

CAMP ROSS  
**LEADER & PROGRAM GUIDE**  
Summer 2025



A Guide to the Activities and Adventures for  
Rising Webelos and Rising Arrow of Light Scouts

**Scouting America**  
National Capital Area Council

[www.gotogoshen.org](http://www.gotogoshen.org)

Updated 03/04/2025

# Welcome to Camp Ross!

Hello future Camp Ross Campers, Leaders, and Parents!

To assist your pack 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 Ross 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 Ross, please do not hesitate to contact us directly at [camp.ross@gotogoshen.org](mailto:camp.ross@gotogoshen.org). For our returning Packs, 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](http://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.

Ross is Boss!

Yours in Scouting,

*The Camp Ross Administrative Team*

[camp.ross@gotogoshen.org](mailto:camp.ross@gotogoshen.org)

[www.gotogoshen.org/ross](http://www.gotogoshen.org/ross)



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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](http://www.gotogoshen.org) in June

**Mailing Address**

Participant Name, Pack Number  
Camp Ross, Goshen Scout Reservation  
340 Millard Burke Memorial Hwy  
Goshen, VA 24439

**Email Address**

[camp.ross@gotogoshen.org](mailto:camp.ross@gotogoshen.org)

**Facebook**

Goshen Scout Reservation  
Camp Ross

**Instagram**

[@campross\\_gsr](https://www.instagram.com/campross_gsr)

# PRE-CAMP PLANNING

## Your Campsite

All campsites at Camp Ross 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 Pack's registration, and are assigned within two weeks prior to your arrival at Camp Ross. We will do our best to meet your campsite request, but must consider the needs of all Packs attending Camp Ross at that time. Depending on the size of your Pack, you may share a campsite with another unit, however, you will have your own "subsite" within the Campsite just for your Pack.

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 Ross with your Pack. This will allow you to review the camp program, camp medical and physical requirements, transportation arrangements, uniform requirements, and packing list.

## Directions to Camp Ross

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 Ross, please proceed NE along Millard Burke Memorial Highway for 2 miles. There will be signs along the right hand side of the road marking distance till your arrival. A copy of the overall Goshen Scout Reservation map is available at [www.gotogoshen.org/information/forms-downloads/](http://www.gotogoshen.org/information/forms-downloads/).

## CAMP ROSS - SUMMER CAMP PACKING LIST

The items below are recommended for your week Camp Ross at the Goshen Scout Reservation. Please label *all* personal items with your Name and Pack Number.

General Equipment			
Item	Description/Notes	Quantity	Check
Gear Bag	To hold personal belongings (e.g., duffel bag, backpacking bag). Trunks and footlockers are not recommended.		
Backpack / Daypack	For daily use around camp	1	
Sleeping Bag	May substitute with blankets and sheets	1	
Sleeping Pad	Inflatable or foam. Optional but recommended.	1	
Pillow		1	
Water Bottle (1 qt)		2+	
Pocket Knife / Multitool (optional)	Must have earned Knife Safety to use	1	
Flashlight / Headlamp	Spare Batteries	1-2	

Clothing			
Item	Description/Notes	Quantity	Check
Field Uniform	To wear at flag ceremonies and opening / closing campfires. Recommend pins be removed for the week at Camp.		
- Uniform Shirt			
- Uniform Pants			
- Scout Belt			
- Scout Socks			
- Scout Hat			
- Neckerchief			
Scout Shirts / Short Sleeve Shirts		6+	
Shorts		6	
Long Pants		1	
Underwear		6+	
Socks		6+	
Sleep Clothes		1-2 sets	
Swimsuit		1-2	
Baseball Cap / Wide-brimmed hat		1	
Sweater / Jacket		1	

Updated 03/04/2025

Raincoat / Poncho and Rain Pants		1
Hiking Boots / Shoes	Should be sturdy and "broken in"	1 pair
Sneakers / Camp Shoes	Closed toed	1 pair
Water Shoes	Closed toed	1 pair
Shower Shoes	May be open toed, in shower use only	1 pair
Work Gloves	For Camp service project	1 pair

### Toiletries

Item	Description/Notes	Quantity	Check
Toothbrush		1	
Toothpaste	Travel Size	1	
Hairbrush / Comb		1	
Lip Balm		1	
Shampoo, Conditioner	Travel Size	1	
Body Soap	Travel Size	1	
Washcloth		1-2	
Shower Towel		1-2	
Aquatics / Beach Towel		1	
Feminine Hygiene Products	If applicable.		
Personal Medications	Enough for a full week, in original containers. Provide administration information to attending Pack Leadership.		
Foot Powder		1	
Sunscreen		1	
Bug spray		1	
Medical Equipment	E.g., Portable rechargeable battery for CPAP Machine		

### Other

Item	Description/Notes	Quantity	Check
Scouting America Medical Forms (Parts A, B, and C)	Completed and signed by a physician	1-2 copies	
Sunglasses		1	
Money	Approx. \$100 recommended for the trading post (souvenirs and snacks)		
Watch		1	
Camp Chair (optional)	For sitting around the campfire		



### Pack Equipment List – To be Brought by Attending Pack Leadership

Item	Description/Notes	Quantity	Check
Scouting America Annual Medical Form (Parts A, B, and C) for all Scouts and Adults	Parts A and B required for all attendees. Part C required for all attendees staying at Camp for more than 72 hours. Present to the Administrative building at Check In.		
Webelos and Arrow of Light Handbook	For Advancement Tracking		
Lighter / Matches	For foil dinner night and campfire building.	1	
Kitchen Knife	For foil dinner night.		
Cutting Board	For foil dinner night.		
Metal Tongs	For foil dinner night.		
Charcoal	For foil dinner night. Also available in the Trading Post for purchase.		
Portable Battery	And Charging Accessories.		
Rope			
Camera (optional)	Batteries and memory card.	1	
Lockable Medication Box (optional)	Also available for check out at First Aid Station.		
Pop up Shade Fly (optional)	In addition to camp provided shade fly		
Lantern	For communal picnic table		
Board Games / Playing Cards			

### Campsite Equipment Provided by Goshen Scout Reservation

Item	Description/Notes	Quantity	Check
Canvas Tent	9 ft x 7 ft on a Wooden Platform. Sleeps two people. Number of tents in campsite set up based on total number of people attending.		
Cot	Two per tent provided.		
Shade Fly	One per campsite.		
Picnic Table	One per campsite.		
In Camp Storage Container	One per group of campsites. For day use only.		
Toilet Paper, Hand Soap, Hand Sanitizer			

# ARRIVAL DAY & GENERAL INFORMATION

## Camp Check-In

When your Pack arrives at Camp Ross, you will be greeted by members of our Camp Staff and directed to the camp parking lot. Your Pack will be directed on where to unpack your belongings so that our Facilities Team can transport them to your campsite. At this time, you will be introduced to your Site Guide (your Pack's assigned camp staff member for the week), and guided to the Camp Ross Administration building for Medical Checks.

Please ensure that your Pack'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 Pack will be guided to your Campsite to unpack, followed by a Camp Tour, given by your Site Guide.

## Sunday Schedule

Time	Event	Location	Notes
11:00 am	Confirm Pack arrival time	In transit	Please call our Camp Leadership on our camp phone to confirm your estimated arrival time.
1:30 pm	Arrival at Camp Ross	Parking Lot	Site Guides will greet and guide you to your Campsite and on a tour of Camp.
1:30 - 4:30 pm	Medical Checks, Campsite Move In, and Camp Tour	Admin Building, Your Campsite, Camp Ross	
5:50 pm	Gather for Grace and Meal Dismissal	Parade Field	
6:00 pm	Dinner!	Dining Hall	
7:00 pm	Leader's Meeting	Admin Building	Please send one leader from your Pack to attend.
8:15 pm	Evening Flags, Opening Campfire	Parade Field, Campfire Hill	Please attend in Field Uniform. 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 Ross Parking Lot, but not in individual campsites. We encourage your Pack to coordinate carpooling and group arrival to reduce vehicle footprint and



allow your Pack to arrive at Camp Ross as close to the same time as possible. Vehicles can access sites to drop off and pick up, 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 Ross must sign out at the Camp Ross Administration Office, and check in upon return. Youth are not permitted to leave Camp Ross 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 Ross Administration building for formal check in (including medical check).

## **Saturday Departure Procedures**

Packs must plan to leave by 9:00 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 Pack items
- Stop by the Dining Hall beginning at 6:30 am for a continental breakfast, including coffee for our adult leaders
- Pick up your Pack's Medical Forms from the Admin Building
- Check the lost and found for personal belongings (moved to the breakfast area)
- For Packs staying in Sites 4, 6, 9, 10, or 11, heavy gear will be arranged to be transported by our Facilities team to the parking lot on Friday afternoon. Please stage gear for pickup at your Campsite latrine platform (more instructions given on site).

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

# CAMP ROSS AMENITIES

## Trading Post

The Trading Post is Camp Ross' 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 Ross 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 Chef's Knife or Knife Safety adventure completion and permission from their Pack Leader.

## Leaders' Lounge

The Camp Ross Leader and Staff Lounge is located in the Camp Ross Administration Building, and is open from 9:00 am to 10:00 pm, except during staff meals (12:30 - 1:00 pm, and 6:00 - 6:30 pm.) The Leaders Lounge is equipped with restrooms, tables for working, and wireless internet. Leaders are also encouraged to utilize the porch area at the front of the Administrative Building.

## Internet Access for Leaders

We recognize that many adult leaders will need access to the internet for work while at camp. Wi-Fi via newly installed fiberoptic 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 located on the backside/downhill from the Dining Hall and Administration Building. 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 10:00 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 between the Trading Post and Handicraft Pavilion. 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
- Dutch ovens, propane stoves, propane tanks, extra cooking supplies
- 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:

- Pack Number #
- 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 Ross' equipment with respect by bringing items back in similar condition to which you received them.

# FOOD SERVICE

## Food Service

Meals at Camp Ross 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/](http://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 Packs 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. Please send an adult leader to the Dining Hall at 4:30 pm to pick up your food! All food is safe to eat from the Dining hall and only needs to be warmed by a campfire to improve its tastiness! Please also consider using charcoal, there will be some supply available at our Camp Trading Post.

- Turkey Sausage, Bell Peppers, Onions, Potatoes, Jello/Pudding, Salt & Pepper, Tin Foil, and Plastic Flatware

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!

## **PROGRAM SCHEDULE STRUCTURE**

Your Pack's program schedule while at Camp Ross is broken into two parts. On Monday and Tuesday, your Scouts will be introduced to the safety rules of each program area and participate in introductory activities. During the second remainder of the week, your Pack will have the ability to select the programs you are interested in participating in. Learn more about the program schedule structure below!

### **Monday & Tuesday**

Your Pack will receive a copy of your Monday and Tuesday program schedule during the week's first leader's meeting (Sunday evening). Throughout Monday and Tuesday, your Scouts will be introduced to each program area, traveling together and participating in programs as a group. We encourage leaders to use this time to take a pulse in their Scout's interests in each area to help form your decision on which activities your Pack will want to participate in the remainder of the week.

### **Wednesday, Thursday, & Friday**

The schedule for the second part of the week (Wednesday, Thursday, Friday) is based on what your Pack wants to do! At Monday's evening Leader's Meeting, you will submit a "request sheet" where your Pack will list activity preferences for the remainder of the week, including advancement opportunities and open programs. Other schedulable activities will include hikes to Viewing Rock and the Swimming Hole. We also encourage Pack's to reserve a "Shower Block," where the Shower House becomes designated to your Pack for the hour.

You will receive your Wednesday - Friday schedule at the Tuesday evening Leader's meeting. We will make every effort to accommodate your first choice schedule!

### **Program Schedule**

A copy of the most up to date Camp Ross Program Schedule is available for download at [www.gotogoshen.org/ross](http://www.gotogoshen.org/ross) under "Forms and Downloads."

### **Tracking Advancement**

Many of the activities at Camp Ross are not just fun - they also cover Adventures for Webelos and Arrow of Light ranks! Most times, Adventures are completed in full, but there are some opportunities that cover just a couple parts of Adventures.

Leaders should keep track of what their Scouts complete during camp. Use the chart in the last pages of this packet to keep track of which activities complete the different Adventures and Adventure parts.

# PROGRAM ACTIVITIES

## 2025 CAMP THEME: MYTHIC HEROES

Prepare for a legendary summer of Greek gods and extraordinary heroes of myth, like Jason, Atalanta, and Perseus. Train your skills at Archery and BBs, prepare for your next quest at Scoutcraft, harness the lake at Aquatics, hone your talents at Handicraft, and explore the wilderness at Nature. Don't get lost in the labyrinth - find your way to Camp Ross this summer!

*Activities below are subject to change. The list includes many of the standard activities we offer each summer, but other new activity options may be available once you arrive at camp, as our creative staff create ever more fun activities to excite and delight the campers.*

### **Aquatics**

*Head on down to our Waterfront and have a blast in lake Merriweather. Swim checks and Boating are held on Monday and Tuesday, and Packs can sign up for additional Boating, Swimming, Aquanaut, or our Water Trampoline for Wednesday-Friday!*

#### **Monday, Tuesday**

##### **Swim Test (Monday)**

Scouts will be able to take the Scouting America Swim Test, which will allow them to participate in Aquatics activities for the rest of the week.

##### **Boating (Tuesday)**

Scouts learn the basics of paddling and test their skills as they paddle around the lake.

#### **Wednesday, Thursday, Friday**

##### **Aquanaut (*Webelos*) and Swimming (*Arrow of Light*)**

Grab your swimsuits and buddy tags and hit the water! Scouts will earn the Aquanaut and Swimming Elective Adventures.

*(Earns the Aquanaut and Swimming Elective Adventure)*

##### **Paddle Onward (*Webelos*) and Paddle Craft (*Arrow of Light*)**

Scouts test their boating skills to complete tasks around the lake and challenge themselves over their boat.

*(Earns the Boating Onward and Paddle Craft Elective Adventure)*

##### **Free Swim**

Scouts get the opportunity to Swim in the Swimming area with their friends and their pack.

##### **Trampoline w/ Slide (*New 2025!*)**

Scouts get the opportunity to participate on the aqua trampoline rotating in and out of free swim.

##### **Open Boating**

Scouts get the opportunity to explore the boating area with their friends and their Pack.

## **Archery**

*Spend some time feeling like Robin Hood showing off your skill as an Archer. Monday and Tuesday offer basic instruction, and Wednesday-Friday Scouts can shoot long distances, bring their own targets and on Friday compete for the Coveted Golden Arrow!*

### **Monday, Tuesday**

Scouts learn the rules of the Archery Range and basics of how to shoot.

### **Wednesday, Thursday, Friday**

#### **Archery Webelos and Archery Arrow of Light**

Scouts can earn the Archery Elective Adventure for Webelos and Arrow of Light ranks.

#### **Bring Your Own Target (BYOT)**

Scouts have the opportunity to bring their own targets to fire upon.

*(Targets must be approved by the Area Director)*

#### **Distance Shooting**

Scouts can challenge themselves by shooting at targets at different distances, and seeing who can hit the target from the farthest away.

#### **Open Shoot**

Scouts and Adult leaders get the entire block to just go and shoot on the range.

## **BB's**

*Hone your Marksman skills at our BB's Range, learning the discipline necessary to safely use an air powered BB Rifle! Make sure to check out our Shooting award sessions, bring your own target, or compete for the Golden BB Friday!*

### **Monday, Tuesday**

Scouts learn the rules of the BBs Range and basics of how to shoot.

### **Wednesday, Thursday, Friday**

#### **BB Gun Webelos and BB Gun Arrow of Light**

Scouts can earn the BB Gun Elective Adventure for Webelos and Arrow of Light ranks.

#### **Open Shoot**

Scouts and Adult leaders get the entire block to just go and shoot on the range.

#### **Bring Your Own Target (BYOT)**

Scouts have the opportunity to bring their own targets to fire upon.

*(Targets must be approved by the Area Director)*



## **Handicraft**

*Take something to take home from Camp Ross, from Paracord projects, Gimp lanyards, pocket knife sheaths, tie dye and more! Get creative and make memories that you can share with your family when you get home from Camp.*

### ***Monday, Tuesday***

Handicraft will have a theme based craft, which they will work to complete and finish, over the first two days.

#### **2025 Craft: Mini Mosaics**

In Ancient Greece, mosaics were used to depict scenes from Greek mythology. Join us in creating your own mosaic. Which story will you tell?

On Monday, we will design our mosaics and create them on Tuesday.

### ***Wednesday, Thursday, Friday***

#### **Escape Room**

Can you outriddle the sphinx? Work together to escape her lair!

#### **Leatherwork**

Scouts learn how to stamp and put together leatherworking kits that they can use. As of 2025, materials are provided to you!

#### **Beaded Animal Keychains**

Scouts will create their own mythical beaded companion!

#### **Tie-Dye**

Scouts learn how to and then make tie-dye shirts using different colors and designs. As of 2025, materials are provided to you!

## **Nature**

*Spend some time with Turtles and Frogs and Snakes oh my! Check out our Nature program to learn about Leave no Trace, the Animals and Plants of Goshen, the Solars system, or earn Into the Woods, Into the Wild, and Earth Rocks adventure pins!*

### **Monday, Tuesday**

#### **Introduction (Monday)**

Scouts are introduced to the different animals found at Camp Ross, including snakes, spiders, turtles, frogs, and many other animals, while going over the rules of the Area.

#### **Leave No Trace and the Outdoor Code (Tuesday)**

Scouts will learn the Leave No Trace Principles for Kids and the Scouting Outdoor Code through a series of games and activities. Join us in our campwide cleanup challenge!

### **Wednesday, Thursday, Friday**

#### **Catch the Big One (Webelos) and Fishing (Arrow of Light)**

Scouts go to the lakeside of our beautiful Lake Merriweather and go fishing for one of our many fish species. Covers preparations needed to earn Catch the Big One (Webelos) and Fishing (Arrow of Light) Adventures. Finish up the Adventure by going fishing in your spare time!

*(Live Bait not included, but available at the Trading Post)*

#### **Earth Rocks (Webelos)**

Scouts learn about the geological features and the different types of rocks and how they form.

*(Earns Earth Rocks Elective Adventure)*

#### **Into the Wild (Arrow of Light)**

Scouts Learn about the different animal life in the area, the food chain, and how animals interact with each other in their environments.

*(Earns Into the Wild Elective Adventure)*

#### **Critter Hunt**

Scouts go out to find different animals throughout our camp. Oftentimes finding frogs and newts along our creek beds.

#### **Into the Woods (Arrow of Light)**

Scouts learn about the different trees and plants in the area while also understanding the different parts of the tree and how they grow.

*(Earns Into the Woods Elective Adventure)*

#### **Critter Time**

Scouts get a chance to interact and hold our many animals at the nature center such as turtles, frogs, and snakes.

## **Scoutcraft**

*Jump back in time to the roots of Scouting and learn knot tying, fire building, campfire cooking and how to work as a team to overcome obstacles. Learn about the skills that form the foundation of camping and know you'll be able to go out and camp anywhere!*

### ***Monday, Tuesday***

#### **Knot Tying (Monday)**

At Scoutcraft, Scouts will learn and practice learning basic knots, including the square knot, two half hitches, taut line hitch, and bowline!

#### **Chef's Knife (Webelos) and Knife Safety (Arrow of Light) (Tuesday)**

Scouts will earn the privilege of using a knife during Cub Scout activities and prepare for Tuesday evening's foil dinner night!  
*(Earns the Chef's Knife and Knife Safety Elective Adventures)*

### ***Wednesday, Thursday, Friday***

#### **Advanced Knot Tying**

Scouts use the skills previously learned and expand upon them with more challenging knots.

#### **Teamwork Challenge**

Scouts work together to complete several different activities that require communication and teamwork to be able to succeed at.

#### **Fire Building**

Scouts learn the basics of fire safety and how to make their fire using matches and a bird's nest.

*(Completes requirements for Firem'n Chit)*

#### **Treasure Hunt**

The Ancient Greeks went on many adventures! Follow in Jason and the Argonauts' footsteps as you use your map and compass skills to find the Golden Fleece.

#### **First Aid Skills**

Learn what to do when someone needs help! Completes some requirements in Webelos Walkabout (Webelos) and First Aid (Arrow of Light).

## **Hikes**

***Wednesday, Thursday, Friday***

### **Swimming Hole**

Located about a mile hike away from Camp Post, the Swimming Hole offers a chance to relax and enjoy the river.

### **Scouts BSA Camp Tour**

Take a tour of GSR Camp Marriott to learn more about the Scouts BSA program and what future years of summer camp at the Goshen Scout Reservation may look like!

### **Viewing Rock**

With the Trails head located across from Camp PMI, the 2 mile long hike offers one of the best views of the reservation, while offering scouts a not too challenging hike.

## **Other Activities**

***Wednesday, Thursday, Friday***

### **Service Project**

Participate in a service project to beautify Camp Ross! Projects will be posted prior to the beginning of Summer Camp and available for Pack sign up in late spring. Meet at the Quartermaster.

### **Pack Time**

Take some time with your Pack! Packs commonly use this time to use the showers, go to the Trading Post, play games in the Parade Field, go fishing, or relax and play some card games.

### **Shower Time**

Make time to go take showers! Remember you can go to the Trading Post when done with showers.

## **Evening Program**

### **Field Games (Monday)**

Our field games include a wide variety of different activities such as corn hole, horse shoes, Can Jam, Frisbee, and our very own Gaga ball pit.

### **Foil Dinner Night (Tuesday)**

Cook dinner in your campsite! Stop by the dining hall starting at 4:30 pm to pick up your food. Required for all packs.

### **Staff Hunt (Wednesday)**

The Packs working as a unit must find all the staff in the allotted time, as they have been hidden throughout the camp. With different staff members worth different amounts of points.

### **Star Party (Wednesday After Flag Lowering)**

Go out under the stars and see different constellations and planets as our Nature staff use our telescope to look up into the sky.

### **AOL Campfire (Thursday after flag lowering)**

Exclusive for Arrow of Light Scouts, Scouts head out to our White Pine forest to enjoy a Campfire and a fun dessert as well.

### **Interfaith Service (Thursday)**

We offer an interfaith service once a week for any and all who wish to attend.

## **RESERVATION SUPPORTED PROGRAMS**

### **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](mailto: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](http://www.gotogoshen.org), and registration managed through your unit's Blackpug registration.

## ELECTIVE ADVANCEMENT TRACKER

By participating in the following Camp Ross programs, we anticipate that your Scouts will complete the listed requirements for the following Webelos and Arrow of Light Adventures.

Elective	Rank	Program & Completed Elective Requirements
<b>Aquatics</b>		
Aquanaut	Webelos	Swim Test (Monday): 5 Aquanaut & Swimming: 1, 2, 3, 4, 6 Free Swim: 6 Trampoline: 6 (Complete all 6 requirements for full elective!)
Swimming	Arrow of Light	Swim Test (Monday): 3 Aquanaut & Swimming: 1, 2, 4 Free Swim: 4 Trampoline: 4 (Complete all 4 requirements for full elective!)
Paddle Onward	Webelos	Swim Test (Monday): 1 Paddle Onward & Paddle Craft: 2, 3, 4, 5, 6, 7, 8, 9 (Must obtain Swimmer rank during Monday's Swim Test for requirement 1) (Complete all 9 requirements for full elective!)
Paddle Craft	Arrow of Light	Swim Test (Monday): 1 Paddle Onward & Paddle Craft: 2, 3, 4, 5, 6, 7, 8, 9 (Must obtain Swimmer rank during Monday's Swim Test for requirement 1) (Complete all 9 requirements for full elective!)
<b>Archery</b>		
Archery Webelos	Webelos	Archery Webelos & Archery Arrow of Light: Completes full elective
Archery Arrow of Light	Arrow of Light	Archery Webelos & Archery Arrow of Light: Completes full elective
<b>BBs</b>		
BBs Webelos	Webelos	BBs Webelos & BBs Arrow of Light: Completes full elective
BBs Arrow of Light	Arrow of Light	BBs Webelos & BBs Arrow of Light: Completes full elective
<b>Handicraft</b>		

No Adventures taking place in the Handicraft area - Only fun!		
<b>Nature</b>		
Let's Camp Webelos	Webelos	Leave No Trace and the Outdoor Code: 8 (This Adventure has 9 requirements.)
Catch A Big One	Webelos	Catch the Big One & Fishing: 3, 4, 5 Pack Time or outside of program: 1, 2, 6, 7 (Complete all 7 requirements for full elective!)
Fishing	Arrow of Light	Fishing: 3, 4, 5 Pack Time or outside of program: 1, 2, 6, 7 (Complete all 7 requirements for full elective!)
Earth Rocks	Webelos	Earth Rocks: 1, 2, 3, 4 (Complete all 4 requirements for full elective!)
Into the Wild	Arrow of Light	Into the Wild: 1, 2, 3, 4, 5 (Complete all 5 requirements for full elective!)
Into the Woods	Arrow of Light	Into the Woods: 1, 2, 3, 4, 5 (Complete all 5 requirements for full elective!)
<b>Scoutcraft</b>		
Chef's Knife	Webelos	Chef's Knife & Knife Safety: 1, 2, 3, 4 (Complete all 4 requirements for full elective!)
Knife Safety	Arrow of Light	Chef's Knife & Knife Safety: 1, 2, 3, 4, 5 (Complete all 5 requirements for full elective!)
Webelos Walkabout	Webelos	First Aid Skills: 5 (This Adventure has 7 requirements.)
Let's Camp Webelos	Webelos	Fire Building: 6, 7 (This Adventure has 9 requirements.)
First Aid	Arrow of Light	First Aid Skills: 2, 6 (This Adventure has 7 requirements.)



# AWARDS

## The Diamond W Award

The Diamond W Award can be earned by your Pack over the course of the Week at Camp Ross. Earning the award shows your Pack's spirit for the Camp Ross Program and earns your pack the right to display our "Camp Diamond W" Ribbon on your Pack/Den Flag. In addition, award patches are available at the Trading post. To earn the Award packs must:

- Have an average weekly campsite inspection score of 23 or higher scoring is based on
- Campsite cleanliness (5 points), Tent neatness (5 points), Latrine (Toilet) cleanliness (5 points), Campfire safety (5 points), and General Campsite Safety (10 points)
- Learn the Outdoor code at Nature
- Hike to Viewing Rock or the Swimming hole
- Complete a Camp service project, either at Camp Ross or a project listed on the website with approval from the Camp Director

Learn more about how to earn the Diamond "W" Award at [www.gotogoshen.org/information/forms-downloads](http://www.gotogoshen.org/information/forms-downloads).

## GSR Camp Adventure Award

Each Pack 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](http://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](http://www.gotogoshen.org/information/forms-downloads).

## 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 ROSS

## 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 Ross 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 Ross 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 Ross 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.