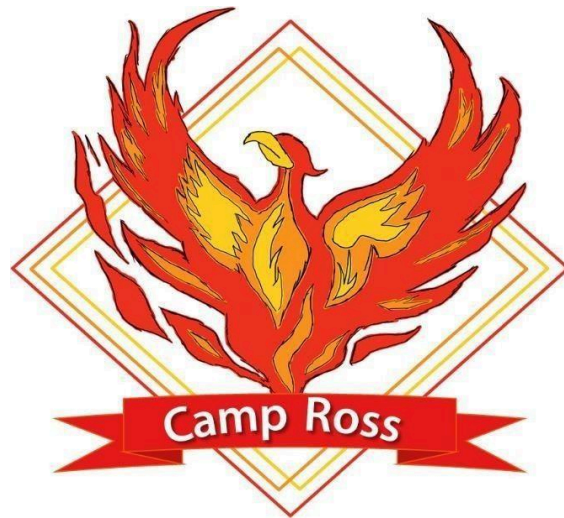


Camp Ross 2024

Leader's Guide



A note from your Camp Director:



Hello Future Camp Ross Campers!

We are very excited to see you at Camp Ross this upcoming summer, and look forward to being part of the amazing week that each scout attending Ross will receive.

Please reference this guide and its checklist to best prepare your Pack for their stay at Camp Ross. While this guide serves as a first point of contact for Packs, it may not answer every question you might have. For questions not answered in this guide, the Goshen Leaders Guide, or Camp Ross Schedule please feel free to reach out to us and our staff will be ready to answer!

We look forward to seeing you soon,

And always remember. ROSS IS BOSS!

Andrew Goshorn

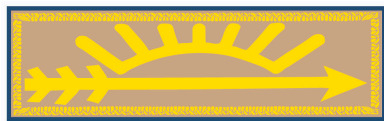
Camp Director, Camp Ross

“To Give Scouts a Great Week and Introduction To Scouting.” -Travis M. Andrus

camp.ross@gotogoshen.org

Instagram: [campross_gsr](#)

Facebook: [CampRoss1967](#)



Updated 4/23/2024

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1. Introduction

We hope you find the information in this guide helpful in planning an outstanding summer camp experience. As an Adult Leader or Parent, you can make your job a lot easier if you start to prepare for camp in a systematic manner now that you have this Leaders' Guide. This Leaders Guide will serve as your key to becoming familiar with the camp program and the mechanics of bringing a Pack to Goshen. Please share this guide with all assistants and parents so that they are familiar with the guide as well.

Camp Ross is seated at the "Mouth" of Lake Merriweather, and has a generally flat topography with a gradual slope from the Administrative hub down to the Waterfront. Camp Ross operates eight campsites each with smaller sub-campsite areas to be shared between Packs; Campsite placement is made based on a mix of Pack size, medical need, and overall weekly attendance.

Prior to your arrival at Camp Ross the staff spends many hours preparing programs, learning how to operate as a team, and setting up camp. If there are any programs that your Pack would like to see make a return to camp, or new programs you would like us to try please let us know and we will be happy to work towards these requests!

2. Registration/Pre-Camp

2.1 Communications with Camp Ross

If you need to contact us the best method is via email! Please feel free to send correspondence to camp.ross@gotogoshen.org. Questions relating to our program, scouts, or staff will be addressed by our Program Director. Questions regarding Registration, Logistics, Food, Health, or anything in between will be addressed by our Camp Director.

2.2 General Registration Reminders

- Please refer to the [Goshen Leader's Guide](#) for more specific registration information, available at <https://www.gotogoshen.org/information/forms-downloads/>
- **Consider bringing a Den Chief!** Den chiefs are helpful not only for the pack but it gives older scouts the opportunity to experience Camp Ross and gain leadership skills.
- **Check out our Leader Volunteer Positions guide!** Leaders can volunteer to assist the staff on a day to day basis or for the whole week as a part of the GSR Adult Leader Challenge.
- **Phoenix Nest:** Camp Ross's Phoenix Nest is for small groups with only 1 adult leader (21+) and up to 4 youth. Phoenix Nest units are paired together for the week as one unit. Learn more at www.gotogoshen.org/ross.
- **Open Registration begins on Sep 6, 2023 weeks fill up quickly at Camp Ross so register early!**
 - **Be sure to include in each participant registration: Medical Needs/Concerns, Dietary Restrictions, and Allergies**

2.3 Swim Checks

At the request of our Aquatics Director Camp Ross does not allow for pre-camp swim checks. All swim checks for scouts will be completed as part of our Monday Program rotation, as time permits leaders may also participate in Swim Checks on Monday but are not required to.

2.4 Text Reminder System

Camp Ross utilizes "Remind 101" in order to communicate emergent details of Camp with Parents and leaders. Instructions on downloading the app and how to join the group for your week at Camp will be sent ~1 month prior

to your arrival at Camp Ross. As a note: Verizon is the only internet provider with reliable signal at Goshen Scout Reservation, please ask the staff for day to day updates and check the daily reminders bulletin at the Admin Porch.

3. Arrival

3.1 Sunday Schedule

- Arrive after 1:30pm no later than 4:30pm
- Be greeted by Site Guide (your Pack's Camp Ross Liaison)
 - Medical Check-ins
 - For Check in please have Goshen BSA medical forms readily available, all participants intending to stay for greater than 72 hours or participate in our Aquatics programs must have page C of the form complete. Anyone staying less than 72 hours or not participating in Aquatics may elect to only provide pages A, B and the NCAC Health Advisory
 - Camp Ross Tour
 - Move Into Campsite
- 5:50pm: Line up outside Dining Hall for Grace and Meal dismissal
- 7:00pm: Leader's Meeting, Please send at least one leader to the Administrative porch
- 8:15pm: Evening flags and Opening Campfire!

3.2 What to Bring to Camp Ross

- Packing For Scouts (**Bold=Must Bring**)
 - **Scouts should pack gear in a duffle bag or backpack rather than a Trunk or footlocker**
- | | |
|---------------------------------------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> 5 sets of T-shirts, Shorts, underwear, and socks | <input type="checkbox"/> Project |
| <input type="checkbox"/> Body Soap & Shampoo | <input type="checkbox"/> Bath towel & Washcloth (2) |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Beach towel |
| <input type="checkbox"/> Rain Gear | <input type="checkbox"/> Camp Chair |
| <input type="checkbox"/> Sleeping bag (or 3 blankets) | <input type="checkbox"/> Complete Uniform (remove pins) |
| <input type="checkbox"/> Sturdy hiking shoes & sneakers | <input type="checkbox"/> Comb/Brush |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Day pack |
| <input type="checkbox"/> Toothbrush & Toothpaste | <input type="checkbox"/> Extra underwear & socks |
| <input type="checkbox"/> Water Bottle | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Gloves (for Camp Service | <input type="checkbox"/> Long pants |
| | <input type="checkbox"/> Small pillow (if desired) |

- | | |
|-----------------------------------------|------------------------------------------|
| <input type="checkbox"/> Spending money | <input type="checkbox"/> Water shoes for |
| <input type="checkbox"/> Sweater/Jacket | Aqua>Showers (flip |
| <input type="checkbox"/> Swim trunks | flops/sandals |

- Packing For Leaders (**Bold=Must Bring**)

- **Leaders only may pack gear in a trunk/footlocker this is especially true of items used for the whole Pack rather than a single individual**

- | | |
|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| <input type="checkbox"/> Items listed for Scouts | building) |
| <input type="checkbox"/> Kitchen Knife, Cutting board, Metal Tongs | <input type="checkbox"/> Board Games/Playing Cards |
| <input type="checkbox"/> Goshen Scouts BSA Medical Form for all Participants (Scouts & Leaders) | <input type="checkbox"/> Pan/Pot |
| <input type="checkbox"/> Lighter/Matches | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Printed Directions to Camp Ross | <input type="checkbox"/> Lantern |
| <input type="checkbox"/> Portable Battery for CPAP Machines (to be charged in the Dining Hall or Administrative | <input type="checkbox"/> Light Snacks (Granola, Trail mix, Graham Crackers, etc.) |
| | <input type="checkbox"/> Portable Battery |
| | <input type="checkbox"/> Pocket Knife |
| | <input type="checkbox"/> Rope |

For a printable version of this packing list, please visit <https://www.gotogoshen.org/information/forms-downloads/>

3.3 Foil Dinner Night

Tuesday evening campers take dinner to the campsite! Have a leader drop by the Dining hall any time after 4:30pm 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.

Foil Dinner Meal Includes:

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

3.4 Directions, Parking, and Pack gear

- Directions To Camp Ross:
 - From 81 South : <https://goo.gl/maps/S7bSq3faK33Rad1T7>
 - From 64 West: <https://goo.gl/maps/nTebcuWFdK2QskYe9>
 - From 81 North: <https://goo.gl/maps/GaYXcDgA6kxGuV7F6>
- **Please utilize these directions to help your last mile travel plans to Camp Ross as cellular service through the mountains is sparse for all carriers**

- Upon arrival to Camp Ross please drive up the driveway to be greeted by our parking director
- For campers staying in sites 4,6,9,10, or 11 may have Gear used by the whole pack delivered by the camp staff to the campsite latrine (Toilet). **Soft gear or personal gear, ie. duffle bags, sleeping bags, pillows, clothes, etc. must be carried to the campsite**

3.5 Midweek Arrivals/Departures

For any parents or scouts arriving or departing from Camp midway through the week you must first sign in/out in our first aid office located at the Administrative Building. **For Sign in please have Goshen BSA medical forms readily available, all participants intending to stay for greater than 72 hours or participate in our Aquatics programs must have page C of the form complete. Anyone staying less than 72 hours or not participating in Aquatics may elect to only provide pages A, B and the NCAC Health Advisory**

3.6 Departures

Camp Ross operates what we like to call an “open” checkout process on Saturday morning. Program concludes on Friday evening after our closing campfire, we encourage all participants to take pictures with staff prior to Saturday morning as the staff may be around but will be working to ensure the next week of campers have the same Rossome experience.

Saturday Morning please be sure to:

- Conduct a final sweep of the campsite for personal items
- Stop by the dining hall anytime after 6:30am for a light breakfast, with coffee available for leaders
- Pick up your Pack’s Medical Health Records (will be available at breakfast area)
- Check the lost and found box (will be moved to breakfast area)
- Depart from Camp Ross no later than 9:30am
- For Packs in Sites 4,6,9,10, or 11 heavy gear can be transported to the parking lot on Friday afternoon, please stage gear for pickup at the campsite latrine (Toilet)

4. Program

*For finer program detail please reference our Ross Programs Guide, available at www.gotogoshen.org/ross.

4.1 Meals

The Camp Ross Dining Hall operates “Family Style” meals where food is prepared by our kitchen staff and distributed out to tables prior to the meal start time by the staff and the waiter den.

- **All Dietary restrictions should be listed as part of the registration process for each scout and leader attending camp**
 - Campers with dietary restrictions may pick up their food from the kitchen as the meal starts
 - Campers with dietary restrictions may store additional food in the kitchen at request of the kitchen staff
- Fruit and light snacks will be available throughout the day in the space between the Dining Hall and Kitchen
- Waiter Dens: Packs may elect on Sunday after the 7pm leader’s meeting to assist the staff set up for a meal, signing up for waiter Den helps to earn the Diamond W Award!
- For a copy of the most up to date Dining Hall Menu (Standard and Vegetarian, please visit <https://www.gotogoshen.org/information/food-menus/>)

4.2 Awards

The Diamond W Award: Can be earned by the 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

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 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 gotogoshen.org/information/forms-downloads.

4.3 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!

4.4 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, earn the Archery Award, and on Friday compete for the Coveted Golden Arrow!

4.5 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!

4.6 Handicraft

Make 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.

4.7 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 Solar system, or earn Into the Woods, Into the Wild, and Earth Rocks adventure pins!

4.8 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!

5. Camp Ross Amenities

5.1 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	Food	Camp Supplies
Camp Shirts (<i>New Designs!</i>)	Snacks	Kits for Handicraft
Hats	Ice Cream	Merit Badges
Socks	Trail Mix	Sunscreen
Patches	Popcorn	Toiletries
	Bottle Water	Personal Hygiene
	Sodas	Products
	Juice	Flashlights
	Slushies	Batteries
		Rope
		Pocket Knives*

*Pocket Knives will only be sold to youth with an adult, along with proof of their Whittling Chip and permission of their Cubmaster.

5.2 Leader Lounge

The Administration building contains the Staff and Leaders' Lounge. Leaders' Lounge hours are from 9am-10pm except during staff meals (12:30-1pm and 6-6:30pm). 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. Adult Leaders are also encouraged to utilize the porch area at the front of the Administration Building.

5.3 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.

5.4 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 do 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.

5.5 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:

- 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 Bowman's equipment with respect by bringing items back in similar condition to which you received them.

6. Safety

6.1 Emergency Situations

Hazardous Weather

- Under light to moderate rain scouts should don raincoats and continue to participate in program
- Under heavy rain events Scouts should shelter in place and follow staff instruction for safety
- Only in emergency situations such as High Wind events or long lasting and extreme rain should Packs travel to the Dining Hall following direction from Staff

Lost Scout or Leader

- Check the surrounding campsite or program area for the missing individual
- Make a report to the Administrative staff with:
 - A Name and Description of the Person
 - Where they were last seen and seen wearing
 - Their favorite program area
 - Any other information that may help find the scout
- After Report a normal day will continue for one hour as the admin staff search camp for the scout
- After one hour if the Participant is not found, all Packs will be instructed to gather at the dining hall for a head count and emergency services will be contacted if necessary.

Wildfire

- All uncontrolled fires, fires that exit the campsite fire pit, should be reported to the the Camp Admin staff
- If there is a Forest Fire even at or near to Goshen Scout Reservation all Staff and Campers will follow guidance of State Foresters to maintain Personal Safety

Intruder

- All adults permitted to be at Camp Ross must wear a wristband provided by the Camp to validate their attendance
- If it is noticed that a leader is not wearing a wrist band, they will be asked to prove their attendance at First Aid
- If an adult is determined to be an intruder on property, they will be asked to leave Goshen Scout Reservation property

Lost Swimmer Search

- If a Participant of the Aquatics programs is missing from the area during a buddy check or at the end of the program block a Lost Swimmer Search will be conducted
 - All Participants will be instructed to remain where they are until the missing Swimmer is found
 - All Staff will quickly and safely make their way to the Aquatics area to begin searching the water
 - Admin Staff will conduct searches of other program areas and the lost swimmer's campsite
- At the conclusion of the search adjustments to program scheduling will be made by the Camp Admin staff

6.2 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.

6.3 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.

6.4 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.

6.5 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.

6.6 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.

6.7 Parking

We have a limited amount of parking in our camp parking lot. We encourage units to carpool to reduce their vehicle footprint. We do allow vehicles to drive to the campsites using our interior camp service roads. 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. If there are vehicles parked inside campsites, please park them off of any service road just in case an emergency occurs and a camp vehicle needs to pass.

6.8 Goshen Bus

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/>.