Paul R Christen High Adventure Base, The Summit is also home to the **James C. Justice National Scout Camp** and **The Summit National Training Center**. Information about these two programs can be found at www.summitbsa.org.

CONTINGENT STRUCTURE

THE COUNCIL CONTINGENT

A Council Contingent consists of one or more crews comprised of youth from throughout the local council. Contingents that consist of more than one crew can often save money by sharing travel and other expenses. Each crew will typically be comprised of advisors selected and approved by the local council and youth recruited from different units within the council. At its discretion, a council may organize a crew that is comprised entirely of advisors and youth from one Scouting unit in the council.

CHARTERED UNIT CONTINGENT

A Chartered Unit Contingent is a group of one or more crews organized and administered at the Unit level by a Chartered Sponsored Boy Scout Troop, Varsity Team or Venturing crew. The chartered unit is responsible for selecting appropriate adult leadership and youth participants. The Chartered Unit may select participants from inside their Scouting Unit or from other currently registered Chartered Units.

THE CREW

To provide the greatest flexibility to crews and contingents, **The Summit allows members to individually select their program experiences.**

This means that a crew can choose (1) for all members to participate together in the same program experience; or (2) allow each crew member to select his or her individual program. This permits your crew the flexibility to accommodate a wide range of interests and experiences.

EXAMPLE 1

Crew 256 registers two adults and ten youth for *The River* program track. The crew will camp and complete all program activities as a single crew.

EXAMPLE 2

Crew 859 registers two adults and ten youth for several high adventure programs. Of these, five select the *Summit Experience*; four select *The River*; two select *Helmets & Harnesses*; and one selects *Advanced Climbing*. They camp together, but each individual (including adults) participates as part of a program patrol for his or her individual program experience.

CREW SIZE

Because our high adventure programs accommodate both group and individual program experiences, there are no maximum group sizes. The Summit recommends that larger groups add one adult, in addition to the minimum of two for every ten participants, past the first ten. As an example, for a group of twenty we would recommend at least three adults and for thirty youth, we would recommend four adult leaders.

Each program experience or activity has an optimal group size. When participating in a single program experience as a crew, large crews may be divided into smaller groups for activity periods to ensure the ideal program experience.

EXAMPLE

You register a crew of twenty-four participants for the *Helmets & Harnesses* program. For the canopy tour portion, the optimal group size is eight participants. Your group will be separated into three crews for this activity.

Crews may be all male, all female or co-ed. All male crews consisting of Boy Scouts and Varsity Scouts follow the Boy Scout Troop Leadership Guidelines as outlined in the *Guide to Safe Scouting*. All female and co-ed crews function as Venturing crews and must meet the Venturing Leadership standards as detailed in the *Guide to Safe Scouting*.

THE CONTINGENT ADVISOR

For a Council Contingent, the Contingent Advisor is a member of the Council Professional Staff or a Council Volunteer assigned by the Scout Executive. For Chartered Unit Contingents, the Contingent Advisor is a registered Scouting adult member of the Chartered Unit assigned by the Unit Committee. This person coordinates the contingent's participation in Summit programs. Working with the proper council volunteer committee (usually program, high adventure or camping) and/or the appropriate Chartered Unit volunteers the Contingent Advisor:

1. Ensures the recruiting of qualified leaders to serve as advisors for each crew in the contingent.
2. Develops a plan to recruit youth to join the Council or Chartered Unit Contingent.
3. Sets the participation fee (which includes The Summit fee plus additional travel and ancillary expenses. See creating the budget section on page 27 of this guide).

4. Ensures that participant fees are collected and disbursed to The Summit according to the payment schedule.
5. Serves as the primary point of contact between the Council or Chartered Unit and The Summit.
6. Assists the contingent in making travel and other necessary arrangements.
7. Ensures that monies are collected, recorded and disbursed according to council policies.
8. It is not required that the Contingent Advisor travel to the Summit and participate in the experience. If the Contingent Advisor is not going on the trip, it is crucial that the Contingent Advisor and the Crew Advisor are in constant communication and that the Crew Advisor has all the information they need for a successful trip. To facilitate this, The Summit will copy the Crew Advisor on all communications to the Contingent Advisor once the Crew Advisor has been identified.

CREW ADVISORS

The Crew Advisors (minimum of two per crew) are the adult leadership of the crew during The Summit program, including travel to and from The Summit site. The Summit recommends that larger groups add one adult in addition to the minimum two for every ten participants past the first ten.

SELECTING CREW ADVISORS

The Contingent Advisor and designated volunteer committee meet together to develop the plan for Crew Advisor selection. Factors to consider include:

1. **The number of leaders required.** Each crew requires a minimum of two Crew Advisors. However, in many cases, it is prudent to have three to four Crew Advisors in each crew in the event one Advisor must drop out at the last moment. The majority of the crew must be comprised of youth members and there can be no more than four adults per twelve total participants.
2. **The minimum age, gender and training requirements.** Depending on desired crew composition, each crew must follow either the Boy Scout or Venturing Leadership Guidelines as detailed in the latest version of the [Guide to Safe Scouting](#). For all female and co-ed crews, the Venturing Leadership Guidelines must be followed. All adult Crew Advisors must be registered members of the Boy Scouts of America and have evidence of completing Youth Protection Training within two years of the last day of their Summit visit.
3. **The desired qualifications.** High adventure activities can be rigorous for both youth and adults. Crew Advisors should be in good physical condition and MUST meet the BSA height/weight guidelines as outlined in the BSA's Annual Health and Medical Record. The Crew Advisor should be an experienced unit leader capable of leading by example and maintaining appropriate discipline within the group. Assistant Crew Advisors may be less experienced than the lead Crew Advisor, but should have a solid

background in the fundamentals of leadership in Scouting or Venturing. See page 25 for more suggestions on physical preparation.

4. **The ability to recruit.** The Crew Advisors must have the time and ability to recruit youth to participate.
5. **Sufficient time.** There is a time commitment to being a Crew Advisor beyond the length of time for the trip to The Summit. Council or Unit Contingents with participants from different units may need more preparation time for “getting acquainted” activities or campouts to foster camaraderie.

The Summit recommends groups identify alternate Crew Advisors able to “step in” at the last minute in the event one of the Crew Advisors is not able to attend. The Summit CANNOT provide staff to meet the BSA, two-deep leadership requirement.

THE ROLE OF THE CREW ADVISOR

Each crew is under the supervision of a Crew Advisor and at least one Assistant Crew Advisor, both who have been selected and approved by the local council or the chartered unit and who meet the leadership guidelines detailed under the BSA Adult Leadership Policy outlined in this guide and in the current edition of the *Guide to Safe Scouting*.

The Crew Advisor:

1. Works with the Contingent Advisor and advisors of other crews in the contingent to develop the budget, travel plan, and to make arrangements for accommodations, etc.
2. Recruits youth participants as members of the crew.
3. Provides adult supervision of the crew en route to and from The Summit and during all Summit program experiences.
4. Conducts necessary training, shakedowns and crew development exercises prior to Summit attendance.
5. Coordinates information disseminated to crew members.
6. Ensures that the crew members have proper youth protection, first aid and CPR training.
7. Ensures that crew members meet the minimum physical standards for participation in the selected Summit program track. See page 25 for more details on physical preparation.
8. Works with the Contingent Advisor to collect fees and pay expenses.

If the Council Contingent will be travelling as one group, one Crew Advisor may be designated as the tour leader for the purpose of coordinating multiple crews en route to and from The Summit.

NOTE- Contingent Advisors are not required to attend the actual experience. Crew Advisors ARE required to attend the experience. For small contingents, twelve or less, it is likely that the Crew Advisor and the Contingent Advisor will be the same person.

PROGRAM PATROL

The Program Patrol is the group of participants signed up for the same program track and have the same schedule for their week at The Summit. The participants will travel to and from The Summit and live with their crew and participate in their program with their program patrol. For groups whose members are all participating in the same program track, their crew and program patrol will be the same.

It is our goal that a program patrol's members will all be Boy Scouts or all Venturers. If there are not enough Boy Scouts or Venturers in a particular program track, there may be a program patrol of mixed participants. This would be only for the activity periods and the participants will still be living with the troop or crew they attend with. The Summit will ensure that there is appropriate two deep leadership for program patrols and appropriate co-ed leadership when needed.

BSA ADULT LEADERSHIP POLICY*

The best available adult leadership should be recruited to accompany each crew. In keeping with the policy of the Boy Scouts of America, there are no gender restrictions for adult leadership at The Summit except that each Coed Venturing crew must have coed adult leaders at least 21 years of age. **Each adult must be a registered member of the Boy Scouts of America.**

Each Summit crew must have at least two BSA registered adult Advisors for **Boy Scout Troops**, one Advisor must be at least 21 years of age; the second Advisor must be at least 18 years of age. **Each crew is required to have a majority of youth participants, and the maximum number of adults (21 and over) is four (4) per crew.** A participant 18 through 20 years of age may be counted as a youth or be an assistant adult leader, but must tent with someone 18 years of age or older and **must use the appropriate adult restroom and shower facilities. All participants over 18 must have completed Youth Protection Training.**

Coed Venturing Crews are required to provide coed leadership while en route to and from The Summit and while they are at The Summit. A Coed Venturing Crew must have at least one male Advisor and at least one female Advisor, each of whom must be 21 years of age or older. Male and female youth participants will not share the same sleeping facility. Male and female advisors are required to have separate sleeping facilities. Married couples serving as adult advisors may share the same quarters if appropriate facilities are available. Female advisors must be responsible for the female participants; male advisors must be responsible for the male participants.

Crews with coed youth members must function under Venturing policies.

- A Council Contingent may have both Boy Scout Troops and Venturing Crews as a part of their contingent but each crew within the contingent must be either comprised of Boy Scouts or Venturers not a mix of both.

If a father and daughter (under 18 years of age) are participants, the crew must have male and female advisors 21 years of age or over.

When staying in tents, no youth will stay in the tent of an adult other than his or her parent or guardian.

* Refer to *Guide to Safe Scouting*, No. 34416, for additional adult leadership policies.

YOUTH PARTICIPANTS AND AGE REQUIREMENTS

Summit participants attending with a Chartered Unit or Council Contingent must be a registered Boy Scout, Varsity Scout or Venturer who is or will be at least 13 years of age by September 1st, 2015. Some advanced programs and training programs have higher requirements.

Summit participants attending as individuals in one of The Summit’s provisional programs must be a registered Boy Scout, Varsity Scout or Venturer who is or will be at least 14 years of age at the start of the program.

Do not request or expect exceptions. Requirements for Summit participation cannot be relaxed. The table, below, provides a list of programs for 2015 and the minimum age requirement for each:

Program	Minimum age
The Summit Experience The River Helmets & Harnesses The Marksman Tires & Trails Berms & Bars Ramps and Rails Adventure Photography	At least 13 years of age by September 1st, 2015
Advanced Climbing Advanced Kayaking Advanced Mountain Biking River Guide School Mtn. Biking Instructor School Shooting Sports Academy	16 years of age by start of program
AMGA Single Pitch Climbing instructor	18 years of age by start of program

In keeping with the policies of the Boy Scouts of America, rules for participation are the same for everyone without regard to race, color, national origin, age, sex, religion or disability.

Youth must be registered members of the Boy Scouts of America, and may participate in a Summit program in one of the following ways:

- As members of a Chartered Unit – Boy Scout Troop, Varsity Team, Venturing Crew or Explorer Post.
- As members of a Council Contingent or District Contingent with required leadership. (A coed crew must consist of all registered Venturers or Explorers, and not be a mix of Boy Scouting, Venturing and Exploring Programs. It must operate under the guidelines of the Venturing and Learning for Life Programs.)
- As individuals in one of The Summit's provisional programs.

Unregistered guests or family members are not permitted to participate in the High Adventure Program.

OTHER REQUIREMENTS

FIRST AID AND CPR CERTIFICATION REQUIRED

The Summit requires that at least one participant, (an adult or a youth) in each crew be currently certified in Wilderness First Aid or the equivalent* and CPR from the American Heart Association, the American Red Cross or the equivalent*. It is recommended that each crew have at least two participants certified in Wilderness First Aid and CPR. If unforeseen circumstances prevent one of the WFA trained participants from attending you will have a second member with the qualifications. **You must present current certification cards or copies of current cards upon check-in.**

*Equivalent training can be obtained from the following nationally-recognized organizations:

American Red Cross - www.redcross.org

American Safety and Health Institute - www.ashinstitute.org

Emergency Care and Safety Institute - www.ESCInstitute.org

National Outdoor Leadership School (Wilderness Medicine Institute) - www.nols.edu/wmi/

National Safety Council – www.nsc.org

National Ski Patrol – Outdoor Emergency Care - www.nsp.org

Stone health Open Learning Opportunities (SOLO) – www.soloschools.com
The Mountaineers – www.mountaineers.org
Wilderness Medical Associates (WMA) - www.wildmed.com
Wilderness Medical Society (WMS) - www.wms.org
Wilderness Medicine Outfitters – www.wildernessmedicine.com
Wilderness Medicine Training Center www.wildmedcenter.com
Wilderness Safety Council www.wfa.net
Wilderness Safety & Emergency Response (W.I.S.E.R.) www.wiser-wfr.com

The Boy Scouts of America and the American Red Cross have a national agreement, the primary goal of which is to help councils (with their districts and units) become self-sufficient in teaching American Red Cross courses, including First Aid. *Wilderness First Aid* is specified in the agreement. Through this agreement a local council can coordinate training of American Red Cross courses by providing BSA volunteers who are certified to instruct the course by the American Red Cross. The fees for the course taught by the BSA volunteers are dramatically reduced and include a \$5.00 administrative fee and the cost of materials. Visit with your council service center for more information about the American Red Cross National Agreement.

The Summit requires each crew to have at least one person trained in Wilderness First Aid or the equivalent. However, The Summit will accept the following advance levels of training and a copy of the current license or certification must be shared with The Summit during the registration process:

- Wilderness First Responder
- Outdoor Emergency Care
- EMT Basic, Intermediate, or Paramedic
- Military Corpsman or Medic
- Registered Nurse
- Licensed Nurse Practitioner
- Licensed Physician's Assistant
- Licensed Physician, MD or DO

PROGRAM SPECIFIC TRAINING

The Summit has aquatic activities in The River program, The Summit Experience, the electives for the focused interest programs, and in The Summit Center programs.

For crews in the River program:

- Adult Advisors for the River program must complete the BSA's Safety Afloat and Safe Swim Defense trainings.
- Crews must perform a BSA swim test for all participants (youth and adult) before arrival. **All participants must be able to complete the test as a BSA Swimmer.**

Participants in any aquatic activity:

- Participants not in the River program but who plan on experiencing any of our aquatics activities, like lake kayaking or whitewater rafting, must also be classified as BSA Swimmers.

HEALTH AND SAFETY

HEALTH AND MEDICAL RECORD

Every camper and advisor is required to have a medical evaluation within twelve (12) months of their participation date by a physician licensed to practice medicine. An examination conducted by a physician's assistant or a nurse practitioner will be recognized for states where they may perform physical examinations to students enrolled in public school systems. **The BSA Annual Health and Medical Record must be used. These forms are available at www.scouting.org. There you will find forms for each National High Adventure Base, be sure to download the Summit form.**

Advisors are to collect the forms before leaving for The Summit and hold the forms to be turned in at the Health Lodge upon arrival at The Summit. It is important to carry hard copies of the forms, but some units also carry with them a flash drive with copies of the medical forms. Make sure if you do this that the flash drive is password protected. **Advisors should review each participant's medical form to be familiar with any health restrictions; make sure each individual – youth and adult – meets the height and weight participation requirements; check for participant, parental and physician's signatures; and ensure that a copy of the participant's health insurance card is attached.**

An individual should always contact the family physician first and call The Summit at 304-465-2800 if there is a question about the advisability of participation. The Summit's chief medical officer and other medical staff of the Health Lodge reserve the right to make medical decisions regarding the participation of individuals at The Summit.

IMMUNIZATIONS

Verification is required that adequate tetanus immunization has been given within the last ten years prior to arrival at The Summit. If this service must be performed at The Summit, the participant will be charged accordingly.

RELIGIOUS BELIEFS AND MEDICAL CARE

The following is the policy of the Boy Scouts of America regarding medical requirements:

Medical examinations for camp attendance are required of all campers for the protection of the entire camp group. The immunization requirement is waived for persons with religious beliefs against immunization. (Please Email or call The Summit for a copy of the waiver form.)

MEDICATIONS

Each participant at The Summit who has a condition requiring medication must bring an appropriate supply. The pharmacy at the Health Lodge is very limited and the identical medications may not be available, in many instances the medical staff will have to use pharmacies in the near-by communities to address these needs. In certain circumstances duplicate or even triplicate supplies of vital medications are appropriate. Participants will be charged for maintenance medications or medications that should have been brought to The Summit and end up being dispensed by The Summit Health Lodge.

It is recommended that leaders bring a lockable storage device to store all medications while en route to and from The Summit and while at The Summit. Medications that are required to be kept cooler than room temperature should be transported accordingly. While at The Summit, refrigerator space will be provided through the health lodge to store such medications.

Persons who have had an **anaphylactic reaction** from any cause must contact The Summit before arrival. If you are allowed to participate, ***you will be required to have appropriate treatment with you.*** Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler. If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate.

INSURANCE

The Summit participation fee includes insurance coverage for health, accident and sickness en route to and from home and while participating in Summit programs. This policy is an Excess Insurance Plan meaning that the plan will pay eligible expenses incurred from a covered accident or sickness not paid by any other collectable insurance or pre-paid health plan in force. If no other collectable insurance or pre-paid health plans are in effect at the time of the loss, this plan will pay eligible covered expenses up to the plan limits. There is no deductible under this plan. Please call The Summit for the brochure that covers the details of this plan.

YOUTH PROTECTION

All registered adults must have current BSA Youth Protection Training (within the past two years) for participation in any national event/activity. This means all participants 18 years of age or older must have current Youth Protection Training. This includes Venturers who are 18 years of age or older. Adult BSA Registration and verification of Youth Protection Training is required as part of the National Tour Plan process.

Youth Protection Training documentation are available through your local council or online at www.scouting.org or www.myscouting.org. Youth Protection Training is required to be a registered adult leader in the Boy Scouts of America. It is required in order to complete your Tour Plan worksheet and have it approved by your local council before you travel to The Summit. The Tour Plan worksheet can be found online at: <http://www.scouting.org/scoutsource/HealthandSafety/TourPlanFAQ.aspx>.

The Summit will strictly enforce Youth Protection policies.

HAZING - INITIATIONS – DISCIPLINE

Any form of hazing, initiation, ridicule, or inappropriate teasing is prohibited and must not be allowed.

A WORD ABOUT CONDUCT . . .

The Scout Oath and Law serves as the guide in all interactions with other participants and staff.

The Summit serves groups from many different backgrounds and it is important that each group respect the other. This includes coed and female units and female staff. It is not acceptable to act in a manner which belittles, harasses or makes others uncomfortable.

Each group should develop a procedure regarding unacceptable behavior and/or conduct. The best method to accomplish this is to outline expectations before the trip, as well as consequences if a participant chooses to act in a way contrary to established guidelines. Parents/guardians must be informed of the guidelines.

Remember, advisors are responsible for their participants at all times – The Summit cannot provide supervision. Should a participant be removed from the crew for disciplinary reasons, s/he will be sent home at their own expense. **An adult advisor will be required to provide supervision and assist with transportation arrangements in the event a participant is sent home.**

TOBACCO

The Summit strongly recommends tobacco products not be used. Smoking and the use of smokeless tobacco is prohibited in all of The Summit’s buildings, tents, vehicles and trails. If tobacco is used by an adult leader it must be in designated areas. **There is no use of tobacco allowed at all by youth participants.**

ALCOHOL AND DRUGS

Possession or use of alcoholic beverages or non-prescribed drugs (including marijuana) or abuses of prescribed drugs are expressly prohibited while at The Summit or participating in a Summit event or program. Groups or individuals found in violation of this policy will be sent home immediately as arranged with the responsible council or parent/guardian.

COMMUNICATION

YOUR SUMMIT EXPEDITION NUMBER AND PROGRAM PATROL NUMBER

The Crew Expedition Number- This number tells us WHO you are. As part of your registration process The Summit has assigned your group an expedition number that looks something like 607-A. The 607 stands for the start of the June 7th session. The “A” means this was the first reservation taken for that session. The 2nd group would be designated 607-B. When we get to the 27th reservation that unit will be assigned the expedition number of 607-AA. The 607-A and 607-AA are two separate reservations and not connected to each other.

The Program Patrol Number- This number tells us WHAT you are doing. Participants in a program patrol have the same activity schedule for their week at The Summit. The program patrol number will look something like SE-1 or HH-3. This would stand for Summit Experience Patrol 1 or Helmets and Harnesses Patrol 3. If we have 48 people signed up for the Summit Experience in a session and the ideal size of a patrol is twelve, we will have four Summit Experience Program Patrols designated SE-1 through 4.

Groups that have their individual members in different program tracks will have participants with identical expedition numbers, but different program patrol numbers.

EXAMPLE

607-A has ten participants. All participants have the expedition number 607-A. Two participants are in program patrol SE-1, three are in program patrol HH-3 and five are in program patrol R-6. (R=River).

Small crews (7-12) with members in the same program track will have the same expedition number and will have the same program patrol number unless they have more participants than the patrol size for that program.

EXAMPLE

607-B has twelve participants and they all signed up for the River program. All of them have the expedition number 607-B and they are all in program patrol R-2.

Large groups may need to be divided into smaller program patrols for the ideal experience.

EXAMPLE

607-D has 24 participants all signed up for the River Program. The program patrol size for the River is twelve. 607-D will be divided into program patrols R-3 and R-4.

Once a reservation is made, the expedition number will not change, even if a participant or group changes their program track. For instance, if 607-B with patrol number R-2 decides to change to the Marksman program, their expedition number would remain 607-B but their program patrol number would change to MM-6 (MM=Marksman).

PROGRAM PATROL NUMBER KEY

- The Summit Experience – SE
- The River - RI
- Helmets & Harnesses – HH
- The Marksman – MM
- Tires & Trails – TT
- Berms & Bars – BB
- Ramps & Rails – RR
- Advanced Climbing – AC
- Advanced Kayaking – AK
- Advanced Mountain Biking – AM
- Adventure Photography – AP
- River Guide School – RGS
- Mtn. Biking Instructor School – MBI
- AMGA Single Pitch Climbing Instructor – AMGA
- ACCT Level 1 Instructor – ACCT

ROUTINE MESSAGES FROM HOME OR WORK

The Summit has very strong cell phone coverage in most areas of the property. You should be able to receive and respond to most calls on a timely basis. The cell phones of all of the Crew Advisors should be shared with the parents of the participants. In addition all participants who bring cell phones should share their numbers with each other in order to facilitate easy communication between the members of the group on site and throughout the trip.

WI FI service will be available in certain locations within the crew living area as well as certain locations within The Scott Summit Center. Keeping up with your e-mails should be relatively easy if that is your desire.

EMERGENCY MESSAGES

During summer operations (June 6th – August 15th) The Summit will have a land line monitored 24 hours a day by a duty officer: **304-465-2900**. Note that this number is different than the one given earlier under the “Contact Us” section. The 304-465-2900 number is a summer operations use only number. We would direct all

emergency communications from home to this number. Parents or Unit representatives at home should have the name of the participant they are trying to reach and their expedition number when they call. Routing the call through this number allows The Summit to get appropriate resources to help the crew deal with the emergency message from the start. If an emergency message is relayed to a crew through a personal cell phone, please alert a Summit staff member or the 24 hour duty officer as soon as possible so that The Summit staff can begin assisting with the situation immediately.

24 HOUR PHONE NUMBER – 304-465-2900. Share this number with all participant spouses, parents and guardians as well as key adult leaders from the unit or council who have remained at the home council during the event. This number will be monitored 24 hours a day starting June 6th and until August 15th.

TRANSPORTATION TO THE SUMMIT

The Summit does not endorse specific transportation companies. The information provided below is for your information. This does not constitute a complete list of companies who may provide the transportation services that you require.

The Summit Bechtel Reserve is located in Mount Hope, WV near the city of Beckley, WV. The Summit is convenient to major interstate highways (I-77 and I-64) via SR-19. Please note that I-64/I-77 between Charleston and Beckley is a toll road with two fee stations (\$2 toll each per vehicle).

AIR TRANSPORTATION

- 1. Yeager Airport (CRW), Charleston, WV, 75 min**
 - a. Service from US Air (Charlotte, Washington Reagan), American (New York, Chicago), United (Houston, Chicago O'Hare, Washington Dulles), Delta (Atlanta, Detroit) and Spirit (Ft. Lauderdale, Myrtle Beach).

- 2. Beckley Raleigh County (BKW), Beckley, WV, 20 min**
 - a. United Express from Washington Dulles Airport.

- 3. Greenbrier County (LWB), Lewisburg, WV, 65 min**
 - a. United Express to Atlanta.

- 4. Charlotte Douglas (CLT), Charlotte, NC, 3.5 hours**
 - a. Most major airlines

GROUND TRANSPORTATION

- 1. WEST VIRGINIA CHARTER BUS COMPANIES**
 - a. Advantage Coach – (304) 984-2100 – www.advantagecoachtours.com. advcoach@aol.com.
 - b. Spring Valley Charter – (304) 733-4074 – www.springvalleycharter.com. springvalleybus@aol.com
 - c. Chandler Limousine Service (15 passenger vans). Services Yeager Airport and Prince Amtrak station. 1-304-345-5434 or 1-800-779-5434. www.chandlerslimo.com.

- 2. COMMERCIAL BUS CARRIERS**

- a. Greyhound Bus Lines – www.greyhound.com (Beckley, WV)

3. VEHICLE RENTAL

- a. Avis – www.avis.com (CRW, BKW, LWB, CLT)
- b. Enterprise – www.enterprise.com (CRW, BKW, LWB)
- c. Hertz – www.hertz.com (CRW, BKW, LWB, CLT)
- d. National/Alamo – www.nationalcar.com (CRW, LWB, CLT)
- e. Budget -- www.budget.com (CRW, LWB, CLT)
- f. Alamo – www.alamo.com (CRW, CLT)

4. TOUR COMPANIES

- a. Soaring Eagle Tours <http://soaringeagletoours.com/>. Providing tour packages from Charlotte to The Summit.
- b. Blue Sky Adventures- <http://www.blueskyadventures.net/SBR.html>. Providing tour packages from Charlotte to The Summit, as well as Pittsburgh to The Summit.

5. RAIL TRANSPORTATION

Amtrak -- www.amtrak.com

- a. Passenger service to the Prince, WV station located about 30 minutes from The Summit. The station is part of the Cardinal Line that runs between New York City and Chicago.

SUMMIT ARRIVAL PLAN

Your group’s Summit Arrival Plan will be submitted online in the March/April 2015 time frame. A link, along with completion instructions, will be emailed to the Contingent Advisor. Your arrival plan will help The Summit to be prepared for your arrival with the details of your mode of travel, route and number of vehicles coming to the site on your stated arrival day. Please make sure your information is accurate and send us any updates as needed. Those that mark an arrival time before 1 PM will have a sack lunch upon arrival. Those arriving after 1 PM should plan on eating lunch prior to arrival. You will also indicate other information, such as a need to stay at The Summit an extra night (before or after) or if you have Kosher meal needs.

PRIVATE VEHICLES

This method of transportation should be used only with full assurance that the vehicles are safe and the drivers are reliable. Make sure there is adequate insurance coverage for each vehicle. Adhere rigidly to the Tour Plan requirements. **The Summit is not responsible for vehicles parked in parking areas.**

DIRECTIONS TO THE SUMMIT SITE

Crews should exit highway 19 at the North Beckley exit and turn west toward Bradley. This will take you through the town of Bradley. Follow highway 16 for approximately 4 miles. Highway 16 will veer right and travel around the outskirts of Mount Hope. Turn right onto highway 61. Follow highway 61 for approximately 2 miles. The Summit entrance will be on your left.

EARLY ARRIVAL OR LATE DEPARTURE

If transportation logistics require a crew to arrive to The Summit early on Saturday or depart a day later on Sunday at the end of their experience, the cost is **\$35.00 per person** per night. This covers the cost of housing and meals for these additional times. On Saturdays, some activity areas in the Scott Summit Center will be open for weekend programs and these would be available to participants. Please indicate on your arrival plan that you will need an early arrival and/or late departure for your crew.

EMERGENCY TRANSPORTATION

The Summit will assist with transportation arrangements when a family, work or other emergency (death or serious illness) occurs during a Summit program requiring a participant to return home, or if a participant must return home for medical reasons. Participants will be required to reimburse The Summit for any transportation services provided, including transportation to a required airport.

TOUR PLAN

Units are required to complete the Tour Plan form when planning for local, national or international adventures. The plan helps ensure the unit is properly prepared; that qualified and trained leadership is in place; and that the right equipment is available for the adventure. The Tour Plan Worksheet is available for you to fill out and submit to your local council for approval at the following link:

<http://www.scouting.org/filestore/pdf/680-014.pdf>

A tour group must have its Tour Plan in its possession at all times and must display it when requested by Scout officials or other authorized persons. All reservations by a tour group for overnight group camping on council properties and military bases will be subject to the presentation of a Tour Plan on arrival. **The Summit requires a copy of the Tour Plan be presented at check-in.**

Groups are encouraged to secure the signatures of those authorized persons checking their Tour Plan on the front of the Tour Plan as indications of satisfactory experiences at various stopping points.

NOTE: Youth Protection Training, Weather Hazard Training and BSA Registration are verified by submitting a Tour Plan Worksheet.

TOURIST INFORMATION

For crews that want to add additional activities at the beginning or end of their high adventure experience, West Virginia has many recreational activities and historic sites. Information about these locations and activities can be found at www.wvtourism.com.

ACCOMODATIONS WHILE AT THE SUMMIT

Your crew will live in a campsite at the Paul R. Christen National High Adventure Base located at The Summit. Each crew's campsite will consist of 10 x 12 wall tents with two cots per tent, picnic tables and a dining fly for shelter and shade. Tents are a green polyester water proof material with a durable vinyl and nylon mix floor.

Cots are made of cloth material. A backpacking sleeping pad or air mattress may provide additional comfort, but are not required.

The Christen National High Adventure Base has roughly three restroom/shower house clusters for every ten campsites. Shower houses use ambient temperature water in order to save energy and to be more sustainable. The use of solar bag showers is permitted, however bags must contain no more than 2.5 gallons of water and must be used in the shower house.

Shower houses are marked Youth Male, Adult Male, Youth Female and Adult Female. **Those under 18 must use the youth facilities for their gender and those 18 years of age and over must use the adult facilities for their gender. This includes Venturers and Explorers who are 18 and over, but under 21.** Crews will receive training and equipment from Summit Staff on the cleaning of the shower houses. Crews in the same cluster will work together on a cleaning schedule that ensures the shower houses are cleaned regularly and that the duties are rotated between the crews in the cluster.

Food is served at the dining hall, so cooking facilities are not needed in the campsite. **Campfires are NOT allowed in campsites. NO FOOD IS TO BE STORED IN THE TENTS OR CAMPSITE.**

Laundry services for participants will not be available in 2015. There will be access through the tent city staff to a few machines for “emergency” laundry needs. (Vomit/blood on sleeping bags, soaked sleeping bags etc.)

UNIFORMS

The Summit recommends wearing the BSA field uniform at Chapel Service, the opening and closing programs as well as travel to and from the site. The field uniform is not recommended during activity participation. Some activities like the service project may require long pants and or long sleeved shirts. Follow the personal equipment list provided in this guide.

FOOD AT THE SUMMIT

While at The Summit you will eat at The Summit dining hall for breakfast and dinner. For 2015 this will be a comfortable temporary tent facility. Lunch will be sack lunches picked up at breakfast. The dining hall menu will allow for appropriate vegetarian options. Your first meal will either be lunch upon arrival or dinner depending on the arrival time you indicate in your arrival plan. Your last meal at the Summit is breakfast on the day of departure.

SPECIAL DIETARY NEEDS FOR ALLERGIC OR RELIGIOUS REASONS

Food provided at The Summit is by necessity a high-carbohydrate, high-caloric diet. It is high in wheat, milk products, sugar and corn syrup and artificial coloring/flavoring. If an individual in your crew is allergic to some food products or requires a special diet, suitable shelf stable food must be purchased at home and brought to The Summit. The Summit will provide appropriate storage facilities for the supplemental shelf stable food; proper labeling will be key.

The Summit asks that food substitutions be made only for medical (including allergies) or religious reasons. All food stored in Summit facilities is subject to inspection to ensure healthy food storage and delivery. There is no fee reduction for individuals who bring their own food.

The Summit's menu and ingredients list for the 2015 season will be posted in May of 2015 at www.summitbsa.org. If replacement food is needed, review the menu and ingredients list when posted and determine what meals will cause a problem and prepare a shelf stable substitute for the specific items in the meal. Keep in mind that Summit participants need approximately 3,000 calories a day. Package the substitutes for each meal individually and label them with your Expedition Number, the person's name and the meal that the substitute is needed for (Wednesday Lunch). Please do this for all meals that need substitute items.

KOSHER MENU

Kosher meal options are available. This will be available at a crew and individual level. If your crew or members of your crew need a kosher meal plan you will be able to indicate this on your Summit Arrival Plan.

PHYSICAL PREPARATION

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. For the most part, these programs are not trekking programs where you are camping in a different location each day. This does not mean that the physical exertion is less than that of a backpacking or canoeing trek.

Regardless of the specific program you are participating in, one thing you will be doing a lot of at The Summit is hiking. Hiking is the primary mode of transportation for participants to all activities located on The Summit site itself. (Transportation is provided for any program elements held offsite, such as river kayaking, whitewater rafting and offsite rock climbing.) Depending on your program and your schedule for the day, it is not uncommon to hike up to eight miles in a day and possibly more.

In preparation, groups should organize preparation hikes of at least five miles two to three times a week starting in the winter/spring of 2015. Regular exercise that mixes cardio vascular exercise (running) and strength training (weights) will also be of help not only for your trip to The Summit, but for other Scouting adventures and your physical wellness. The organized hikes with the group you are attending will not only help to prepare you physically but help the group to come together and bond even before you leave for The Summit.

The Summit is located in West Virginia, the MOUNTAIN STATE. This means that you will be hiking trails of varying elevations and grades while at The Summit. Take this into consideration when selecting routes for your preparation hikes. Try to find hilly areas and if you can, increase the level of difficulty as you get closer to your trip, as that will help increase stamina, as well. Hiking trails in local parks or wilderness areas may better replicate the terrain at the Summit. However your specific location as well as school and work schedules may mean hikes in a state park or wilderness area are difficult to organize during the work week. Consider organizing hikes around the local neighborhood. Chances are the terrain on these hikes won't be as strenuous, so consider increasing the distance to help you prepare. Many groups will utilize the regular weekly unit meetings to schedule a preparation hike before or after that regular meeting.

For groups living in flat areas without much elevation change, consider utilizing a local stadium and walking up and down the aisles to help build leg strength. Indoor arenas are also a great place for groups in colder climates to use. Speak with local colleges or other venues to check on their availabilities for such activities. Many venues, especially colleges, will already be open for these types of activities when other events are not scheduled.

Council Contingents made up of participants from all over the council may find it more difficult to organize these training hikes especially during the week. Because of this, the physical preparation may have to be done more on an individual basis. Participants should still utilize the buddy system when going on preparation hikes other than the ones the group organizes. Your buddy may be another member of the group, but it could also be a family member or friend who just wants to go on a hike. The important thing is to have at least one buddy. Also, be sure that the parents of the hikers know where they are going and their anticipated return.

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 losing weight.

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.

- Carry the 10 essentials. This helps not only with safety but will also simulate the weight you will be carrying in your day pack while hiking on The Summit, roughly 10 to 15 pounds. See below for the list of the 10 essentials.
- Make sure parents and other leaders not on the hike know your hiking 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, two deep leadership must be maintained just like any other Scouting event.
- Make sure to utilize the buddy system. As discussed above, sometimes participants may have to do some hikes other than organized group hikes.
- If you have a cell phone carry it for emergency communication.

The 10 Essentials of Hiking

While at The Summit participants will be carrying a day pack for the items they will need throughout the day. A good guide for what you will be carrying is the "10 Essentials for Hiking."

- 1) Navigation Materials-** Map and Compass are essential to knowing and finding your way. GPS can be a great and useful tool, but you should also have the basic map and compass in case technology fails.
- 2) Water-** Staying hydrated is key. If hiking in a wilderness area water treatment or filtration should be brought as well. (At the Summit there is potable water at all activity areas.)
- 3) Food-** Make sure to bring enough food appropriate for the planned length of your hike.
- 4) Sun Protection-** Sunscreen, hats and sunglasses are all great tools to protect you from the sun's rays.
- 5) Appropriate Clothing-** Depending on the time of year, make sure to have clothing and weather protection for the conditions you may encounter. This could include rain gear, fleece sweater, a winter jacket etc.
- 6) Fire Starter-** Matches and or lighter.

- 7) **First Aid Kit**
- 8) **Illumination-** Flash light or head lamp.
- 9) **Repair and Tool Kits-** Make sure to bring supplies to fix common problems with any items you may have. A multi-tool style pocket knife is an efficient way to bring a lot of tools.
- 10) **Emergency Shelter-** A tent, tarp or space blanket for emergency shelter.

CREATING THE BUDGET

THE SUMMIT program fee represents only a portion of your overall expense. Please consider the following items before determining the per person fee that you will collect.

1. **SUMMIT FEE.** This is the per person amount that you will pay to THE SUMMIT for your planned program track.
2. **TRANSPORTATION.** Transportation costs may include air, bus or train fares, vehicle rental and fuel. Remember that some commercial carriers charge additional fees for checked baggage.it
3. **LODGING.** Depending on your travel arrangements, you may need to stay one or more nights en route to and from THE SUMMIT. Lodging costs may include hotels, campgrounds, hotels or other similar arrangements.
4. **MEALS.** THE SUMMIT will provide meals beginning with lunch on the day of your arrival and ending with breakfast on departure day. Plan to purchase travel meals en route to and from THE SUMMIT.
5. **TRAINING.** This includes all costs for crew events designed to prepare for your experience at THE SUMMIT.
6. **PROMOTION.** Include the cost of printing and postage. Additionally, many crews enjoy creating crew t-shirts, hats or other personalized attire or equipment.
7. **EQUIPMENT.** THE SUMMIT will provide all tents, cots and program equipment for your SUMMIT experience. However, if your trip includes additional camping, tours, etc., you may need to purchase crew equipment to accommodate these activities.
8. **SIDE TRIPS and TOURS.** If desired, your crew may choose to plan additional activities en route to and from THE SUMMIT. The cost of these activities should be part of your crew budget.
9. **CONTINGENCY.** Building a contingency into your budget creates a “rainy day” fund to meet unexpected expenses related to your trip. If desired unexpended contingency funds may be refunded to crew members at the end of your trip.

2015 High Adventure Program Fee Information:

Summit Experience \$759.00 per person

Focused Programs

- THE RIVER \$939.00 per person
- HELMETS & HARNESES \$769.00 per person
- THE MARKSMAN \$939.00 per person
- TIRES & TRAILS \$829.00 per person
- BERMS & BARS \$779.00 per person
- RAMPS & RAILS \$779.00 per person

Advanced Programs

- CLIMBING \$1199.00 (Ages 16+)
- KAYAKING \$1199.00 (Ages 16+)
- MOUNTAIN BIKING \$879.00 (Ages 16+)
- ADVENTURE PHOTOGRAPHY \$779.00 (Ages 16+)

Summit National Training Center Fee Information (Adventure Training Programs only)

The Summit National Training Center will officially open its doors in 2016. However, we will offer limited training opportunities in 2015 including the following high adventure training and certification courses.

- River Guide School \$1199.00 per person (Ages 16+)
- Mtn. Biking Instructor School \$929.00 per person (Ages 16+)
- Shooting Sports Academy \$829.00 per person (Ages 16+)
- AMGA Single Pitch Climbing Instructor \$1199.00 per person (Ages 18+)
- ACCT Level 1 Instructor \$828.00 Per person (Ages 18+)

The fees include food, program equipment, tent, cot and cooking gear (as needed). Participants provide their clothing and sleeping bag.

FEE SCHEDULE*

- May 31, 2014 \$100.00 per participant
- October 31, 2014 50% of the balance due
- March 31, 2015 Balance due

*We will take reservations until we are full. If you are a new registrant we will establish a schedule that is reasonable based on when we confirm a reservation for your group.

Checks should be mailed to:

2015 High Adventure Program
Summit Bechtel Reserve
2550 Jack Furst Drive
Glen Jean, WV 25846

REFUND POLICY

The Summit must commit financial resources to purchase equipment, hire staff and otherwise prepare to provide a high quality program. Therefore, participants must also make a financial commitment to attend. All fees are non-refundable and non-transferable in the event of cancellation. Please be conservative when making deposits or payments. Pay only for those who have financially committed to attend.

SUMMIT STAFF DIRECTORY

Below is a listing of full time staff at the Summit that can help you with questions related to your High Adventure Experience at the Summit. All can be reached by phone at our main number 304-465-2800 during regular business hours 8 AM to 5 PM Monday through Friday. This is not an entire list of the full time staff but this is a list of those who will mostly likely be able to answer the questions you have about your trip to The Summit.

Director of High Adventure

For general questions on the high adventure program such as facilities, housing, general equipment food, transportation etc. contact:

David Kopsa- Director of the Christen High Adventure Base at the Summit

E-mail Address- David.Kopsa@Scouting.org

Reservation Information

For questions on your reservation, payments, paperwork etc. contact:

Cristi Richardson- Registrar

E-mail Address- Cristi.Richardson@Scouting.org

Program Managers

For specific questions on your program track, program equipment and activities you will be participating in contact one of our 4 program managers over our 4 activity families Aerial Sports, Aquatic Sports, Shooting Sports and Wheeled Sports.

Aerial Sports Manager-Troy Phillips

Email Address- Troy.Phillips@Scouting.org

Programs- Helmets & Harnesses, Advanced Climbing, AMGA Single Pitch Climbing Instructor.

Activities- Climbing, rappelling, canopy tours, zip lines and challenge courses.

Aquatic Sports Manager- Isaac Colvard

Email Address- Isaac.Colvard@Scouting.org

Programs- The River, Advanced Kayaking and River Guide School

Activities- Lake kayaking, river kayaking, white water rafting, stand up paddle boarding and The Summit's Water Reality Obstacle Course.

Shooting Sports Manager- Ryan King

Email Address- Ryan.King@Scouting.org

Programs- The Marksman and the Shooting Sports Academy

Activities- Shotgun, rifle, pistol and archery.

Wheeled Sports Manager- Philip Waidner

Email Address- Philip.Waidner@Scouting.org

Programs- Tires & Trails, Berms & Bars, Ramps & Rails, Advanced Mountain Biking, Mountain Biking Instructor School.

Activities- Cross country and Downhill Mountain biking, BMX biking, skateboarding.

EQUIPMENT

Go to page 33 and 34 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. The equipment provided by The Summit will be issued upon arrival and checked back in to 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

- **Specialized activity clothing-**Bring clothes that are appropriate for hiking. If you have a lot of experience in one of the activities that we provide at The Summit, such as mountain biking and you have specialized clothing for that activity, feel free to bring those clothing items with you. If the activities are new to you, there is not a need to spend extra money on specialized clothing for the activities at The Summit.
- **Skateboarding-** The ideal shoe for skateboarding activities is a regular tennis shoe. Stiff and bulky hiking boots can make control more difficult on a skateboard.
- **Safety equipment-** The Summit provides all required program and safety equipment such as bikes, skateboards, helmets, pads, PFDs, ear protection, harnesses, etc. Do not bring your own equipment... The Summit knows the history of the equipment being used.
- **Closed toed shoes-** All Summit activities require closed toed shoes for participation.
- **Aquatics activities-** Closed toed shoes are required for all aquatics activities as well. Bring footwear that will be dedicated to being soaked for the week. There are types of sport sandals that are closed like a shoe in the front and open in the back like a sandal, these work very well. An old pair of tennis shoes will work great also. Moisture wicking shirts that dry quickly are recommended for our aquatics activities, which also provide protection from the sun while out on the water.
- **Climbing Shoes-** the Summit provides climbing shoes for those participating in climbing activities. We do not consider climbing shoes as required safety equipment, so if you have a personal pair you would like to bring, please feel free to do so.

- **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 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-** In 2015 you will be able to order custom crew t-shirts directly from The Summit Trading post. Details on ordering and pricing will be released in January of 2015

SUGGESTED BACKDATING SCHEDULE - WINTER 2013

(C) Applies to items specific to Council contingents

- Contingent approval notification to councils. (C) **FEBRUARY 15, 2014**
- Scout Executive assigns council staff member to serve as Contingent Advisor. (C)
- Council committee and advisor recruit qualified leadership. (C)
- Draft a tentative transportation plan.
- Participant fee established and approved, including Summit fee, transportation, travel housing, travel meals, and sightseeing fees, if desired.
- Council committee and advisor publicize contingent opportunities to troops and crews, including cost and age/weight requirements. (C)

SPRING/SUMMER 2014

- Collect deposit from each participant.
- Send contingent deposit to The Summit. **MAY 31, 2014**
- Continue recruiting to fill available space in crews.
- Finalize travel arrangements.
- Crew leaders plan crew preparation schedule.

FALL 2014

- Conduct Summit Parents' Orientation- Go to www.summitbsa.org and click on the marketing tool kit under the Council Resources tab for orientation materials. Download the program overview presentation with speaker notes for a canned orientation program. Also available are various videos and fact sheets about Summit programs.
- Collect advance fee payment from participants.
- Transmit advance fee to The Summit. **OCTOBER 31, 2014**

WINTER 2014/2015

- Participants schedule medical exam.
- Crews conduct training experiences and shakedown activities.

SPRING 2015

- Collect balance due from all participants.
- Transmit balance due to The Summit.
- Review Summit Leader and Participant materials.
- Ensure participant compliance with BSA Height/Weight restrictions.
- File a tour plan with your local council.
- Complete the Arrival and Departure Plan card.
- Complete BSA Swim Check (for river program participants).
- Crews conduct training experiences and shakedown activities.

MARCH 31, 2015

SUMMER 2015

Your crew's high adventure experience is ready. The adult advisor will need to bring the following items to Check-In:

- Annual Health and Medical Record properly signed with attached copy of health insurance card for each participant.
- Properly completed and signed Summit Waiver Form (required by the State of WV) for each participant
- Completed crew roster (with any changes or updates included)
- Completed swim check form (for river program participants).
- Evidence of wilderness first aid/CPR training certifications (card).
- Copy of approved tour plan.

LATE SUMMER/EARLY FALL 2015

- Conduct Summit Family Night upon your return to share stories and photos with parents.

PERSONAL EQUIPMENT

Code:

- *- available at trading post
- 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 and Pants	1	sturdy and water proof, with a hood, coated nylon and breathable fabrics are acceptable.	*	
Shirt-Short sleeve	3	moisture wicking, no cotton or nylon.	*	
Shirt- Long sleeve	1	moisture wicking, no cotton or nylon.	*	
Sports Bra (F)	2	Synthetic		
Lower Body				
Long Pants	1	not jeans	*	
Underwear	3		*	
Hiking Shorts	2		*	
Swim Trunks	1	For aquatic activities	*	
Head Neck and Hands				
Baseball cap or wide brim hat.	1	Sun protection for face and ears.	*	
Packs and Bags				
Duffle or Pack	1	100 liter size should be sufficient.	*	
Day pack	1	for carrying, food, water, rain gear etc. during the day.	*	
Gallon zip lock bags	6 to 12	for waterproof storage.		
small stuff sacks	2 to 3	pack personal items/organize.	*	
Shower/toiletry bag	1		*	
Sleeping Gear				
Sleeping Bag	1	Rated to 30 degrees	*	
Sleep clothes	1 set	t-shirt and gym shorts worn only to bed.	*	
Sleeping pad	1 (OPTIONAL)	For added comfort on Summit provided cot.	*	
Footwear				
Hiking Boots	1 pair	Well broken in		
Socks	3 pair	Synthetic or wool	*	
Liner Socks	3 pair	Synthetic	*	
Camp Shoes	1 pair	lightweight sneakers or closed toed shoes		
Water shoes	1 pair	Closed toed shoes that can get wet. Required for any aquatics activity.	*	

Miscellaneous				
Water bottle or hydration bladder.	3 quart capacity	If using a bladder be sure to bring at least 1 water bottle for drink mixes like Gatorade.	*	
Pocket knife or multi tool	1	Small knife sufficient	*	
Flashlight/headlamp ¹	1	Durable, bring extra batteries	*	
Compass	1		*	
Bandana	2		*	
Money	\$60.00			
Lip Balm	1	Moisturizing balm with SPF-25 or greater.	*	
Soap	1		*, S	
Sunscreen	1		*	
Toothbrush	1		*	
Toothpaste	1		*, S	
Towel	quick dry		*	
Tampon/pads (F)			*	
Sunglasses	1		*	
Watch	1		*	
Camera	1		S	
Whistle	1		*	
Foot powder	1		*, S	
Notepad and pen	1		*	
Insect repellent	1		*, S	
CREW EQUIPMENT				
Equipment Provided by Crew				
Crew First aid Kit	1		*	
2 1/2 Gallon Collapsible Water Containers	2	For convenient storage of water in campsite.	*	
Duct Tape	1 roll	For equipment repair	*	
EQUIPMENT PROVIDED BY THE SUMMIT				
Equipment Provided by Summit				
10 x 12 Wall Tent	2 people per tent	Durable Vinyl/nylon floor		
Cots	2 per tent			
Picnic tables	2 per crew			
Dining Fly	1 per crew			

Approximate Walking Times (in minutes)
(based on 3.5mph pace)

CODE	AREA	BARE	BARW	BOW	CAN	KAY	LG	HG	PARK	ROCK	ROPE	TRAX	BZIP	BCA	BCB	BCC	BCD	BCE	BCF	AP	BC	HL	SVC	TPTS	GGM
	ADVENTURE AREAS																								
BARE	The Barrels (East end)	0	10	20	70	50	50	70	30	60	50	35	70	65	65	55	45	65	50	55	45	40	40	50	125
BARW	The Barrels (West end)	10	0	10	80	55	60	80	20	70	55	30	80	70	70	50	35	55	40	60	35	50	50	40	130
BOW	The Bows	20	10	0	70	50	60	80	15	60	55	20	75	60	60	40	25	45	30	55	25	40	40	30	120
CAN	The Canopy	70	80	70	0	40	50	60	65	50	45	75	60	10	10	45	55	90	75	20	45	35	30	40	70
KAY	Kayak at Lake B	50	55	50	40	0	15	40	45	10	15	55	40	25	35	25	35	60	55	25	25	10	15	20	85
LG	Low Gear	50	60	60	50	15	0	55	50	20	5	60	55	35	45	35	40	60	55	35	35	20	20	30	95
HG	High Gear	70	80	80	60	40	55	0	70	50	45	80	5	50	60	55	60	80	75	55	55	40	40	50	110
PARK	The Park	30	20	15	65	45	50	70	0	55	55	10	70	50	50	30	15	35	20	45	20	35	35	25	110
ROCK	The Rocks	60	70	60	50	10	20	50	55	0	20	60	50	35	40	35	40	60	60	35	35	20	20	30	95
ROPE	The Ropes	50	55	55	45	15	5	45	55	20	0	60	45	35	40	30	40	55	55	30	30	15	15	25	95
TRAX	The Trax	35	30	20	75	55	60	80	10	60	60	0	75	55	55	35	20	40	25	55	30	45	40	35	115
BZIP	The Zip (Big Zip) Launch	70	80	75	60	40	55	5	70	50	45	75	0	50	60	50	60	80	75	50	50	35	40	45	110
	BASE CAMPS																								
BCA	Base Camp A	65	70	60	10	25	35	50	50	35	35	55	55	0	10	35	45	65	60	10	30	25	25	25	60
BCB	Base Camp B	65	70	60	10	35	45	60	50	40	40	55	60	10	0	35	45	65	60	10	30	25	25	25	70
BCC	Base Camp C	55	50	40	45	25	35	55	30	35	30	35	50	35	35	0	15	35	30	30	25	15	15	25	95
BCD	Base Camp D	45	35	25	55	35	40	60	15	40	40	20	60	45	45	15	0	20	15	35	10	25	25	15	110
BCE	Base Camp E	65	55	45	90	60	60	80	35	60	55	40	80	65	65	35	20	0	20	55	30	45	40	35	125
BCF	Base Camp F	50	40	30	75	55	55	75	20	60	55	25	75	60	60	30	20	20	0	40	25	40	40	30	120
	SUMMIT CENTER																								
AP	Action Point/Consol Bridge	55	60	55	20	25	35	55	50	35	30	55	50	10	10	30	35	55	40	0	30	15	15	25	70
BC	Boulder Cove	45	35	25	45	25	35	55	20	35	30	30	50	30	30	25	10	30	25	30	0	15	15	5	90
HL	Health Lodge	40	50	40	35	10	20	40	35	20	15	45	35	25	25	15	25	45	40	15	15	0	5	15	85
SVC	Scott Visitor Center	40	50	40	30	15	20	40	35	20	15	40	40	25	25	15	25	40	40	15	15	5	0	10	80
TPTS	Twelve Points	50	40	30	40	20	30	50	25	30	25	35	45	25	25	25	15	35	40	25	5	15	10	0	85
GGM	Garden Ground Mtn (Central)	125	130	120	70	85	95	110	110	95	95	115	110	60	70	95	105	125	120	70	90	85	80	85	0

Note: Adjust time for slower hikers, warm/humid weather and/or hikers unaccustomed to hiking at 2,000 ft elevation

VICINTY MAPS





