



2025 Leader's and Crew Guide
James River Canoe Trek

2025 Leader's Guide

Introduction

Welcome to Lenhok'sin High Adventure! We are very excited for your crew to join us on the river this summer, and we hope that this guide will help to prepare you for the challenges and excitement that await you at camp.

Our mission is to provide you with a memorable experience while you are paddling down the James River, navigating white water rapids, and testing your backcountry skills. We hope that your High Adventure experience will give you treasured memories, a chance to grow as a team, and the opportunity to further your scouting careers.

Please read through this Leader's Guide, as it is updated each year with program additions and adjustments. If you have any questions, you can contact us at lenhoksin@gotogoshen.org, or myself at dan.leichtling@gotogoshen.org. We are looking forward to meeting your units on the trail and providing you with an incredible adventure!

Yours in Scouting,

Daniel Leichtling

Camp Director

Lenhok'sin High Adventure

www.facebook.com/Lenhoksin

www.gotogoshen.org/lenhoksin

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You have registered your crew! Now, what to do? Here is a checklist!

- Read through this guide and review the GSR General Leader's Guide.
- Fill out the "pre-camp survey" found on our website under Forms & Downloads <https://www.gotogoshen.org/camps-programs/lenhoksin-high-adventure/> (Due **May 3, 2025**).
- Plan and carry out a few weekend "shakedown" canoeing trips prior to arrival.
- Complete the following required trainings prior to your arrival at camp.
 - My.Scouting.org modules
 - Weather Hazards Training (at least one crew member, youth or adult)
 - Youth Protection Training (All adult members of the trek)
 - Safety Afloat (at least one crew member, youth or adult)
 - Safe Swim Defense (at least one crew member, youth or adult)
 - Wilderness First Aid Certification (at least one member, youth or adult)
 - CPR Certification (at least one member, youth or adult)
 - Aquatics Supervision: Paddle Craft Safety - Basic (at least one crew member, over 21 years old)
 - Ensure all your training certifications have been completed and will remain valid through the entirety of your trek, which will be checked upon your arrival at Lenhok'sin.
- Bring to camp
 - Two copies** of each participant's completed BSA Medical Form for each person (Parts A, B, and C, including NCAC Health Advisory Form)
 - A crew roster of each participant attending your Lenhok'sin trek, pulled from scoutbook displaying each participant's **active** member ID, directions for how to do this are located under the General Goshen Forms and Downloads section.
 - Completed training certifications
 - A cell phone with Verizon cell service
 - The (**Optional**) Pre-Camp Swim Check Form, if completing your swim checks prior to arrival. Please ensure you have a valid copy of your administrator's certification, and that it's one of the appropriate ones from the list on the form, available under forms and downloads.
<https://www.gotogoshen.org/wp-content/uploads/2024/11/GSR-Swim-Check-Form.pdf>



Planning your Lenhok'sin Adventure

Organizing for a Canoeing Adventure

As with any scouting activity, preparation and planning are vital to the success of your trip. Please keep in mind the following:

- The week on the river will be challenging both physically and mentally, and your crew's outdoor skills will be put to the test. Fun, fellowship, teamwork, and adventure are important ingredients in planning your trek.
- Complete and submit your pre-camp survey no later than **May 3, 2025**.
- Obtain and complete medical forms as soon as possible so that there will be no barrier to beginning your trail experience.
 - Crews are required to bring **two** copies of each participant's medical forms to camp.
- National Standards require that "at least one member of each crew, preferably two, must be currently certified in Wilderness First Aid and CPR."

Physical Stamina and Weekend Shakedown Preparation

Being prepared for your Lenhok'sin adventure is paramount for the success of your Lenhok'sin Trek. Units should complete multiple pre-camp "shakedown trips," where participants are able to canoe with full equipment for the number of miles your unit aims to complete each day. The goal of these shakedown trips is to build up your crew's skill and stamina through the addition of weight and mileage. This will ensure that your unit is prepared for your trek, as many sections of the James River are very challenging.

During your shakedown preparation, keep note of items that you used, didn't use, and should be left at home, or brought but left behind in your vehicles. Have your crew brainstorm ways to lighten their packs, leaving excess items behind and sharing items among the crew. You should also pay attention to daily fuel consumption so you can pack an appropriate amount for camp. Shakedowns should include overnight trips so the crew can practice setting up and breaking camp efficiently.

Crew members should be proficient in map and compass use/navigation, and know how to set up and use their equipment. This includes bear bagging, camping stoves, tents, and more.

Training Requirements

At least one member of each crew must hold a current Wilderness First Aid certification from an approved provider, as well as CPR certification. If an adult in your crew has an equivalent or higher level of medical training from their profession, this may be exempted with proof of certification.

Please bring proof of these certifications with you to camp. We prefer two trained members of each crew, just in case the injured person happens to be one of the trained members. The NCAC offers these

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training courses regularly. Call 301-530-9360 for information. You can find accredited Wilderness First Aid Trainings here: <https://www.scouting.org/health-and-safety/training/wilderness-fa/>

The NCAC offers WFA training at Camp Snyder through the [Outdoor Preparedness Initiative](#), and you are also able to search for instructors and courses through either the [Red Cross](#) or [Emergency Care & Safety Institute](#), simply make sure that the courses you sign up for are **wilderness** first aid.

Please visit the Lenhok'sin High Adventure webpage for a breakdown of all trainings required for your trek: <https://www.gotogoshen.org/camps-programs/lenhoksin-high-adventure/>

Minimum Age Requirement

In accordance with National High Adventure policy and the Guide to Safe Scouting, youth attending Lenhok'sin High Adventure **must be 13 years old** by September 1, 2025. The youth member(s) must be mature enough for the rigors and challenges of high adventure.

Experience Requirement

National Standards require that at least two members of the crew, either youth or adult participants, have had "Extensive Experience" in this type of activity, defined as having been on at least three short-term (two-day) overnight canoeing outings.

Crew Chief

Your primary youth leader is the Crew Chief. While the Adult Crew Leader attends to the administrative details and keeps an eye on health and safety, your Crew Chief should direct the crew. Delegate responsibility early and then take your turn in following the Crew Chief's direction—just as you expect that your directions will be followed. Ensure that your Crew Chief understands the program, the skills, the award requirements, and daily routine of camp. **Leave the leadership of the crew in the hands of your youth leaders whenever possible, and only intervene when necessary to prevent unnecessary complications or safety risks.**

Crew Size

The minimum crew size is eight (8) members, and maximum crew size **is limited** to twelve (12) unless approved by the Camp Director. If you have more than 12 crew members, we recommend forming sub-crews to maintain ideal program quality. If your troop has two crews attending Lenhok'sin and you would like to camp together each or most nights, please indicate that on your pre-camp survey. The minimum and maximum crew sizes are set in place by National Standards for your safety and experience, as well as program capacity and minimizing environmental impact.

Pre-Camp Survey Form

Complete the *Pre-Camp Crew Survey Form* as soon as possible. The deadline is **May 3, 2025**. Although primarily used for outpost selection for Lenhok'sin Backpacking treks, the Pre-Camp

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Survey assists Lenhok'sin staff in ensuring that all dietary restrictions are met, prior to a scout's arrival at camp.

The Pre-Camp Survey can be found on the Lenhok'sin website under "[Forms and Downloads.](#)"

Round Robin Stations

Upon your arrival at Lenhok'sin High Adventure, you will go through several round robin stations, including the following:

- Medical Checks (full crew) and Reconciliation (adult leader)
- Base Camp Tour
- Pack Check
- Model Campsite
- Bear Bagging
- Weather Hazards
- Wildlife and Bear Safety
- Leave No Trace
- Health and Safety
- Food Commissary
- Quartermaster
- Trading Post

You will be led through the Round Robin Stations by your Staff Site Guide. The time spent on each station will be based on your crew's prior experience, knowledge base, and trek preparedness.

What to Pack: Crew and Personal Equipment

Your Pack

As your crew will be travelling primarily on the water, having a frame pack might not be the best option for your comfort and storage of equipment. We recommend a sufficiently large duffle bag, ideally with back or shoulder straps, as the shape is easier to fit into a dry bag than an external, or even internal frame pack. (dry bags are provided by the outfitter, though you may bring your own as well).

When packing your gear in your pack for the trail, ensure that you leave enough space for shared crew gear, water, and food (approx. 10 liters). Plan to carry enough water, personal equipment, crew equipment, and crew food for 2 ½ days.

PACK WEIGHT DISTRIBUTION & PACKING ZONES



Footwear

When on a canoe trek, crew members should wear closed-toed shoes that are in good condition, well fitting, broken-in, and can get wet. Shoes that do not fit properly or are not broken in will lead to blisters, hot spots, and foot pain. Moisture trapped in footwear will soften and weaken skin, leading to blisters and other foot related issues. Experienced canoers recommend closed toed sandals, such as Keens, or trail running shoes. Water shoes also serve as an option.

While at your campgrounds, a lightweight pair of sneakers, or “camp shoes,” are nice for allowing your feet to air out and dry while resting at camp. Closed toed shoes must be worn at all times while on the river and at your campsite.

Tent

Be sure to choose a lightweight tent that is in good condition, and practice setting it up before camp. Tent selection should align with the number of participants in your unit. For example, a four-person tent would not be best suited for a Lenhok'sin trek due to its size and weight. Instead, a two-person tent shared between two scouts (buddy pairs), or individual tents are recommended. If your tent doesn't have a waterproof floor you will want to ensure that you have a sturdy ground cloth, such as a thick piece of

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builder's plastic or sturdy plastic drop cloth, likewise in terms of a waterproof rain fly.

Sleeping Bag

We recommend a lightweight sleeping bag for your trek; however nighttime temperatures can often drop to the low forties in Goshen and Buchanan throughout the summer. Sleeping bags should be stored in a waterproof stuff sack for extra protection from moisture.

Mattress Pads

Many mattress pads provide an insulating barrier between you and the ground, which will improve a good night's rest. A mattress pad will also increase your comfort in rock areas, as many of the campsites along the James River feature gravel pads. Although inflatable mattress pads tend to provide the best comfort and are more popular in the outdoor community, a foam pad can work just as well.

Hammocks

Hammocks have become very popular in the outdoor community, and have become a preference for many. If you or your unit choose to use a hammock on the trail, please practice setting up and sleeping in a hammock before you arrive at camp. Hammock users may wish to bring an insulating pad to line their hammock with, as well as some form of rain fly/cover. When setting up your hammock, please use tree-safe straps, as well as place sticks in between your straps and the tree to prevent stress marks on the bark. **Please be aware that not all campsites have trees available that are suited for hammocking in sufficient numbers to accommodate a whole crew.**

Dry Clothing

We suggest packing your clothing in zip-lock plastic freezer bags or lightweight water-proof stuff sacks. Squeeze out excess air to save room in your pack. Should your clothing get wet or soiled, repacking in the same bags will keep the rest of your gear dry. If your unit has dry bags for the shakedown treks, please practice packing and sealing them securely.

Protection from the Weather

Either good quality rain gear or a poncho is a must! You will be in the woods or on the river all week, and rain showers often come rolling in with short notice. Please double check that all your crew members bring this item. Rain gear should always be packed at the top of your pack or in an easy access external pocket. Additionally, either a wool sweater or fleece pullover is recommended for warmth. You should also have a waterproof cover for your backpack. These can either be purchased or handmade from large heavy-duty trash bags.

Toilet Paper

Don't forget to bring along this essential item! You can choose to carry rolls of toilet paper for communal use, or for everyone to carry a personal supply. If you should forget or need more, please ask for some at base camp Quartermaster station. Each campsite provided by the outfitter has Porta-Johns, and each campsite at Baird has a latrine, in addition to the shower house facilities.

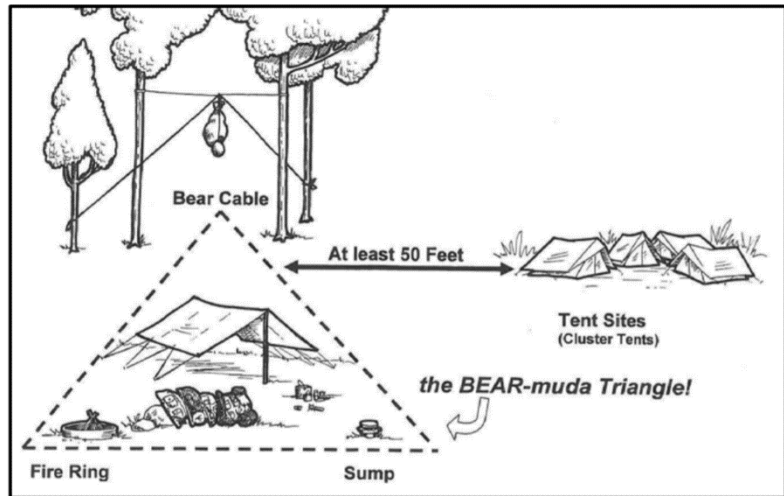
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Flashlights

Each person will need a reliable flashlight or headlight with a fresh set of batteries to last the week. The crew may wish to bring an extra set of AA and AAA batteries in case someone needs a spare set.

Bear Bag Gear

All smellable items must be placed in a bear bag or bear canister while on your trek. This includes all items such as toiletries, food, first aid kits, and water bottles that have held liquid other than water. Units should bring a 75-foot nylon cord as well as sturdy bear bags for this purchase. The outfitter does not provide bear boxes, so river crews should be prepared to hang bear bags, and practice the process on their shakedown excursions.



We also ask that you follow the "Bermuda Triangle" method of camp set up in order to protect yourself and our wildlife (see image to the right). Please refer to the "Bear Procedures" section of the Leader Guide for more information on our Black Bears and expectations.

Personal Electronic Devices

While this is a beautiful opportunity to escape technology, we do highly recommend that each crew designate **one person** as an emergency contact phone number. The only cell service that works well along the James River is **Verizon**; therefore, this emergency number should be a Verizon cell phone if possible. If not, Sprint works in some areas; AT&T and T-Mobile tend not to have much reception. At the leader's meeting at the beginning of the week, we will go over emergency procedures and give you contact numbers for the Camp Director, Health Lodge, and Canoe Trek Outfitter (Twin River Outfitters).

Please keep in mind that there is no electricity on the river. If you must charge your cell phone, we recommend using a battery pack or a solar panel to charge your personal electronic device. Additionally, you can store extra battery packs in your vehicle for the mid-week resupply. We have some spare battery chargers that you may borrow for emergency cell phones. Please ask the Camp Director if you would like one.

We recommend leaving all radios, iPods, electronic games, laptops, etc. at home. However, if they are brought to Lenhok'sin, they should be left in your vehicles, and that the camp staff are not responsible should such things be damaged if taken on the river. We recognize that some adult leaders might have work that requires them to remain in touch or available during the week. There is Wi-fi available to adult leaders at the Camp Baird Administration Leader's Lounge. Keep in mind that you will only be in base camp Sunday afternoon, very briefly Monday morning, Friday afternoon, and that you are on the road home early Saturday morning.

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Trail Cooking: A Scout is Hungry – the 13th Point of the Scout Law!

You will certainly be ready for a good meal at the end of each day on the trail! We provide crews with a variety of dehydrated food for dinner and 'no cook' foods, high in protein and carbohydrates, for easy consumption on the trail for breakfast and lunch. You receive all of this food during the Round Robin Stations on Sunday and may resupply from your vehicles when you pass by the outfitter on Wednesday. Please see the 2024 or 2025 Trail Food Menu available on the Lenhok'sin webpage.

Trail Menu

River Trek units will receive meals for Monday lunch through Friday lunch upon arrival at Camp Baird Sunday afternoon. Meals for Sunday Dinner, Monday Breakfast, Friday Dinner, and Saturday Breakfast will be provided at the Camp Baird Dining Pavilion.

The 2025 Trek Menu (Standard and Vegetarian) is available under the "Forms and Downloads" section of the Lenhok'sin webpage.

Food Allergies/Special Dietary Needs

Dietary restrictions and allergies (including number of individuals and severity) must be reported on the Pre-Camp Survey and on the individual scout's camp registration. Although we are able to accommodate vegetarian, gluten free, nut free, and no-meat variations, notice must be provided before arrival at camp to ensure that supplemental food is available. **Please do not inform us the day your trek starts of a specific food allergy.**

We encourage all participants, but especially those with severe allergies and restrictions to bring supplemental food items. Depending on restrictions, a participant may be requested to provide their own food for their trek. Your campers will be exerting themselves more than they are used to during the outing, and require more calories. Anything you bring, but decide that you don't want to take on the trail with you can be left in your vehicles Monday, or swapped from your packs during the Wednesday resupply.

Food Preparation/Tips

Note: Crews are asked to boil water for their River Trek Guide's meals as well as their own. Do not draw water from the River for this purpose. Water is provided by the outfitter each day, at each campsite.

Here are some tips from past crews and staff on preparing backpacking food:

- Pack a crew spice kit of basic spices you like.
- Spend some time organizing your food when you receive it. Some crews find success in dividing food by meal, with one person carrying an entire meal, while others

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recommend splitting food between buddy pairs.

- Follow the directions carefully; it can make a difference if you add water to the dry ingredients vs. adding the dry ingredients to the water.
- A lid on the water pot saves about 40 percent on fuel needed to boil the water, and significantly speeds the process. Aluminum foil also works!
- Bringing supplemental food is always encouraged.
- We encourage Campers to make their own choices when it comes to food preparation. If you would like to cook 'Philmont style,' communally, you may. You may also pour the water into the Mountain House/Backpacker's Pantry pouches for each buddy pair. The only item that **should** require a pot are the mashed potatoes, however some units divide the flakes into the mountain house bags directly instead, to minimize dishes used. Making use of crockpot liners for 'crew cooking' can also cut down on dishwashing. Simply seal the used liners in the ziplocks your food came in once you're done, and the pot ought to be good to go.
- With regards to sumping and wastewater, per [scouting.org](https://www.scouting.org): Help prevent contamination of natural water sources: After straining food particles, properly dispose of dishwater by dispersing at least 200 feet (about 80 to 100 strides for a youth) from springs, streams, and lakes. Use biodegradable soap 200 feet or more from any water source.

Camp Stoves

We recommend that the crew use single burner backpacking stoves. Two stoves are recommended for a crew of eight, but a third one may come in handy for larger crews. In keeping with BSA policy, adult advisors must demonstrate safe use, discuss safety rules, and observe closely as each youth demonstrates the proper operation of this equipment. Please practice the safe use of a stove with your crew before coming to camp, and pay attention to fuel consumption on shakedown hikes to figure out how much you will need for your trek. Past units have used a variety of stoves, such as the MSR Whisperlite, MSR Dragonfly, and JetBoil.

Restrictions on Liquid Fuel

Fuel must be stored in approved aluminum flasks that are adequately labeled. Fuel should be stored outside of a backpacking pack. During your shakedown preparation, be mindful of how much fuel your unit is using for one cooked meal. Use these observations to determine how much fuel will be needed by your unit. Each dinner includes one cooked meal, with the addition of one cooked breakfast for the week (see 2024 or 2025 Menu for more details). Fuel may be left within your vehicle to be retrieved by your unit at the mid-week resupply at the outfitter.

If your unit is utilizing the Bus Transportation organized by the Goshen Scout Reservation, you may not travel with liquid fuel. Lenhok'sin is able to provide white gas **only** for units who are using the bus system. **PLEASE inform us ahead of time if your unit plans to take the bus.**

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On the River: Policies, Tips, and Tricks

Emergency Procedures and Medical Attention

Upon your arrival at camp, we will review emergency procedures in detail and give updated contact numbers for the Lenhok'sin Camp Director and Twin River Outfitters (canoeing trek partner company), both of whom can be called in an emergency. If an emergency were to occur on the James River, the Twin River Outfitters Emergency line should be contacted immediately, followed by a notification call to the Lenhok'sin Camp Director. Contact the Camp Director if an emergency occurs while at base camp or traveling to and from the outfitter.

Splitting a Crew

Crew members must **NEVER TRAVEL ALONE**. It can be easy to drift apart while traveling on the river due to differences in paddling speed paired with the natural flow of the river, making it important to always stay together. A separated crew can lead to lost scouts and poses a severe safety risk if it occurs during a white water portion of the trek. The only reason you should ever split a crew is an emergency. Aiding an injured person in the wilderness makes the rule of four essential; two to go for help and one to render first aid and comfort to the injured crew member.

If you notice a crew member struggling to keep pace with the rest of the unit, consider slowing your pace, or putting them towards the front of the group. Your trek will be more successful when you use your ingenuity and teamwork to accomplish tasks and obstacles as one unified crew.

Class A/BSA Field Uniform

Your Class A Uniform is only needed on Sunday and Friday at base camp. We recommend leaving your Class A Uniforms in your vehicles when you are on the river.

Garbage Disposal and Sanitation

Garbage and poor sanitary practices can attract animals to campsites and are a direct violation of bear procedures, bringing danger to you, the next campers, and our staff. Therefore, leftover food items and containers must be disposed of properly. **PACK IT IN-PACK IT OUT!** There are limited trash services at designated campsites. For disposal of wastewater, toothpaste, and the like, you may (far enough away from the river) scatter it into the woods, **or** pack it out, by keeping it in one of the used bags from a prior meal. (The MH and BP pouches reseal, and can be sealed within the ziplocs they arrived in to minimize mess.)

Wildlife

Below is the Goshen Scout Reservation Wildlife Policy, also available in the 2024 and 2025 GSR Leader's Guide.

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Wildlife Policies and Procedures Purpose:

Approximately 5,000 scouts, leaders, and staff camp each summer at the five camps within the Goshen Scout Reservation. The large property is home to a vast amount of wildlife that poses a potential risk to all campers. These procedures are in place to minimize the risk to campers and staff as well as protect the wildlife of Goshen Scout Reservation.

Policies:

1. No wild animals are to be handled or captured. This includes mice, snakes, turtles, raccoons, and all other species. The only exception to this rule is camp staff with explicit permission from their Camp Director to handle or capture wildlife for use in an Ecology or Nature based educational program.
2. All campers should respect the wildlife at Goshen Scout Reservation. Intruding upon, disturbing, scaring, yelling, feeding, or throwing objects at any wildlife is strictly prohibited.
3. All campsites must be kept free of litter to prevent the intrusion of animals such as bears, foxes, raccoons, and mice. All trash should be taken to the dumpster on a nightly (or more frequent) basis.
4. All spiders are to be left alone and campers should be informed of the distinguishing characteristics of venomous ones. Issues with venomous spiders should be reported to camp staff leadership.
5. All snakes are to be considered venomous and not approached. Location of venomous snakes should be noted and your Camp Director should be notified immediately
6. In the event of a large animal or predator being seen, the Camp Director is to be notified so proper authorities can relocate that animal.
7. In the event of an injury caused by wildlife, the Camp First Aider and Camp Director should be notified so that proper medical treatment can be given and the animal relocated.
8. In the event of an injured animal being found, your Camp Director should be notified so that trained and qualified individuals can be called to assist the animal. Only Reservation Ranger Staff and Virginia Department of Game and Inland Fisheries Officials will attempt to handle or treat any injured wildlife at Goshen Scout Reservation
9. Goshen Scout Reservation is home to many black bears. Proper preparation is needed to ensure that encounters with these bears are unremarkable. Please refer to the VA Dept. of Wildlife Resources webpage here for more information:
<https://dwr.virginia.gov/wildlife/bear/living-with-black-bears/#:~:text=If%20you%20see%20a%20bear,bear%20to%20leave%20your%20property.>

Bear Procedures

There are many bears at the Goshen Scout Reservation and there are even some along the river here and there! It is important to double, and triple check your crew's bear procedures multiple times a day. It is especially important to verify your crew is following proper procedures when you are about to go to sleep for the evening.

Goshen is located in the heart of bear country within the Shenandoah Valley, and people regularly observe bears in their natural habitat on Reservation. If you happen to see a bear while on your trek, there is no need to fear. If you see a bear that is close to you on the trail, make yourself "big" and make lots of noise. If the bear does not move away, calmly walk backwards while making noise until out of sight. Certain staff members are trained to deter those **bears that are not afraid of humans, or are unable to be scared off.** **If you encounter a bear, please call the Camp Director immediately.** Please follow these helpful tips to successfully interact with the bears:

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Do:

- Make sure food/trash (anything with an odor) is stored in a bear resistant container. Other options include:
 - Trunk of car
 - Bear box or bear bag hung away from camp.
- Make noise while hiking
 - Hiking at dawn or dusk may increase your chances of meeting a bear.
- If you have a close encounter, make yourself as big as possible and back away slowly while facing the bear.
- Hike in groups.
- Cook away from the sleeping area, don't sleep in the clothes that you wore while cooking.
- Follow the Bear-muda triangle while setting up camp.

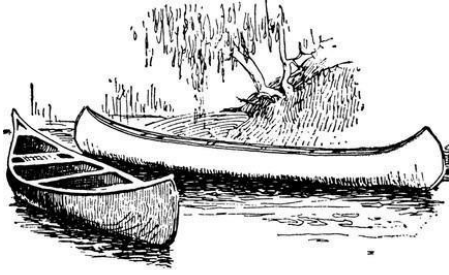
Do Not:

- **Run from a Bear!**
 - Running may prompt the bear to chase
 - No human can outrun a bear
- Feed a bear or allow bears to access any human related food sources.
- Approach a bear for a selfie (or for any other reason).
- Burn food/leftovers in a fire pit.
- Put food, trash, lotions, cosmetics, etc. in tents.
- Leave coolers, food, camp stoves, trash, etc. in vehicle with windows open.
- Leave coolers, food, camp stoves, trash, etc. out when not on site.

If you are caught baiting a bear intentionally you WILL be asked to leave the property and will receive a hefty fine from the state of Virginia. For more information about bears in Virginia please visit

www.dgif.virginia.gov/wildlife/bear/

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5-Day Upper James River Canoe Trek

The Lenhok'sin High Adventure Canoe Trek is completed in partnership with the Twin River Outfitters in Buchanan, Virginia. The following guide materials reflect a standard River Trek with the Twin River Outfitters.

River Trek Itinerary – Provided by Twin River Outfitters

SUNDAY	<ul style="list-style-type: none">● Arrival at Camp Baird (Lenhok'sin High Adventure, Goshen Scout Reservation) between 2:00 pm and 4:00 pm.● Complete Round Robin Stations with site guide.● Attend Flags, Dinner, and Campfire with other Lenhok'sin crews (see "Sunday Arrival" section).
MONDAY	<ul style="list-style-type: none">● Arrive at Twin River Outfitters (TRO) no later than 10:15 am. The sooner you arrive at the outfitter, the earlier you will get on the water. Units are expected to provide their own transportation to and from TRO.<ul style="list-style-type: none">○ 640 Lowe St, Buchanan, VA 24066● Upon arrival, completed waivers should be turned into the main office. Staff will instruct you on packing gear and being fitted for PFDs.● TRO will conduct an orientation, provide river maps, and answer questions about your trip.● Load up gear in dry bags and drive to Iron Gate boat launch.● First night of camping will be at Gala Campground. <p>Total Day Paddle length: 11 miles / 5-6 hours.</p>
TUESDAY	<ul style="list-style-type: none">● Paddle from Gala to Horseshoe Bend campground.● Recommended start of no later than 9:00 am.<ul style="list-style-type: none">○ Longest paddle day of the trip, recommend early start.○ Paddle along the most remote area of the James River.○ Numerous river cliffs and islands alongside your paddle. <p>Total Day Paddle Length: 18 miles / 7-8 hours</p>

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WEDNESDAY	<ul style="list-style-type: none"> ● Paddle from Horseshoe Bend campground to Arcadia with stop in Buchanan at TRO Headquarters. ● Paddle length of Horseshoe Bend Campground to Buchanan/TRO: 9 miles / 3 - 4 hours. ● Resupply in Buchanan: water, ice, trash, laundry services, charge phones, etc. ● Paddle length Buchanan/TRO to Arcadia Campground: 6 miles / 2 ½ hours. <p>Total Day Paddle Length / Time: 15 miles / 5 – 6.5 hours</p>
THURSDAY	<ul style="list-style-type: none"> ● Paddle Arcadia Campground to Wilderness Canoe Campground ● Camp Wilderness Canoe Campground, camping fee paid by TRO. ● 3:00 pm: TRO staff will swap out canoes for kayaks ● TRO will shuttle drivers back to Buchanan so your unit will have their cars at Wilderness Canoe Campground. This will allow you to pack cars with gear, eliminating the need to carry gear on Friday and speed up your departure. <p>Total Day Paddle length: 13 miles / 5 hours</p>
FRIDAY	<ul style="list-style-type: none"> ● 8:30 am: pack camping gear into your vehicles and stage vehicles in parking areas. ● Launch by around 9 am, for a 1 PM pickup at Snowden Take Out. ● Drive back to Wilderness Canoe Campground & depart for Lenhok'sin High Adventure. ● Return to Lenhok'sin High Adventure (Camp Baird Base Camp). <ul style="list-style-type: none"> ○ See "Friday Schedule" for more information. <p>Total Day Paddle length: 7 miles, 3 ½ to 4 hours due to difficulty.</p>

Trek Route

A copy of the 63 mile trek route can be found here:

<https://fh-sites.imgix.net/sites/4873/2022/08/30155816/5-day-trip-flyer-BSA-50-miler-8-29-2022-red-uced-file-size.pdf>

Swim Checks

Swim checks are required to participate in any BSA Aquatics activity, including the James River Canoe Trek. Although swim checks can be completed upon arrival, we highly encourage completing them for your unit beforehand. All participants **must** pass the swim check in order to participate in the trek.

The Goshen Scout Reservation 2025 [Pre-Camp Swim Check Form](#) is available on the main Goshen Scout

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Reservation page under "[Forms and Downloads.](#)" **Please pay close attention to who is allowed to conduct the swim checks, and make sure you obtain a copy of their valid, and current certification.**

Outfitter Liability Form

Outfitter Liability Waivers are required for all participants. The waiver will be collected during the Monday morning orientation presented by the outfitter.

The Outfitter Liability Waiver is available on the Lenhok'sin website under "Forms and Downloads."

River Trek Guide

Each unit has the option of having a Lenhok'sin Staff member attend the James River Trek with units. The guide will join them for a minimum of the first 48 hours on the water, but can travel with them all week. If multiple units are attending during a session, the guide will split time between the units.

River Clean Up Service Project

The Twin River Outfitters is happy to assist any Scouting Unit participating on a [50 miler trip](#) in conducting a "River Cleanup Service Project" as part of the 50 Miler Award Qualification.

50 Miler Service Project Conditions:

"During the time on the trail or waterway, complete a minimum of 10 hours each of group work on projects to improve the trail, springs, campsite, portage or wilderness area. If after checking with recognized authorities, it is not possible to complete 10 hours each of group work on the trail, a similar project may be done in the unit's home area."

This is an optional activity completed entirely at the choice of each participating unit.

To assist in the service project, TRO will:

- Provide trash bags
- Pick up tires / garbage left at any boat landing or TRO campgrounds.
 - If you leave trash at a location, please notify TRO so they can schedule a pickup.
 - Text: (540) 798 - 6564
 - Provide location and general description of garbage contents.

Comments:

- Safety first!
 - Do not pick up any trash in a Class II rapid or near any unsafe water.
 - Don't pick up any sharp or rusty items.
- Please ensure tires, bags, and/or debris are left clear of the boat launch site.
 - Trash should be visible for pickup, but out of the way.
- As a THANK YOU from Twin River Outfitters, each scout member can select one complementary T-Shirt OR Hat following completion of their trip.

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Awards

Lenhok'sin High Adventure Patch

The Lenhok'sin High Adventure Patch is presented at the closing campfire to each crew member that has completed a week on the trail, participated fully, and demonstrated Scouting spirit. This is an award which is neither sold nor given to anyone who hasn't earned it.

River Trek Award (Unit Award)

At Lenhok'sin High Adventure, similar to the Trailblazer Award, the River Trek award is presented to the crews who demonstrate safety afloat and practice wilderness ethics.

- Complete camp check-in and Round Robin Stations
- Complete a service project approved by the outfitters (see "River Clean Up Service Project").
- Canoe at least 50 miles in length.
- Present an **original** song, skit, or cheer at **closing campfire**

The Wilderness Award (Unit Award)

For crews who really want to immerse themselves in the wilderness.

- Qualify for the River Trek Award (See River Trek Award requirements)
- Minimize use of "basecamp amenities" to once during your trek (e.g., Camp Store, restaurants, neighboring campsites, etc.)
- Host a group discussion with your unit about the importance of Leave No Trace and Outdoor Ethics
- Actively follow the seven Principles of Leave No Trace

Duty to God Award (Individual Award)

This award is for Scouts that practice the final part of the Scout Law: A Scout is Reverent. Booklets outlining the requirements are available at the Sunday Leader and Crew Chief meeting, as well as the Trading Post. Scouts may complete these requirements individually or as a unit. First, they must attend a religious service in camp (Lenhok'sin's will be an Interfaith service Friday afternoon at 5, in the Camp Baird Chapel. Next, they must participate in at least 3 of the daily meditations with a buddy, tent mate, crew, or troop. These may be done in the chapel, campsite, under the dining fly, or around the campfire. Thirdly, they must help to lead a meal in grace or prayer before at least one meal. Patches are available for purchase in the Trading Post, and are part of a 4 year rotation, i.e. your first year, you earn one patch, the next one in sequence your following year, and so on, to complete a larger picture.

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Sunday - Arrival Schedule

Time	Event	Location	Details
2:00 pm to 4:00 pm	Check in to camp	Parking lot/ Camp Baird Admin	Our staff will greet you in the parking lot and give you further instructions. Bring a copy of your crew roster to check in at Admin.
2:00 pm to 5:30 pm	Round Robin Stations	Camp Baird	At check-in we will give you a checklist for round robin. Please have two copies of your medical forms ready.
2:00 pm to 5:30 pm	Camp Set Up	Sites	After check in, you will have time to set up camp for the night.
5:50 pm	Flags	Parade Field	Field Uniforms (Class "A") to be worn
6:00 pm	Dinner	Camp Baird Dining Shelter	YUM!
7:00 pm	Roundtable	Camp Baird Dining Shelter	For Adult Leaders and Crew Chiefs
8:20 pm	Gather for Opening Campfire	Parade Field	Staff-led campfire at Campfire Hill. Class A optional. After campfire, you may leave uniforms in your vehicle
10:30 pm	Quiet Time	Sites	

Monday - Trek Departure Schedule

(7:50) 8:00 am	(Flags) and Breakfast	Parade Field	Followed by breakfast in our Dining Pavilion. Dress for the river. Pack cars fully before flags.
9:00 am (or sooner)	Hit the River!	From Base Camp	Travel to Twin River Outfitters

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Friday - Return Schedule

Time	Event	Location	Details
1:00 pm to 5:00 pm	Return from river and check in	Camp Baird - Admin Building	Submit award applications and leader evaluations to the admin team. Sign up for a skit or song at the campfire. Time to relax and set up camp afterwards.
5:00 pm	(Optional) Interfaith Service	Chapel	Class A recommended, but not required. Necessary to earn Duty to God Award.
(5:50) 6:00 pm	(Flags) and Dinner	Parade Field	Followed by dinner at the Dining Pavilion
7:00 pm	Roundtable	Camp Baird Dining Shelter	For Adult Leaders and Crew Chiefs
7:00 pm	Staff Interest Meeting	Chapel	For youth campers interested in becoming LHA Staff
8:20 pm	Closing Campfire	Parade Field	Scout-led campfire at campfire hill, followed by awards ceremony
10:30 pm	Quiet Time	Sites	

Saturday - Departure Schedule

5:00 am - 8:00 am	Wake Up	Sites	The wake up process is self-guided, on your own schedule.
7:00 am - 8:00 am	Pack up Camp	Sites	Pack up and get ready to roll out of camp
5:45 am - 8:30 am	Continental Breakfast	Dining Pavilion	Available at your convenience at the Dining Pavilion
5:45 am -9:00 am	Check out	Dining Pavilion	Please have a representative stop by and check out
9:00 am*	On the road		By 9:00 am, all crews should be gone from camp (Departure time for crews on council provided buses will be between 7:30 and 8:00 am).

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Equipment Checklist

The below items are recommended for your Lenhok'sin trek. Quantities of crew gear items may vary based on the size of your unit. Please label **all** personal items with your Name and Unit Number. For Crew gear, we recommend considering one's crew size in regard to the quantity of each item. The outfitter provides water.

Equipment Provided by Twin River Outfitters (to be returned at end of trek)			
Item	Description/Notes	Quantity	Check
Canoes/Kayaks			
Lifejackets			
Paddles			
Helmets	For class II rapids and beyond		
7 Gallon water containers	1 gallon/per person/per day		
Dry Bags	Commercial Grade, NRS	As many as needed for a unit	
Dry Box		1 per unit	
Detailed River Map		1	

Crew Gear - Shared by All			
Item	Description/Notes	Quantity	Check
Durable bear bags or bear canisters for food storage (Bear bags or bear canisters)	You may use a bear bag, or the dry bags provided by the outfitter for this purpose when on the river.	(number depends on crew size)	
75 ft of nylon rope	For Bear Bag	1-2	
Carabiner (climbing strength)	For Bear Bag	1-2	
Cooking Pots (1-2)	8 qt w/ lid	1-2	
Cooking Utensils	Spoon, spatula, etc.		
Compass			
Map holder	Waterproof	1	
Sewing Kit		1	
Camping Stove			
Fuel Bottle w/fuel			
Crew First Aid Kit		1	
Duct Tape		1	
Spices, Assorted	e.g., salt, pepper, Siracha, Texas Pete		
Trowel/Shovel		1	
Multitool/Hot Pot Tongs		1	
Toilet Paper			
Cooler for ice (optional)	Ice available Mon, Wed, Thurs		
Folding Saw	For firewood		
Emergency Cellphone	Verizon Service		
Throw Rope		1-3	

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Shovel/Trowel/Snow Stake	For digging catholes		
Bailer	For removing water from boating vessel		

Personal/Individual Gear			
General Equipment			
Backpacking Backpack or duffel	Place interior items in waterproof containers/bags. Ideally contents can fit in 55 or 100 L dry bag.	1	
Tent	Often shared by campers in 'buddy pairs'		
Small Stuff Sacks		Multiple	
Sleeping Bag	Lightweight	1	
Sleeping Pad	Inflatable or foam. Most campsites have gravel pads.	1	
Waterproof Stuff Sack	To cover sleeping bag	1	
Mess Kit (Plate, Bowl, Mug/Cup, Utensils)		1	
Water Bottle/1 qt.	Or hydration bladder	(4 or more)	
Pocket Knife/Multitool		1	
Lighter/Matches	Waterproof		
Flashlight/Headlamp	Spare batteries	1	

Clothing			
Short Sleeve Shirt		3	
Long Sleeve Shirt		1	
Shorts		2	
Long Pants		1	
Underwear		6	
Sports Bra		2	
Socks	Wool or synthetic	6+ pair	
Belt		1	
Sleep Clothes		1 set	
Fleece Jacket or Sweatshirt		1	
Rain Jacket and Pants	Sturdy w/ hood, breathable	1 set	
River Shoes	Broken in prior to trek	1 pair	
Camp Shoes/Sneakers		1 pair	
Class A Uniform	Worn during flag ceremonies	1	
Baseball Cap/Wide Brimmed Hat		1	
Swimwear	Scouting appropriate	1-2	

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Toiletries			
Toothbrush		1	
Toothpaste	Travel Size	1	
Lip Balm		1	
Biodegradable Soap	Travel Size	1	
Shampoo, Conditioner	Travel Size	1	
Camp/Bath Towel	Quick dry	1	
Tampons/Pads			
Personal Medication	Enough for entire trek		
Foot Powder		1	

Other			
BSA Medical Form	Parts A, B, C, and NCAC Health Advisory	2 copies	
Outfitter Liability Waiver		1 copy	
Sunscreen	6 oz tubes, SPF 30 or higher	1	
Bug Spray	Small bottle, no aerosol cans	1	
Sunglasses		1	
Money	Trading post located at base camp		
Watch		1	
Camera (optional)	Batteries, memory card	1	
Notebook/Pen (optional)		1	
Whistle		1	
Personal First Aid Kit		1	
Folding Camp Chair (optional)		1	
Fishing pole/tackle/license (optional)			
Ear plugs and/or facemask	Trains pass by some campsites	1	