



THE NEW RIVER EXPERIENCE



# THE NEW RIVER EXPERIENCE

PROGRAM SUPPLEMENT

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

**Adventure Program Manager**

**Bill Lehrter**

[William.lehrter@scouting.org](mailto:William.lehrter@scouting.org)

## **NEW RIVER EXPERIENCE PREPARATION WEBINARS**

Half-hour webinars to prepare leaders for their crew's high adventure experience will be held leading up to the high adventure season. A New River Experience planning video will be posted to our YouTube Channel in March. A combined SBR trek webinar will be live on **April 15<sup>th</sup> at 7 pm Eastern**. This presentation will include a Q&A session with trek staff and Summit management. Call in and login instructions will be sent out for the April Trek Webinar.

**TIME OF BROADCAST- 7:00 PM EST/ 6:00 PM CST/ 5:00 PM MST/ 4:00 PM PST**

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

## **UPDATE FOR 2025**

Crews will need to provide their own tents for the New River Experience. Tenting assignments should be handled by the crew and must meet YPT standards. Tent footprints should be 9'x9' or smaller.

## **EXPERIENCE AT A GLANCE**

This is a 50-mile paddle Experience on the New River. You will navigate the upper section of the river in inflatable kayaks called "duckies". This portion of the river includes Class I to III rapids. The final whitewater day in the Lower Gorge is a rafting experience and includes more than 20 Class III to IV rapids. Crews camp along the river through the New River Gorge. A gear boat (raft) or trailer accompanies the group to transport gear and food. Please note that in exceptionally high water, the entire trip may be conducted in rafts. Participants must be classified as a [BSA Swimmer](#) prior to arrival. Participants should have basic kayaking skills and be confident swimmers.

### **SCHEDULE OVERVIEW**

- **Day 1-** Arrival, check in and Shakedown.
- **Day 2-** Depart the Summit for the river and begin kayaking!!!!
- **Day 3-5-** More Kayaking and Adventure!
- **Day 6-** Whitewater rafting down the Lower New River! Return to the Summit. Alexander's Eagle Flight Zip!
- **Day 7-** Depart for home. All good things must come to an end...

## OTHER NOTES

- Nights 1 and 6 are spent at The Summit, the rest will be camping in The New River Gorge.
- Day 1 dinner, Day 2 breakfast, Day 6 dinner and Day 7 breakfast are in the SBR Dining Hall. All other meals are in the Gorge.
- When back at the SBR on day 6 the evening activity areas in the Summit Center may be available to New River Experience participants.
- For Information on Whitewater and or Kayak Merit Badges, 50 Miler Award, or Whitewater Rafting Award see [MERIT BADGES AND AWARDS OUTSIDE JUSTICE SCOUT CAMP](#)
- Unless you book all 5 boats, you will probably be on the Trek with other crews. Come prepared to make friends.

## REQUIREMENTS FOR PARTICIPATION

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

## HIGH WATER

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

## BRANDING

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

## ALEXANDER'S EAGLE FLIGHT ZIP LINE

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

## AERIAL SPORTS ACTIVITY WEIGHT GUIDELINE

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

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

## MERIT BADGES AND AWARDS

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

### TO DO THE ONLINE TRAINING:

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

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

If online learning is not your style, contact your local council to find out about in-person training opportunities.

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

reason, we stay out of the advancement business in High Adventure. We will provide the subject matter experts for the awards or badges.

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

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

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

## PARTICIPANT AWARDS

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

### PAUL R. CHRISTEN HIGH ADVENTURE BASE PATCH

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

### THE SUMMIT DUTY TO GOD AWARD

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

### THE SUMMIT SUSTAINABILITY AWARD

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

## OPENING AND CLOSING CEREMONIES

The main Summit site operates on a Sunday to Saturday arrival and departure schedule. On Sundays there is a main opening program open to all people on site regardless of program choice. On Fridays there is a main closing program open to all people on site regardless of program choice. The New River Experience has its own closing ceremony during the last night camping offsite.

## NEW RIVER EXPERIENCE STAFF AND THEIR ROLES

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

Trek Base Camp Manager - will greet soon after arrival and registration, they will help you settle into your campsite for the first night, direct you to a comprehensive Experience gear shakedown and get you prepared for departure on Day 2. The Trek Base Camp Manager will also direct you to any available evening program opportunities. This will be your main contact while at the Summit main site.

Experience Guides- All Experience Guides will join the group on Day 2 morning for departure. They will be with your group from departure from the Summit to arrival back at the Summit. The Experience Staff will lead, assist, guide, and support you on and off the water.

Trip Leader – The Trip Leader (TL) has undergone all the requirements from the WVDNR to fulfill his or her responsibilities on and off the river. They have more experience and display leadership and decision-making qualities to obtain their position. The Youth Leadership Team will work closely with the Trip Leader.

### EXPERIENCE GUIDES

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

## YOUTH LEADERSHIP ROLES

This is a youth led experience. The youth leadership team will meet with Summit Staff before departing on the Trek to be briefed on their roles and responsibilities. For multi-unit treks, we recommend that all of the leaders do not come from the same group.

### CREW LEADER

- Live by the Scout Oath and Law.
- Plan and prepare meetings and training sessions designed to prepare the group for attending the Summit.
- Communicate and keep crew members informed. Informing crew members of the schedule for the week is a key role.
- Attend the Crew Leader meeting on arrival day and communicate relevant information to crew members.
- Assign tasks to crew members.
- Know the abilities of each crew member.
- Collaborate well with the crew's adult advisors.
- Set a good example.
- Encourage positive morale and spirit in the crew.
- Encourage interaction and positive relationships with other crews attending The Summit

#### **CHAPLAIN'S AIDE**

- Serves as a crew morale officer and works with the Crew Leader to make sure the crew is having a positive experience.
- If the crew chooses to pursue the Summit Duty to God Award, they will help lead the group through that program.
- Facilitate a daily High sides, Low sides, and Horizon Lines session.
- Attend the Chaplain's Aide meeting.
- The Summit Provides a Protestant and Catholic chapel service every Sunday on Summit site.
- If a group wants an additional service or a service outside those traditions it would be a Crew lead service facilitated by the Chaplain's aide

#### **OUTDOOR ETHICS GUIDE**

- Outdoor Ethics are not a set of rules designed to meet every situation you will encounter in the outdoors. Instead, they are a way of thinking about how we use and impact the environment, which guides us to make the best decisions possible in the outdoors ensuring we preserve the land for others to enjoy.
- The Outdoor Ethics Guide works with the crew to ensure responsible use of the of the outdoor environment that is The New River Gorge and The Summit & helps the crew make informed decisions.
- The Outdoor Ethics Guide will attend a meeting on arrival night to receive resources and guidance on their role from The Summit Staff.
- Crew members with experience with the Leave No Trace Principles are a great choice for this role.
- If the crew chooses to earn The Summit Sustainability Award the Ethics Guide will help the crew through those requirements with the resources provided at the Ethics Guide Meeting

# ARRIVAL DAY

## ARRIVAL PLAN

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

## ARRIVAL TIME

Please plan to **arrive between 1:00 PM and 4:00 PM on the scheduled arrival day (day 1)**.

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

## EARLY ARRIVAL OR LATE DEPARTURE

If transportation planning requires a crew to arrive at The Summit a day early or depart a day later at the end of their experience, the cost is **\$75.00 per person** per night. This covers the cost of housing and meals for these additional times. Crews register for this in April using the arrival plan function of the registration system. Remember it is better to arrive early than late, please consider this when making your travel arrangements.

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

## ARRIVAL DAY SCHEDULE

### 1:00 PM - 4:00 PM

- Check in and Register!
- Medical Recheck
- Head to Summit Trek Camp

### 1:00 PM - 4:00 PM

- Meet The Trek Base Camp Manager
- Conduct Shakedown
- Adult Advisors, youth crew leader, chaplain's aide, and outdoor ethics guide meeting
- Check in to Tents

### 5:00 PM - 6:00 PM

- Dinner at Fork in the Road Dining Hall



## MOVE-IN

Paul R. Christen High Adventure Base Experience participants are housed in Base Camp Alpha. The Trek Base Camp Manager will assign you tents, give you a basic layout of the camp, and show you where and when to meet for Shakedown. After all gear is unpacked from the vehicles the adult leaders will move the vehicles from the unloading zone to the parking lot a short distance away.

## SHAKEDOWN INSTRUCTIONS

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

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

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

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

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

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

- Short/Long Sleeve Shirts
- Swim Trunks/Shorts

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

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

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

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

## PERSONAL GEAR STORAGE

During your gear Shakedown, everyone will be handed a 110 cubic liter dry bag (We call it your Camp Bag) to store personal gear in. This will include your sleeping bag, pillow (optional), toiletries, clothing etc.... These are large dry bags, and everything will easily fit into one bag per person for the trip. These bags are much larger than most expedition style backpacks and provide approx... 6700 cubic inches of storage capacity. Take this into account when packing your gear to bring along. Please note: Excessive packing causes excessive weight. If Trek is at max capacity (40 plus 6 staff) and everyone brought an extra unneeded 10 lbs. of gear, we have increased the weight by 460 lbs. in personal gear alone. The shakedown will ensure we all pack correctly, efficiently, and reduce unnecessary weight.

### Personal Gear Storage - Continued

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

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

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

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

## EQUIPMENT INFORMATION

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

## ADDITIONAL NOTES ON EQUIPMENT AND GEAR

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

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

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

## BASIC RIVER GEAR

- River Sandals or shoes
- Bathing suit or synthetic SPF pants
- Synthetic T shirt or long sleeve SPF shirt
- Sunscreen! (Sun Burn is our most common injury, wear long sleeves/pants if you burn easily!)
- Sunglasses with retaining strap
- Hat
- Disposable camera (optional)

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

We have a stock of neoprene wetsuits and booties. These items are almost never needed, so we do not issue out this gear or take it on the trip unless the weather necessitates. **Note:** shirt size XS or XXL and above need to consider providing their own gear. We have a very limited supply of XXL. Shoe sizes 8 or below and 14 and up are not available. Neoprene water shoes are not a replacement for your water shoes. This equipment is in case of severe cold weather, which is very rare during our operating season.

## RIVER FOOTWEAR

It's important to have footwear that will stay on your feet while swimming, provide good traction on wet rocks, and be comfortable during your week of paddling. Please do not feel like you need to go out and buy a brand-new pair of river shoes for this Trek. An old pair of tennis shoes are adequate. River sandals from brands like Chaco and Teva are a popular option, while many prefer the added protection of closed toe footwear like Keens. Many professional guides have moved toward more supportive water shoes from brands like Astral and NRS. Whatever you choose, make sure you are comfortable swimming in your footwear, but are also comfortable enough to walk up to a mile during one of our side hikes. If you choose to wear shoes instead of sandals, we highly recommend that you wear socks as well. I personally wear neoprene socks during the colder months and lightweight merino wool socks during the warmer months.

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

## OPTIONAL RIVER GEAR FOR COLD WEATHER

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

- **Base Layer-** Polypropylene, DryFit, Capilene, and Merino wool are all good base layer options. These fabrics are designed to wick moisture away from your body. They are hydrophobic, meaning they do not absorb water; rather they transfer it to your outer layers where it can evaporate keeping your core more comfortable.
- **Mid Layer-** Fleece or pile. These are thicker and fluffier than your base layer and supply insulation and warmth. Made from synthetic fibers, they will not absorb nearly as much water as natural fibers.
- **Shell** – Waterproof Layer to protect from wind and rain.

## CLOTHING AT CAMP

Once at camp, it is nice to get out of your wet river gear and into something dry and comfortable. The New River Gorge is a temperate rainforest environment, so it is best for all of the clothing you bring to be suitable for wet and humid conditions. Many people choose to bring 2 sets of “wet” river gear and 2 sets of “dry” camp gear.

## BASIC CAMP GEAR

- T shirt\* (long or short your choice)
- Shorts or pants\*
- Underwear\*
- Socks \*
- Camp Shoes (sneakers work great)
- Light Jacket
- Head lamp or flashlight
- Bug spray
- Warmer Jacket or Fleece for night
- Rain Jacket (hopefully stays in your tent)

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

## OTHER EQUIPMENT WORTH MENTIONING

- **Safety equipment-** The Summit provides all required safety equipment such as helmets, PFDs, ear protection, harnesses, etc. Do not bring your own safety equipment. The Summit knows the history of the equipment being used.
- **Closed toed shoes-** All Summit activities require closed toed shoes for participation. Onsite Aquatics – no shoes required while on water. This does not apply on the river. See River Footwear

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

**Code:**

- \*- available at trading post. View apparel offerings in advance at [GardenGroundOutfitters.com](http://GardenGroundOutfitters.com)
- S- Share with buddy
- F-Female participants

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

		required but bring another if desired. <b>Non-locking carabiners will not be allowed on the water as they pose a safety hazard.</b>		
Mess Kit	1	Plate with lid, knife spoon fork. See <a href="#">Mess Kits</a>	*	
Pocket knife or multi tool	1	Small knife will work. Accessible at camp only.	*	
Flashlight/headlamp	1	Durable, bring extra batteries	*	
Bandana	1		*	
Money	\$60.00	For on-site time at the Summit (trading post or snacks)		
Lip Balm	1	Moisturizing balm with SPF-25 or greater.	*	
Soap	1	Any style, eco-friendly preferred	*, S	
Sunscreen	1	Enough for the week	*, S	
Aloe	1	Can be included in the Crew First Aid Kit	*, S	
Poison Ivy Medicine	1	Types: Calamine, Tecnu, Zanafel Can be included in the Crew First Aid Kit	*, S	
Toothbrush	1		*	
Toothpaste	1		*, S	
Towel	quick dry		*	
Tampon/pads			*, F	
Sunglasses	1	With a retaining strap.	*	
Watch	1	optional		
Camera	1	If for the river, it needs to be waterproof.	S	
Foot powder	1		*, S	
Notepad and pen	1		*, S	
Insect repellent	1		*, S	
Fishing Equipment	1	See <a href="#">Fishing</a> section. Optional		
<b>CREW EQUIPMENT</b>				
<b>Equipment Provided by Crew</b>				
Tents		9x9 or smaller. Tenting assignments are up to the unit.		
Crew First Aid Kit	1	Minor. Band Aids, alcohol wipes, antibiotic ointment etc.		
Duct Tape	1 roll	For equipment repair	*	
<b>EQUIPMENT PROVIDED BY THE SUMMIT</b>				
<b>Equipment Provided by Summit</b>				
Camp Dry Bag	1 per person	110 liters		
Day use dry bag	1 per person	5 liters		

## ACCOMODATIONS WHILE ON THE RIVER

Units need to bring their own tents for this experience. Please try to keep tents 9'x9' or smaller. One campsite (Stonecliff) has canvas wall tents with cots. Tents, Water, Camping Gear, Food, and personal gear will be transported for you from campsite to campsite. It is up to each unit to comply with BSA tenting requirements.

**NO FOOD IS ALLOWED TO BE STORED IN YOUR TENT.** Some daily items will stay with you while on the river. You will keep these items in a personal day-use dry bag provided to you for the Experience. These items would consist of: Sunscreen, Vital Medications (Inhalers, EpiPen's, heart medication etc...), Sunglasses, bug spray (optional), waterproof camera (optional), and Water Bottle with a locking carabiner.

### CAMPSITES

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

## FISHING

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

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

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

Fishing is available on Day 2, 3, and 4 of your Experience (Day 1 being arrival day and Day 7 being Departure Day)

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

Target species are smallmouth bass and walleye, but rock bass, bluegill, hybrid striped bass, catfish, and if you are lucky, muskellunge are in the New River. Soft plastic baits like grubs, tubes, and flukes work well in the 1/8 oz. to ¼ oz. weight range. Inline spinner baits in the same weights are also a great option. A topwater like a buzzbait or popper can be great in the evening. Medium action rods are ideal and 2-piece rods are easier to pack. Remember, rods can break or be damaged. Take this into account when deciding which rod to bring. Traditional colors in soft plastics are salt and pepper, watermelon, pumpkinseed, olive, brown, and chartreuse. Spinner baits in white or chartreuse do well.

**Fishing gear is not provided for the Trek.** Fishing in our stocked lakes at the Main Summit site does not require a license.



## MEALS

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

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

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

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

## MESS KITS

**You will need to provide your own mess kit.** This should include a cup, plate, bowl, knife, spoon, and fork (or spork). We will have pots, pans, "large kitchen" items etc... So, there is no need for you to bring those. This does not need to be complicated or expensive, but it does need to last the duration of the Experience. A simple kit like [this one](#) works well.

## FOOD AT THE SUMMIT DINING HALL

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

### SPECIAL DIETARY NEEDS

The dining hall has the ability to provide meals that meet various special dietary needs during your stay at The Summit main site, including but not limited to vegetarian, vegan, religious diets, food allergies, and many more In the spring, you will be able to indicate on your roster in the registration system any special dietary needs for your crew members. In addition, please note any special diet needs on your medical forms, also introduce yourself with dining hall management upon arrival and they will be happy to assist and review ingredients in the different items and review items that are available to you.

Common Special dietary needs that The Summit Dining Hall Accommodates

- Vegetarian
- Vegan

- Kosher
- Halal
- Gluten Free
- Peanut Allergies

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

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

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

## **FOOD ON THE RIVER**

We do not have as much flexibility for menu substitutions on the river as we do in the dining hall. This makes it vitally important that you fill out your Dietary Needs Form early. We can accommodate vegan, gluten free, and nut allergy restrictions on the river. You may need to bring some of your own supplemental food if you require extra menu alternatives.

## **PHYSICAL PREPARATION (HIKING AND PADDLING)**

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

During your Experience, you will paddle between 10-15 miles a day. You can prepare for this by paddling a canoe or kayak on flat water. The average paddling speed is 3 MPH so a 3–5-hour paddling session would be reflective of a day on your Experience.

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

If you do not have access to water, then prepare by doing core, arms, and general upper body exercises.

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

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

Hiking is another great way to build the cardio and stamina you will need for this Trek. A “Preparation Hike” is still a hike, and the safety precautions you take on any hike should be taken on your preparation hikes. The following are some guidelines you should follow when hiking as a group or with a buddy.

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

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

