

CAMP OLMSTED

LEADER'S GUIDE

Summer 2025



Scouting  **America**TM
National Capital Area Council

www.gotogoshen.org

A Note from your Camp Director

Hello future Camp Olmsted Campers, Leaders, and Parents!

To assist your Unit in pre-camp preparations, as well as during your stay at camp, we have assembled this guide to help you become better acquainted with Camp Olmsted and all of our programs. We have also included printouts that will be helpful for your arrival and throughout your week with you.

If you have any questions about this guide or your week at Camp Olmsted, please do not hesitate to contact us directly at camp.olmsted@gotogoshen.org. For our returning Units, please carefully review this guide, as there is plenty of new information regarding changes to schedules, policies, and procedures for the 2025 camping season.

This guide is a supplemental, camp specific guide to the “**Goshen Scout Reservation Leader Guide**.” For information regarding registration, standards of conduct, camp services, and more, please review the Goshen Scout Reservation Leader Guide, available on the Goshen Scout Reservation website under “Forms and Downloads,” www.gotogoshen.org/information/forms-downloads.

We sincerely appreciate your continued support and leadership in Scouting, and are looking forward to spending an incredible week together.

Yours in Scouting,

The Camp Olmsted Administrative Team

Camp Olmsted Administration Team

Goshen Scout Reservation

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CONTACT INFORMATION

Cell Phones

Verizon is the only cell service carrier that has reliable cell service at the Goshen Scout Reservation. Other carriers have little or no coverage in the area. We recommend that youth participants leave cell phones at home.

Office Phone Number:	Posted on www.gotogoshen.org in June
Mailing Address	Participant Name, Unit Number Camp Olmsted, Goshen Scout Reservation 340 Millard Burke Memorial Hwy Goshen, VA 24439
Email Address	camp.olmsted@gotogoshen.org
Facebook	Goshen Scout Reservation Camp Olmsted
Instagram	@campolmsted

PRE-CAMP PLANNING

Your Campsite

All campsites at Camp Olmsted come equipped with canvas tents on wooden platforms, two cots per tent, picnic tables, a shade fly, and a two stall latrine with a wash stand (and potable water). Campsite preference may be requested as a part of your Unit's registration, and are assigned within two weeks prior to your arrival at Camp Olmsted. We will do our best to meet your campsite request, but must consider the needs of all Units attending Camp Olmsted at that

time. Depending on the size of your Troop, you may share a campsite with another unit, however, you will have your own “subsite” within the Campsite just for your Troop.

Adults may be required to share tents with other adults of the same gender. (If leaders are not comfortable sharing a tent with another leader, they may provide their own tent and set it up within the site. Goshen Scout Reservation does not possess the resources to allow each leader to have their own tent).

Spring Parent Meetings - Be Prepared!

We highly recommend hosting a pre-camp meeting with the parents of Scouts who will be attending Camp Olmsted with your Unit. This will allow you to review the camp program, camp medical and physical requirements, transportation arrangements, uniform requirements, and packing list.

Directions to Camp Olmsted

Goshen Scout Reservation
340 Millard Burke Memorial Highway
Goshen, Virginia 24439

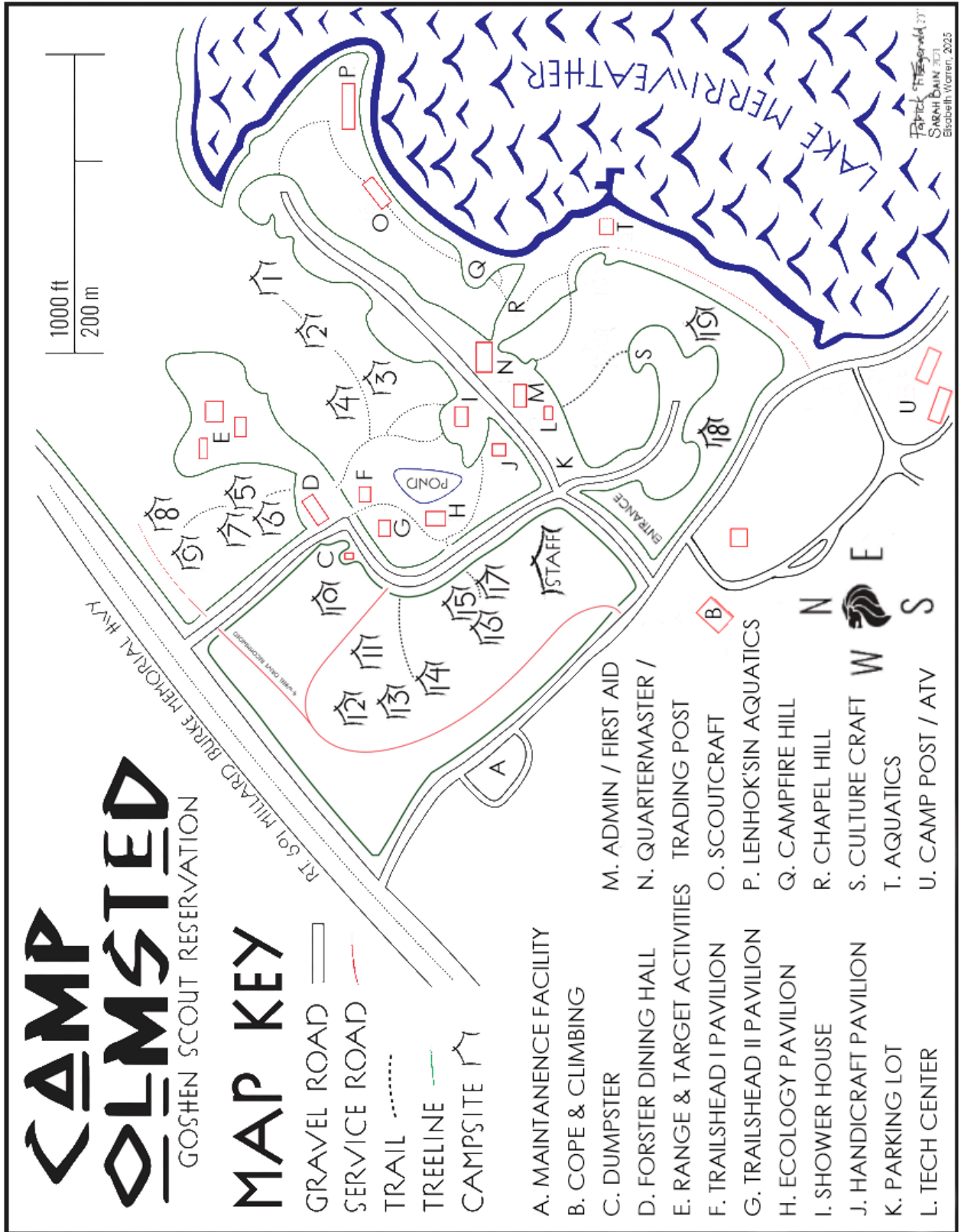
We suggest that Units utilizing GPS services on their way to Goshen use the address above. Google Maps is reported to be the most accurate; we have worked with this service to ensure that the directions are accurate and highlight the best route. Other GPS services will also work with the address above.

The address listed above will bring you to the main entrance of the Goshen Scout Reservation. To reach the entrance for Camp Olmsted, turn onto the “Beltway” through the main camp entrance. The Camp Olmsted main entrance will be the first hand turn, indicated by the “Camp Olmsted” sign. A copy of the overall Goshen Scout Reservation map is available at www.gotogoshen.org/information/forms-downloads/.

Packing List

Please see the GSR Scouts BSA packing list [Scout-Equipment-Checklist-2024.pdf](#), available at gotogoshen.org. We recommend that campers DO NOT bring electronics, including handheld games, cell phones, music players, and so on. There is a high chance of these items getting lost, broken, rained on, etc. while out in the woods. Plus, you’ll be having too much fun to want them!

Camp Olmsted Map



ARRIVAL DAY & GENERAL INFORMATION

Camp Check-In

When your Unit arrives at Camp Olmsted, you will be greeted by members of our Camp Staff and directed to the camp parking lot. At this time, you will be introduced to your Site Guide (your Unit's assigned camp staff member for the week), and guided to your campsite to get settled in. At this time, we request that Units change into their swimsuits to prepare for Swim Checks at the Aquatics Area, as well as prepare for your Unit's Medical Check-In.

Please ensure that your Unit's Scouting America Annual Health and Medical Forms are prepared for review. All participants staying for more than 72 hours and/or are participating in Aquatics activities must have Part C of the medical form completed (including a physician's signature). Following Medical Checks, your Unit will be guided to the Camp Olmsted Aquatics Area for swim checks. If your Unit completed pre-camp swim checks, please inform the staff at the Med Check area so they can inform the Aquatics Team. Throughout the day, you will also be given a Camp Tour by your Site Guide to become familiar with Camp Olmsted.

Sunday Schedule

Time	Event	Location	Notes
11:00 am	Confirm Unit arrival time	In transit	Please call our Camp Leadership on our camp phone to confirm your estimated arrival time.
1:00 pm	Arrival at Camp Olmsted	Parking Lot	Site guides will greet you at the entrance, they will introduce your unit to the camp and escort the unit leader to Admin for check-in
1:00 - 5:30 pm	Camp Tour	Camp Olmsted	Site guides will give you a walk through the layout of Camp Olmsted
	Medical Checks	Handicraft Pavilion	
	Swim Checks (Optional)	Aquatics Area	Required for youth and adult campers participating in aquatics activities while at camp.
6:00 pm	Flags & Dinner	Dining Hall	
7:15 pm	Leader's Meeting	Admin Building	Please send one leader from your Unit to attend.
8:15 pm	Opening Campfire	Parade Field, Campfire Hill	Staff will lead all Units directly from flags.
10:30 pm	Reservation Quiet Hours	In Sites	Lights out and quiet for all of camp.

Parking

Parking is available in the Camp Olmsted Parking Lot, and limited parking is available in the campsites for vehicles and trailers. We encourage your Unit to coordinate carpooling and group arrival to reduce vehicle footprint and allow your Unit to arrive at Camp Olmsted as close to the same time as possible. Vehicles can access sites to drop off and pick up, with trailers remaining in the site, and then should be left in the parking lot unless otherwise approved by the Camp Director.

Interested in taking a bus to camp? The Goshen Scout Reservation offers a shuttle bus service to and from the Fairfax Government Center (Fairfax, VA) and Largo Plaza (Largo, MD). Units with at least 45 participants are also eligible for a bus to be sent to a location of their choice. Learn more about the Goshen Bus Service at <https://www.gotogoshen.org/information/transportation/>.

Early Departure & Late Arrivals

All youth and adults leaving Camp Olmsted must sign out at the Camp Olmsted Administration Office, and check in upon return. Youth are not permitted to leave Camp Olmsted without direct adult or staff member supervision. A participant (youth and adult), may not depart Camp without first informing a member of the Administrative staff. Any participant arriving after the first day of the camp session (Sunday) must check in at the Camp Olmsted Administration building for formal check in (including medical check).

Saturday Departure Procedures

Units must plan to leave by 8:00 am on Saturday morning. Prior to leaving your campsite on Saturday morning, we encourage you to:

- Conduct a final sweep of the campsite (including inside tents) for all personal and Unit items
- Stop by the Dining Hall beginning at 6:30 am for a continental breakfast, including coffee for our adult leaders
- Pick up your Unit's Medical Forms from the Admin Building
- Check the lost and found for personal belongings

Once your Pack is ready to depart, please send one adult leader to the Camp Olmsted Administration Building to check out and pick up your Unit's Medical Forms.

CAMP OLMSTED AMENITIES

Trading Post

The Trading Post is Camp Olmsted's camp store! We carry camping and outdoor gear, supplies for merit badges, snacks and refreshments, and apparel and souvenirs to remind you of your experience at Camp Olmsted by and have a look around! Times of operation will be posted on the door of the trading post. We carry...

Apparel

Camp Shirts (*New Designs!*)
Sweatshirts
Raingear
Hats
Socks
Patches

Food

Snacks
Ice Cream
Trail Mix
Popcorn
Bottle Water
Sodas
Juice
Slushies

Camp Supplies

Handicraft Kits
Sunscreen
Toiletries
Personal Hygiene Products
Flashlights
Batteries
Rope
Pocket Knives*

And more!

*Pocket knives will only be sold to youth with an adult present, along with proof of their Totin Chip completion and permission from their Unit Leader.

Leaders' Lounge

The Dining Hall building contains the Leaders' Lounge, which is open from 9am–10pm. The Leaders' Lounge is equipped with restrooms, tables for working, and wireless internet. Masks may be required in the Leaders' Lounge, depending on camp policy.

Internet Access for Leaders

We recognize that many adult leaders will need access to the internet for work while at camp. Wi-Fi via Verizon Hotspots will be provided at the Administration building; but due to the remote nature of the camp and the need of many staff and leaders, we ask that you use the internet respectfully and only as needed. The Wi-Fi password will be posted in the Leaders' Lounge.

Shower House and Bathrooms

The shower house is across from the Quartermaster/Trading Post, next to the Handicraft Pavilion. The shower house contains individual showers and individual bathrooms. We ask that youth campers not use the bathrooms at the shower house during the day unless also taking a shower, and instead use the latrines at their campsite.

The shower house is open between 7:00 am and 9:30 pm except for between 1:00 pm and 2:00 pm for daily cleaning. Youth campers must go to the shower house in a group that is

accompanied by adult leaders for supervision and must comply with Youth Protection Guidelines.

Quartermaster (Q.M.)

The Quartermaster is located next to the trading post. The Quartermaster is equipped to assist your unit with projects you wish to complete while at camp, in addition to stocking basic supplies.

What the Q.M. has for your unit:

- Toilet paper, trash bags, soap/sanitizer
- Bow saws, spades, rope, axes, hatchets, hammers, nails, and other supplies for service projects

Signing out equipment from the Q.M. is easy! Just put the following information on our Q.M. log:

- Unit #
- Piece(s) of equipment
- Time/day signing equipment out
- Time/day estimated to bring equipment back
- Signature from the Quartermaster, a Commissioner, or the Facilities Director

Quartermaster hours will be posted on the door. If you need something outside of open hours, or the quartermaster staff is temporarily out working on a project, stop by the Administration building and we will be happy to help! Please treat all of Olmsted's equipment with respect by bringing items back in similar condition to which you received them.

FOOD SERVICE

Food Service

Meals at Camp Olmsted are provided in a Dining Hall "Family" style. In the Dining Hall, meals are prepared by professional food service staff and served family style (food brought to your table on platters). For copies of the most recent Dining Hall Menu (Standard and Vegetarian), please visit www.gotogoshen.org/information/food-menus/.

Food Allergies and Dietary Restrictions

Food allergies and dietary restrictions must be indicated as part of your unit registration.

Please indicate dietary needs under each participant's information on the online registration system. The Goshen Scout Reservation Food Service and Camp Staff will do our best to accommodate all food allergies and dietary restrictions but cannot be held accountable for the management of these allergies. Notice of severe dietary restrictions should be shared with your Camp's Administrative Team at least 3 weeks prior to your Scout's arrival at camp.

Table Assignments

Tables will be assigned to Units at the first meal (Sunday Dinner). It is important that all units visit the Dining Hall on their camp tour to understand how meals are administered.

Foil Dinner Night

Tuesday evening in camp, all leaders and scouts will be given the ingredients for a foil dinner to cook in their sites. Wood for this meal should be collected early by the unit and kept dry. Many units bring additional charcoal to make cooking easier. Scouts arrive at the Dining Hall after the afternoon program to pick up their food. Early in the week, time will be devoted to learning how to manage this meal. At the discretion of your unit, camp staffers may be invited to this meal. These invitations must be made at least 24 hours in advance so that extra portions for the guests can be added to your food pick-up. In anticipation of this event, please bring the following:

- Gloves, tongs, etc., to handle the hot aluminum foil packages
- Two to three paring knives to help prepare vegetables
- Cutting Boards
- Charcoal (available at the Trading Post on a limited basis)
- Any spices you think you may need such as salt, pepper, and special flavorings.

Heavy Duty Aluminum foil (foil is provided for the meal; some units prefer more). For more details, see The Official Scout Handbook concerning preparation of aluminum foil meals. Give it a try on a campout before you come to camp!

The staff will conduct a foil dinner demonstration at 1:00 pm in the Trailhead fire pit to ensure scouts and leaders are given the tools to succeed.

PROGRAM OPPORTUNITIES

Program Schedule Overview

Camp Olmsted's Merit Badge Programs begin Monday morning and last until Friday Lunch. Most merit badge classes meet once a day during a 50 minute block, although some occur for a longer period of time, as indicated in the program schedule. Due to high demand, some merit badges are offered as multiple sections throughout the day; there is no difference in the activities completed.

- **Morning Blocks (9:00 - 9:50 am, 10:00 - 10:50 am, 11:00 - 11:50 am)**
 - Monday - Wednesday, Friday (4 sessions total)
- **Afternoon Blocks (2:00 - 2:50 pm, 3:00 - 3:50 pm, 4:00 - 4:50 pm)**
 - Monday - Thursday (4 sessions total)

Thursday Morning Open Program

Highly requested by our attending Units last summer, Camp Olmsted is incorporating the successful "Marriott Mid-Week Morning" from our sister camp at the Goshen Scout Reservation. Camp Olmsted's Thursday Morning Open Program is a morning-long break of instructional time in the middle of the week where Scouts can partake in a hike to either Viewing Rock, Jump Rock, or the Lake Merriweather circuit, can participate in structured open program activities across camp, or spend time as a Unit in the campsite.

Program Areas

Aquatics: Camp Olmsted's waterfront area is home to beautiful views and fun aquatics activities! Our Aquatics program provides opportunities for open and instructional swim, open boating, the Mile Swim, and a variety of water based merit badges and activities.

Culture Craft: Culture Craft is centered around Eagle-required merit badges, such as Citizenship in the National and Communication. Join fellow Scouts in interesting conversation and learn skills to become future community leaders.

Ecology: For our future scientists, outdoor stewards, and nature lovers, the Camp Olmsted Ecology area explores our natural world through merit badge programs and open program opportunities.

Handicraft: An area for all creatives, new or experienced, Handicraft allows Scouts to explore a number of art forms and to express themselves through different mediums.

Range & Target Activities: At Range & Target Activities, Scouts will develop their skills in archery, rifle, and shotgun. Merit Badge programs, open shoot, and Unit activities available!

Scoutcraft: Coming to camp to hone your survival skills and knowledge of the great outdoors? Scoutcraft is the place for you! At Scoutcraft, campers will gain confidence, growing their outdoor survival skills through instruction, practice, and fun.

Tech Center: The Tech Center at Camp Olmsted is the only program area of its kind at the Goshen Scout Reservation - home to programs including Robotics, Animation, Digital Technology, and so much more!

Older Scout Programs: As part of Goshen Scout Reservation, Camp Olmsted offers numerous program opportunities to older scouts. All Scouts BSA campers at any of the Goshen camps can participate in the Climbing merit badge, COPE program, and ATV program at Camp Post as well as the *NEW* - Osprey program designed for Scouts age 14 and up. More information on these programs can be found in the Goshen Scout Reservation Program Guide.

Trailhead - First Year Camper Program: The Trailhead program at Camp Olmsted is a well rounded experience for new scouts to enjoy. The Trailhead program is designed for scouts who have recently registered and have an interest in working on Scout, Tenderfoot, Second Class, and First Class advancement requirements. TrailHead is a half day, comprehensive program that will allow scouts to earn up to three merit badges and progress through their rank advancements. Trailhead Scouts should be prepared to write with pen and paper, walk on uneven terrain, and participate in aquatic activities.

Merit Badge and Program Schedules

To view the most up to date version of the Camp Olmsted merit badge opportunities and program schedule, please visit www.gotogoshen.org/olmsted.

Service Projects

During your week at Goshen, there will be plenty of opportunities to perform a service project in camp! These projects range from small projects such as refurbishing a sign to large projects such as rebuilding a bridge or painting a building. Available service projects are posted on each camp's webpage prior to the start of camp and can be coordinated with the Camp Director. Although some service project supplies will be provided (such as tools), units may be encouraged to donate materials.

Religious Services and Chaplaincy Program

Each Goshen Scout Reservation Camp offers a once a week Interfaith service hosted by our Reservation Chaplain. These services are Scout led and we encourage all to participate. Our Reservation Chaplain is currently partnering with NCAC's various religious committees and chartered organizations to offer Catholic, Protestant, and Jewish services. Our Chaplain and Health Lodge Team are also available at all hours to provide counseling services for you and your Scouts. If you would like more information on religious services at GSR, please contact Sarah Laurance at sarah.laurance@gotogoshen.org.

Adult Leader Training Opportunities

In collaboration with the NCAC Training Committee and volunteers, the Goshen Scout Reservation offers a series of Adult Leader trainings including IOLS, Scoutmaster Specific Trainings, and American Red Cross CPR & AED. A training schedule will be made available

closer to the beginning of the summer season. Please note that training opportunities each week may vary and are based on volunteer trainer availability. Once finalized, specific training opportunities will be posted on www.gotogoshen.org, and registration managed through your unit's Blackpug registration.

AWARDS

GSR Camp Adventure Award

Each Unit in camp has the opportunity to bring home the "Camp Adventure Award." The Camp Adventure Award reflects a unit's commitment to participating in camp programs and opportunities and involvement as a member of the camp community. A unique ribbon will be presented to these units who have gone the extra mile to participate in the overall camp program. Learn more about how to earn the Camp Adventure Award at www.gotogoshen.org/information/forms-downloads.

Adult Leader Challenge

The Goshen Scout Reservation "Adult Leader Challenge" is designed for leaders to experience the programs that the Goshen Scout Reservation has to offer by taking part in activities and trainings during their week at Camp, as well as Badge recognizes the tremendous contribution adult leaders make in the Scouting Program. Completions of this award will be accepted on a Scout's Honor Basis. Unit leaders should return a copy of this form to the Camp Administration Office by Friday at noon. Learn more about how to earn the Adult Leader Challenge at www.gotogoshen.org/information/forms-downloads.

Mile Swim Award

Introduced in 1961, the Mile Swim Award encourages swimming skills and recognizes Scouts who swim one mile or more. Camps Olmsted, Bowman, and Marriott host a Mile Swim Event each week to support Scouts searching to complete this advanced swimming challenge. Pre-registration required during Merit Badge signups.

Duty to God Award

The Goshen Scout Reservation Duty to God Award, created by Rev. Msgr. John Brady in 2007, offers daily meditations centered on the Scout Oath and Law. Scouts must participate in daily meditations, attend a religious service at camp, and lead grace before one meal to earn this award.

SAFETY AT CAMP OLMSTED

Site Guides

One or more staff members will be assigned to be your Site Guide for the week. Their duties include being a liaison between the unit and the camp staff in addition to assisting and guiding your unit throughout the week. If you have any questions or needs while at camp, your Site Guide(s) are there to be a resource for your unit. If you have issues reaching your Site Guide while at camp, please let the Camp Administration team know.

Buddy System

All participants at Camp Olmsted should adhere to the buddy system at all times at Camp. The buddy system helps to ensure that scouts and leaders are staying safe in camp and that all scouts are accounted for at all times. Buddy pairs should be single gender, unless in groups of 3 or more scouts.

First Aid

The Camp Olmsted First Aid office is open 24/7 during daytime hours the office is manned by the staff first aider, in the evening the first aid office is manned by a member of the staff who can offer assistance.

All injuries at Camp Olmsted must be reported to the First Aider, no matter the severity. More information for first aid procedures, including the Goshen Scout Reservation Health Lodge for more serious injuries, can be found in the Goshen Scout Reservation Leader Guide.

Participants with Special Needs

We will make any necessary accommodations to provide a welcoming and positive program for all participants. Please contact us at least 1-2 weeks in advance of your arrival so we can work with you to develop a plan to provide the best possible programming.

Wildlife

Goshen Scout Reservation is home to scouts only for a short six weeks of the year. During the summer and all other times of year Goshen is home to many wildlife including Raccoons, Rabbits, Squirrels, Deer, Bear, and more. If it is noticed that wildlife are overly comfortable around participants it must be reported to the Camp Administrative Staff. **The storage of food in the campsite overnight is prohibited**, all food and trash must be locked in a vehicle in the camp parking lot or deposited in the dumpster prior to bedding down for the night. Please follow these instructions as closely as possible to avoid uncomfortable interaction with our Goshen Wildlife. The full GSR Wildlife Policy is available for review in the Goshen Scout Reservation Leader Guide.

CAMPSITE INSPECTION

In keeping with the spirit of encouraging Units to take pride in their campsite and care for their area, our Facilities Team hosts daily campsite inspections to ensure that all camp areas are kept clean and safe. At the end of each day, the Unit with the highest score will be bestowed with the Honor Oar. They will have until the following evening to decorate a portion of their oar in some way. Inspection criteria are listed below.

Campsite Inspection Criteria

1. Tents
 - a. Ensure flaps are uniform throughout the patrol site, whether open or closed.
 - i. Tents will be inspected regardless of flap position.
 - b. Tents must be neat and orderly. Keep in mind any trash in and around the tent.
 - c. The walkway between the cots must be clear. No trash or food in tents.
2. Safety
 - a. Ax yard must be clearly marked and a safe distance from the patrol site.
 - b. Food should not be left out unsupervised as it attracts unwanted animals.
 - c. Ensure any clothes lines are at a safe height (5 feet) and out of walking paths.
 - d. Propane tank must be turned off.
 - e. Tools must not be lying on the ground.
 - f. Fires require supervision at all times and should be put out after use.
 - g. Unit vehicles except trailers are not permitted to be parked in sites after arrival is complete.
3. Camp Improvements
 - a. Use Scouting skills to create pioneering or other projects that look interesting and have practical applications.
 - b. Start the week out doing smaller projects (clothes lines, axe yards, tool racks, trash bag tripods, etc.) and keep building more and bigger improvements throughout the week (such as flag poles, gates, or even towers). Build safely and do not climb above 5 feet.
 - c. Permanent improvements must be approved in advance by camp administration.
4. Fire Guard
 - a. "Fireguard" sheet must be posted on latrine in plain sight.
 - b. Daily slot is filled out with the name of the designated fire warden.
 - i. Designate a fire warden for each day at the beginning of the week and fill in the fireguard sheet accordingly on the first day.
 - c. The designated fire warden should sign their initials on the "Equipment Check" box on their designated day signifying they are taking responsibility from the previous fireguard.
 - i. Make sure the fire bucket is full of water by the latrine.
 - ii. Fill and overflow the fire bucket daily to prevent mosquito breeding.
5. Latrine
 - a. The latrine should be washed at least daily, with toilet lids left closed.
 - b. No toilet paper or trash should be on the ground in or around the latrine.

- c. The sink should be clean and personal items should not be left out.
 - d. Disconnect any water hoses from the faucet after use.
- 6. Overall Appearance/Trash and Tails
 - a. Sites and trails to and from the sites should be clean and tidy with no trash on the ground.
 - b. Remove all trash after every meal and after any evening snacks or desserts. Trash should be taken to the dumpster at least three times a day.
 - c. All smellables must be in the bearbox or removed from the site.