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2023 LEADER GUIDE

Version: February 15, 2023



BOY SCOUTS OF AMERICA®
LAUREL HIGHLANDS COUNCIL

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The Heritage Experience

A message from the Director of Camping

Camp Leaders:

Thank you for choosing Heritage Reservation as your 2023 summer camp destination. The last few years have been challenging in so many ways for our Scouts, families, and entire society. Scouting, and especially Scout summer camp, are the perfect tool to help so many work on recovering from the past few year's challenges. At Scout camp you get to get up and get outside. At Scout camp you get to spend time with old friends and make new ones. At Scout camp you get to learn new things and challenge yourself with new activities you may have never had the opportunity to try before. Scouting makes lives better.

Summer camp is a team sport. Incredible summer camp experiences happen when unit leadership and the camp staff work together. We look forward to working hand in hand with you to make sure your Scouts have a great time at camp. Safety continues to be everyone's job this summer - you, me, the staff, and the Scouts.

Our directors and key leaders are busy planning the best program possible and working hard on how to keep everyone safe this summer while allowing for as close to a traditional camp experience as possible. Our goal is to exceed your unit's expectations.



This guidebook provides you with details about our programs, procedures and services. Please read the guidebook thoroughly to prepare your unit to make the most of your adventure at camp. I am excited and honored to once again serve as Reservation Director. My ultimate goal is to ensure every Scout and leader who comes through our gates have their very own "Heritage Experience." If you have any questions, concerns or comments feel free to contact me.

Thank you for choosing Heritage Reservation as your summer destination. See you at camp!

Mike Manner
(412) 325-7914
Director of Camping
mike.manner@scouting.org



Heritage Reservation's Culture of Inclusion

At Heritage Reservation, we believe it is important to reinforce our camp culture with everyone. At Heritage Reservation, we believe in a culture of inclusion and equity. We believe that everyone should feel safe, valued, and respected. We also expect everyone to act accordingly.

We believe in supporting a Scouting experience for everyone and are working hard to ensure we get it right. This will mean changes in who you see more of at our camps. What isn't changing is the great program or our standards for behavior at camp.

If you see or experience people who aren't supporting our culture of inclusion and equity, we expect you to be an upstander and say something. You can say something to the staff, another leader, or the person involved.

First impressions are critical, and we are relying on your continued leadership within your own unit to ensure ALL participants at Heritage Reservation feel welcome and have a positive experience.

If you see or hear something happening, we are asking you to share it with us so we can act upon it immediately.



Preparation Timeline

A schedule for proper unit planning

Right now:

- If you haven't already, submit your unit reservation and deposit to secure space.
- Inform all Scouts and their parents about your unit's summer plans. Don't forget about your Webelos crossovers!
- Recruit at least two adult leaders at least 21 or older to be in camp at all times, as well as one female adult leader for Venturing and Scouts BSA units with female youth members.
- Schedule your Order of the Arrow Home Troop Election through your home lodge. Per National Order of the Arrow policy, no elections will be held at camp. Elections should be held between January 1 and May 31.

February/March:

- Schedule a camp tour or weekend camping trip this spring to get the lay of the land if your troop has never been to Heritage Reservation before.
- Attend the leaders meeting on February 23rd via Zoom. Meeting details will be distributed in the future.
- After February 15th, begin entering youth and adult camper names in the online registration system. Reservations without names after April 15th will be canceled.
- Turn in all Campership applications no later than **March 1st**. The Campership Application is now online for unit camping coordinators. Campership applications are filled out at <https://247scouting.com/forms/527-2023LHCCampership>
- Prepare payments for April 1st due date to lock in early bird rate.
- Begin reviewing camp advancement opportunities with Scouts and work to develop an age-appropriate advancement schedule in buddy pairs to help reinforce the buddy system in camp.

April:

- Full payments for youth and adults are due April 1st to receive the early bird rate.
- Units should consider each Scout's needs for advancement to help in camp advancement and activity planning.
- Begin registering attendees for their advancement/activity sessions online following the schedule. [See page 15](#)
- Non-Laurel Highlands Council units should ensure all forms are on file at your council's office. Please bring a copy of your council's accident/sickness description of coverage to camp. **This is different than the BSA liability insurance.** Please contact your council office for questions.

May:

- Send out final camp notices to parents.
- Ensure adults have completed the Youth Protection and PA Clearance requirements. All adults are required to provide hard copies of their unexpired PA Clearances, Youth Protection, and BSA Medical Forms upon arrival at camp. [See page 42](#)
- Complete pre-camp swim checks to save time during the check-in process. [See page 45](#)
- Have committee members visit parents of Scouts not registered to encourage their attendance with your unit, with another unit, or with a provisional unit.
- Work with each Scout in planning an advancement schedule and getting them started with the pre-camp work listed in this guide. Try to schedule Scouts with buddies when possible.
- Ensure that all Scouts and leaders have their BSA Health and Medical record and Supplemental Medical Form with updated doctor's signature before arriving at camp. [See page 42](#)

June:

- Attend Beaver Service Weekend at Heritage Reservation June 2-4. To register, go to: <https://www.scoutingevent.com/527-2023HRBeaverWeekend>
- Complete online dietary needs form for all attendees with medical needs and special meals. <https://247scouting.com/forms/527-SpecialDietaryRequest23>

At Least Two Weeks Before Camp:

- If your unit is planning to arrive in camp early, complete the online registration and payment.
- Check up on each Scout's pre-camp advancement work.
- Make last minute roster additions and advancement updates until one week before arrival at camp.
- Contact the Camping Department to remove unneeded spaces from your registration.
- Ensure Day Trek participants have all required waivers and personal equipment. **Failure to come prepared with required waivers and personal equipment will result in Scouts missing out on activities.**
- Hold an inspection of personal packs with equipment and prepare unit equipment for camp.
- Prepare at least three copies of your final unit roster for camp and other leaders.
- Review transportation to ensure everyone has a ride to and from camp.
- Remind the Scouts of the behavior standards necessary for a Scouting trip.
- Be sure to have submitted any special dietary needs using the form on the website.
- Plan to arrive on time. Gates open at 12:30 p.m. Please arrive no later than 1:30 p.m.
- Collect all Scout & Leader Annual Health and Medical records and supplemental medical forms. You should send copies (NOT originals) to camp. Wristbands will not be issued until all paperwork has been checked and is in order.
- Ensure everyone will have their medications in their original containers with a label containing the Scout's name and unit number. [See page 42](#)
- Ensure rides will be at camp for pick up before 10:00 a.m. on the day of your departure.

Preparation Suggestions

Leadership:

- Two registered adult leaders that are age 21 or over are required for any Scouting activities. Any unit serving females must have an adult, age 21 or over, female attend camp and be present for any Scouting activities.
- Each unit will need to provide a minimum of two adults unless you will be sharing leadership with another unit (must be pre-arranged with LHC Camping Department).
- All adult leaders must have completed the Youth Protection training.
- All adults staying overnight at camp must meet PA Background Clearance requirements and provide hard copies in order to remain on the reservation. [See page 42](#)
- Any adult staying for 72 hours or longer that is accompanying a Scouts BSA troop or Venturing crew must be a registered member of the Boy Scouts of America.

Activity Sign-up:

- The summer camp coordinator should enter all advancement/activity selections for youth into the online system following the schedule. [See page 15](#)
- Merit badge classes are capped to ensure adequate supplies and quality instruction.
- Scouts who aren't First Class can sign up for the Trail to First class program which reviews advancement requirements and includes work on several merit badges
- All Scouts should be given their own copy of their advancement schedules.
- Leaders should make sure that each Scout has chosen programs according to their interests and abilities.
- **Plan accordingly as sign-up for classes are first-come, first-served with no waitlists.**
- Make an attempt to schedule merit badges that are geographically convenient. Travel to some areas of camp requires more time than others. Use the buddy system.

Heritage Reservation Overview



Tall Oaks from Little Acorns Grow

Heritage Reservation, which opened in 1980, is home to three different types of camps on approximately 2,000 acres of beautiful woodlands in southwestern Pennsylvania.

During the summer months, Heritage Reservation's camps are put into use as resident camps, offering nationally renowned programs at Camp Independence (Cub Scouts and Webelos), Camp Liberty (Scouts BSA patrol cooking), and Camp Freedom (Scouts BSA Dining Hall). In addition, Heritage Reservation has a high-adventure program called Eagle Base providing daily adventures for older Scouts and Venturers camping in Camps Liberty and Freedom.

Heritage Reservation's centerpiece attraction is the 270-acre Lake Courage, which provides plenty of room for boating, fishing, sailing, water-skiing and swimming without interference from anyone who is not also a camper at the reservation. Located close to Nemaocolin Woodlands Resort, Laurel Caverns, and Ohiopyle, Heritage Reservation is a centrally located camp, with plenty to keep any unit or group busy for a weekend or a week at summer camp.

Heritage Reservation also has a conference center and nine split-entry houses available for rent by Scout units and outside groups. Heritage Reservation's Valley Forge area includes several pavilion and campsite areas available for traditional unit camping year-round and is popular for units planning trips to Laurel Caverns to cave or to Ohiopyle to raft the Youghiogheny River.

Each of Heritage Reservation's camps is designed to be nearly self-sufficient, with their own office and facilities. To support these camps, Heritage Reservation has a central area that contains the administrative offices, ranger's shop and maintenance facility, Heinz Commissary, and the reservation Health Lodge.

Heritage Reservation can accommodate 1,200 campers plus staff at a time and is considered to be one of the finest Scout camp properties in the Boy Scouts of America.



Important Highlights for 2023



Heritage Reservation

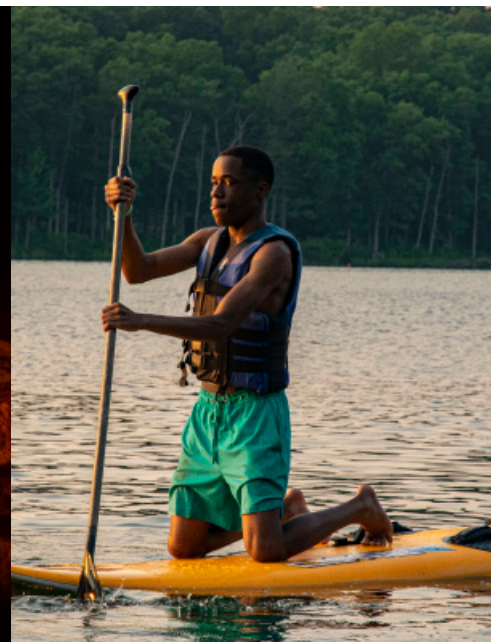
- Everyone attending camp will receive a collectible 2023 camp souvenir.
- Construction is complete on three new shower houses, one in each Camp - Liberty, Freedom, and Independence. These shower houses use a modern design with single occupant rooms each containing a shower, sink, and toilet.
- Work continues to expand Internet accessibility across the reservation.

Camps Liberty and Freedom

- Scouts must be paid in full to register for merit badge classes and other activities.
- The archery ranges have been consolidated into one range located between Camps Liberty and Freedom next to the Hunter's Iron Works Rifle Range.
- More than 50 merit badge offerings.
- **Evening programs are being re imagined to give units more flexibility and encourage more inter-camp interaction.**

Eagle Base Day Trek

- Scouts 14 and over will be able to participate in both merit badge programs and Day Trek activities.
- .
- The new Eagle evening program will be offered Monday/Tuesday and Thursday evenings for older Scouts to be able to try additional challenging programs like ski boat tubing, cowboy action shooting, and rappelling.



Are You New To Visiting With Us?

Are you new to Heritage Reservation?

- Our reservation offers Scouts of all ages and backgrounds the chance to experience the outdoors with two Scouts BSA camps, a Cub Scout camp, and a high adventure program.
- For your swimming experience, we have the beautiful 270-acre Lake Courage which is totally within the Heritage Reservation property.
- Hikers can enjoy an incredible five mile hike around Lake Courage on the Courage Trail.
- A camp experience helps develop character, introduce new friends, teach valuable life skills, and helps Scouts discover new interests.
- We very much believe that camp should be about both advancement and fun.

Are you new to Camp Liberty or Freedom?

- Camp Liberty utilizes the patrol cooking method supported by a central Commissary. Cooking equipment is available although many units choose to bring equipment to supplement the equipment provided by camp (pg 38). Camp Liberty is one of the largest remaining patrol cooking camps on the east coast.
- Camp Freedom utilizes a cafeteria style dining hall. (pg 40).
- Camp Liberty and Camp Freedom each host their own Aquatics, Scoutcraft, Trail to First Class, and Handicraft program areas. The Eco-Stem, Scout Scholar, C.O.P.E./Climbing, and shooting sports program areas are shared between the two camps.
- Units are expected to be involved in activities throughout their stay, so plan on assisting with camp-wide duties such as flag ceremonies, manning swim towers on the waterfront, cleaning the shower buildings, and maintaining a respectable campsite.

Are you new to Eagle Base's Day Trek program?

- No high adventure experience is needed for participation.
- All program equipment is provided either through Heritage Reservation or our contracted partners. Participants just need to provide their waivers and any required personal gear. (pg 38)
- Eagle Base staff provide program leadership and units are not required to provide leadership for Day Trek participants. Unit leaders may be asked to participate by Eagle Base staff if needed to ensure BSA youth protection standards are maintained.
- Heritage Reservation's ATV Adventure Program is offered as a daily Eagle Base Day Trek.
- Day Trek programs are much more active and physically strenuous than regular resident camp. Pay attention to the height/weight/age guidelines listed for participant safety. (pg 27)

Camp Liberty and Camp Freedom Program

Camp Freedom is Heritage Reservation's Scouts BSA resident camp with a 400-seat Dining Hall serving cafeteria style meals.

Camp Liberty is Heritage Reservation's Scouts BSA resident camp that focuses on patrol cooking. Scouts prepare their own meals as patrols in the campsite. All ingredients are provided by camp and picked up from the Commissary.

At both camps, Scouts stay a period of six days and have an opportunity to participate in a huge number of activities and earn advancements in our program areas.

While at Liberty or Freedom

| Camp Liberty Daily Schedule | | Camp Freedom Daily Schedule | |
|-----------------------------|-------------------------|-----------------------------|-------------------------|
| 6:30 a.m. | Reveille | 6:30 a.m. | Reveille |
| 7:00 a.m. | Food pick-up | 7:35 a.m. | Flag raising |
| 7:35 a.m. | Flag raising | 7:45 - 8:45 a.m. | Breakfast |
| 7:45 - 8:45 a.m. | Breakfast | 9:15 - 9:45 a.m. | Leader's Meeting |
| 9:00 - 12:00 p.m. | Merit Badges/Activities | 9:00 - 12:00 p.m. | Merit Badges/Activities |
| 9:15 - 9:45 a.m. | Leader's Meeting | 9:00 a.m. | Sick call |
| 10:00 a.m. | Sick call | 12:15 - 1:00 p.m. | Lunch |
| 12:00 p.m. | Food pick-up | 1:00 - 2:00 p.m. | Siesta |
| 12:15 p.m. | SPL meeting | 2:00 - 5:00 p.m. | Merit Badges/Activities |
| 12:15 - 1:00 p.m. | Lunch | 5:05 p.m. | SPL meeting |
| 1:00 - 2:00 p.m. | Siesta | 5:45 - 7:00 p.m. | Dinner |
| 2:00 - 5:00 p.m. | Merit Badges/Activities | 7:15 p.m. | Flag lowering |
| 5:00 p.m. | Food pick-up | 7:15 p.m. | Evening program |
| 6:00 - 6:30 p.m. | Dinner | 10:30 p.m. | Taps |
| 7:15 p.m. | Flag lowering | | |
| 7:15 p.m. | Evening program | | |
| 10:30 p.m. | Taps | | |

Leader's Meetings

In order to share important information and answer questions, there will be a daily leader's meeting in each camp to review the day and discuss tomorrow's activities. Meetings take place in the camp program hall unless otherwise announced. On check-in day, there will be a leader meeting at 6:45 p.m. 6:45 p.m. in Camp Liberty and immediately following dinner in Camp Freedom.

Senior Patrol Leader Meetings

To help strengthen the youth leadership in your unit, a daily senior patrol leader meeting will be held in each camp to review the day and discuss tomorrow's activities. SPLs will be asked at these meetings to sign their units up for shared chores and responsibilities around camp such as helping clean showerhouses or building fires for the closing campfire.

Check-in / Check-out - Liberty and Freedom

With as many as 1,200 campers and 150 staff sharing Heritage Reservation with your unit during a week of camp, it is essential that we all follow some basic guidelines, procedures and policies to make sure everyone has a great time while here. Our common Scouting bonds are the Scout Oath and Law.

Saturday Early Arrival

As a courtesy, the Laurel Highlands Council Camping Committee has made early arrival available for units traveling to camp. Early arrival is intended for units in need of religious accommodations, units travelling from a great distance, and for small unit leadership corps (SM, ASM, JASM, SPL, PL) to prepare and setup campsites prior to the arrival of the rest of the unit.

There is a \$50 fee per unit for early arrival (for up to 10 people). Extra people arriving early will be charged \$10 each. Meals are not provided.

- All units requesting early arrival must sign up through their camp registration.
- Plan to arrive between 3:00 p.m. and 5:00 p.m. Please don't arrive prior to, or after this time. This is the only time during which the vehicle access gates will be open.
- You may park your unit trailer in the designated area for your campsite if it has one. Other vehicles must return to the parking lot before the gates close at 5:00 p.m.
- When arriving at camp, a unit leader must check in with the staff member on duty at the Program Hall.
- Early arrival units must ensure they will meet required leadership guidelines.
- All camp program areas are off limits! No swimming is allowed. No program equipment can be requested until 12:30 p.m. on Sunday.
- Heritage Reservation's vehicle access policy will be enforced for all early arrivals. Only one vehicle at a time is permitted to travel to the unit's campsite, and a strict 10 MPH speed limit is enforced.
- You may use an equipment cart to haul your gear to your site on Saturday. When finished, please return it to where you found it.
- Your campsite has been set up according to the map provided on the bulletin board. If you choose to move equipment, please do so knowing that you must reset the campsite as it was before checking out on Saturday.
- Please be courteous to units that have not yet arrived in camp by respecting their campsites and equipment. Do not remove any equipment from other campsites.



Check-In Day

With many Scouts and leaders arriving and checking in at the same time, we need your help. We want to make this the easiest, fastest and most efficient check-in process you've ever experienced.

1. Upon arrival at Heritage, your unit will be directed to your camp's parking lot so that you may begin to move in on-foot using our trek carts. Gates will open at 12:30 p.m. to allow one vehicle in per campsite.
2. A member of the camp staff will be assigned to guide your unit. They will first visit your campsite and then the parking lot to meet your unit. Your campsite guide will then assist and lead your unit throughout the entire check-in procedure, as well as give you a complete tour of camp, so everyone is familiar with where things are located.
3. The unit leader responsible for all registration matters should report directly to the Program Hall with a check for any outstanding fees, three copies of the unit roster, any desired schedule changes, and a patrol breakout for patrol cooking (Camp Liberty). Schedule changes for Scouts and Scouters are subject to class capacities.
4. Medical checks will take place in your campsite. A member of our medical check staff will visit shortly after you've moved in. Be prepared to present a copy of everyone's forms for camp (BSA Medical Form Parts ABC, Supplemental Medical Form, leader clearances, etc.). After a successful medical check, each Scout or Scouter will be issued a wristband.
5. Once medical checks are complete, everyone will depart on a camp tour. This tour will include a stop at Aquatics for an orientation or swim checks for those that did not complete them prior to arrival. Anyone needing to complete a swim check will need to change into their swimming attire. On the way to Aquatics, the camp tour will make stops at the Dining Hall (Freedom), the Commissary (Liberty), and the Quartermaster building to share useful information for your week at camp. Other areas of camp will be pointed out by your guide.
6. After arriving in the Aquatics area, you will receive a brief orientation. This is required for anyone to enter the Aquatics area during your stay. After swim tests, each camper will be assigned a "buddy tag" which stays on the buddy tag board in the area.
7. Following the tour, you will return to your campsite, review and inspect camp issued gear with your campsite guide, change clothes for the evening meal (Scout uniform), and finish your campsite set-up.
8. Day Trek participants must meet at their respective Program Hall for an orientation meeting with signed release forms (available online); Freedom at 4:00 p.m. and Liberty at 5:00 p.m.
9. Check-in day flag lowering will be at 5:50 p.m. with dinner following at Camp Freedom in the Dining Hall and at Camp Liberty with a camp-wide picnic meal near the Commissary.

Check-Out

With several hundred Scouts and leaders departing camp at the same time, we need your help. We want to make this the easiest, fastest, and most efficient check-out process you've ever experienced. Staff will be available in the parking lot and at various check-out points to assist wherever needed.

Check-Out Day Breakfast

- Camp Liberty: pick up your continental breakfast at 7:00 a.m. from the Commissary.
- Camp Freedom: pick up your continental breakfast at 7:00 a.m. from the Dining Hall.

Campsite Checkout

1. Reset the campsite to match the original layout. A Scout leaves a site as good or better than they found it.
2. Sweep the floors and wipe down walls in the campsite latrine. Scrub and clean urinal, toilet seats, and washbasin. Be sure to wear gloves and wash hands afterward.
3. Wash and rinse picnic tables. Clean all stoves, cooking and campsite equipment and return to the respective boxes. Return all items checked out from the Quartermaster. All unreturned items will be billed to the unit.
4. Pick up all trash in and around your campsite (latrine, camping area, fire rings, tents, under floorboards). Sort your trash and take it to the dumpsters in the parking lots.
5. Rinse out the waste receptacles, sump funnels, and sump buckets.
6. Review your campsite and camp equipment with your campsite host.
7. Settle any remaining balances on your unit's account at the Program Hall.
8. Don't forget to sign up for the 2024 season. [See page 56.](#)
9. Depart camp by 10:00 a.m., so staff can prepare for the next session and get some needed time off.



Activity / Advancement at Camps Liberty and Freedom

Activity/Advancement Sign-up

- Advancement and activity sign-up will follow the schedule below and is done directly through your unit's camp registration. Sign-up is first come, first served and no program wait-lists will be offered. Sign-ups will begin at 6:00 a.m. on each of the scheduled days.
- Selections may be changed, pending availability, directly in your registration until one week prior to arrival at which time selection will lock out so the camp staff can prepare.
- A number of various reports showing schedules for the individual and unit can be accessed through your registration.
- Upon arriving at camp, if there are additional changes that you would like to make to an individual's advancement or activity schedule, you can make requests at the Camp Program hall pending availability.

| Session | Merit Badge and Activity Sign-Up Date |
|---------|---------------------------------------|
| Week 1 | Friday, April 14 |
| Week 2 | Monday, April 17 |
| Week 3 | Tuesday, April 18 |
| Week 4 | Wednesday, April 19 |
| Week 5 | Thursday, April 20 |
| Week 6 | Friday, April 21 |

Advancement in Camp

One of the methods of Scouting is to foster healthy association with proper role models. The genius of Scout advancement stems from the opportunity to visit with a counselor and share in the friendship, encouragement, and expertise he or she may offer the Scout.

Supporting Scouting's advancement philosophy, opportunities offered at camp are geared principally to rank advancement and merit badge subjects related to the outdoors where resources are more readily available than at home.

Advancement is not the principal objective of the camp program. There needs to be time for fun and to bring a positive, successful, outdoor camping experience to all Scouts and leaders. If a Scout comes to camp and does nothing but work towards advancement, the program is certainly incomplete.

Troop leaders should be sensitive to the capacity of the individual and assure that the program a Scout pursues is appropriate to rank and age. A first-year camper could work on a few merit badges such as Leatherwork, Fingerprinting, Fish and Wildlife, or Mammal Study. Scouts can also work towards advancement at the Trail to First Class program.

Troop leaders with skills in offered merit badge topics are encouraged to share their talents at the program areas. Remember, the camp staff remains responsible for the certification of the requirements.



Advancement and Your Program

Advancement is not an end unto itself. Advancement is the result of a good program. It should be achieved through a natural experience. We should therefore plan activities which will give a Scout opportunities to use skills for a functional purpose and to demonstrate proficiency naturally. A Scout advances by doing things with the patrol, the troop, the leaders, and individually. A natural experience should have these four elements: the Scout prepares; the Scout qualifies; the Scout is reviewed; and the Scout receives recognition.

The summer camp advancement program is a unit responsibility. The camp staff will guide, counsel, and instruct, but is not responsible for planning or directing a troop's program.

Unit leadership should work with their Scouts to prepare a detailed advancement plan before arrival. This plan should include:

- Setting realistic goals for each Scout. Discourage making the number of merit badges earned a primary summer camp objective. Three to four merit badges is a reasonable goal for an average 13 year old Scout.
- Review with each Scout the advancement path they plan to take. Scouts should be familiar with the requirements in advance. We recommend that they have the merit badge pamphlet for each badge.
- Schedule Scouts as buddies. Traveling to and from merit badge classes should be done while utilizing the buddy system to help keep Scouts safe.
- Schedule Scouts according to camp geography. Travel time from area to area can vary. Do your best to create schedules without excessive travel times.
- Evidence of prior partial merit badge completions from the Scout's local "home" counselor or complete "pre-requisites" must be presented to the camp counselor. This could be a partial blue card, a photo evidencing completion, or a note from a unit leader.

Trail to First Class

Ensuring new Scouts have a successful first summer at camp can mean the difference in them staying in Scouting for the long haul. To help unit leaders and help these Scouts get a firm foundation of the Scouting skills needed for their early advancement, Camps Liberty and Freedom offer the Trail to First Class program. Emphasizing the patrol method, the Trail to First Class program is a mix of outdoor skills, learning games and challenges, and FUN! The program will focus more on Scout skills, with Scouts learning, practicing, and competing against one another as patrols so skills are reinforced and retained. TFC Scouts will visit other program areas in camp to get instruction in area related requirements. **Scouts will also work on both the Leatherwork, Mammal Study, and Space Exploration along the way.**

While the Trail to First Class program will introduce Scouts to skills and help them practice those skills, Scouts will not master these skills during the time allowed. Following the week of camp, unit leaders should continue to work with Scouts to review skills and gauge proficiency before signing off requirements in a Scout's handbook. Trail to First Class staff will not directly sign handbooks.

Leader's assistance in the Trail to First Class area is always welcome, and troops that send more than five Scouts are expected to send at least one leader to actively assist the staff.

The Merit Badge Program

Block Scheduling

In 2021 Camps Liberty and Freedom moved to a new block schedule format for merit badge classes. For 2023, the block schedule has again been updated based on the feedback from Scouts and leaders over the previous two summers. The LHC Camping Committee made the decision to make this change for the following reasons:

- Longer class periods will allow more time for learning and doing as well as expanding instructional method options, so Scouts get a deeper understanding of class content.
- Time lost at the beginning of classes will be minimized allowing for more learning time.
- For areas that are farther away, Scouts will only have to get there a few times and not have to be back and forth so much.
- Fridays will be a day to finish up requirements not completed earlier in the week or enjoy a “Friday Fun Day” of open program around camp.

Advancement Records

Advancement and requirement completion will be tracked through the registration system. Staff will update requirement completion at the end of each day. Unit leaders will have access to review progress electronically throughout the week. Heritage Reservation is working to make this process paperless and units do not have to provide “blue cards” for their Scouts.

Merit Badge Preparation and Pre-Work

Scouts should work to complete as many badge requirements before camp as possible. Many badges cannot be completed at camp without some prior work or preparation. If this prior work is not done, the Scout can only earn a partial in those merit badges at camp. Scouts must bring evidence of work completed; such as: merit badge card with requirements signed off OR a photo showing completion. Scouts are taught as a group but are reviewed individually for knowledge and skill.

- For some badges, Scouts may start requirements or projects in class then need to spend time outside of class completing the requirement or project returning to their counselor to show completion.
- Scouts should always be signed up for classes with a buddy.
- Troop leaders are encouraged to monitor the progress of their Scouts in each merit badge. Reports will be available through your unit’s camp registration to stay up to date.
- Counselors maintain instruction records for each badge, including attendance and completion progress. These records are retained at Flag Plaza Scout Center after camp and will be available by signing back into your summer camp registration.
- Friday evening after campfire, staff will be available at the Camp Program Hall to discuss course completion and requirement completion discrepancies.
- Unit leadership should remind Scouts and parents that a “partial” is not a failure, it simply means they have more work to do to complete the badge. Completing badges started at camp can be a great way to plan a unit’s program following camp.

Merit Badge Supplies

- Basic program supplies needed to complete merit badge programs, such as craft kits and ammunition, are included as part of a Scout’s camp fees.

All About Prerequisites

Starting Requirements (SR)

These are requirements that the Scout needs to complete before taking the merit badge/activity. For Example, a Scout must pass the swimmer classification test before working on any Aquatics merit badge. If the Scout has not completed these starting requirements, shown with an (SR) before coming to Heritage Reservation, they will not be able to sign up for the merit badge/activity. See the example below.

Prerequisites (P)

These are requirements that the Scout needs to complete before camp if they want to complete the merit badge/activity while at camp. For example, a Scout must complete requirement 1a of Photography before coming to Heritage if they want to complete it while at camp. Prerequisites are shown with a (P) noting under the requirement column. See the example below. The Scout must bring evidence of work completed, either a merit badge card with completed requirements signed by a counselor, a note from a unit leader, or a photo showing what the Scout has completed.

Post Camp Requirements (PC)

These are requirements that the Scout will need to complete after camp. Post Camp Requirements are shown in the requirements column listed with a (PC). See the example below. The Scout can complete the merit badge at home once the post camp requirements have been fulfilled.

Levels of Difficulty

Listed in parentheses after each merit badge/activity is a letter that indicates its difficulty.

- (A)- Difficult merit badge/activity, for older Scouts with three or more years in Scouting.
- (B) - Appropriate for advancing Scouts with two or more years in Scouting.
- (C) - Easy merit badge/activity, appropriate for all Scouts.

Comments

Comments listed for each merit badge/activity provide additional details that will help you in your planning and preparations.

Badges with CPR Requirements

Several merit badges require Scouts to demonstrate CPR knowledge and skills. Unless the requirement specifically says a Scout must be certified, they will not be required to be certified in CPR to complete the requirement. If a Scout is currently certified, presenting their counselor with proof of current certification will meet CPR related requirements

Completing Requirements After Camp

Sometimes it is not possible to complete all the merit badge requirements at camp due to time requirements, approvals, and/or proper instruction. As a result, Scouts will receive a partial at camp and are encouraged to find an approved troop or district counselor to finish at home. Unit leadership should remind Scouts that a partial is not a failure, it simply means they have a bit more work to do.

Contact information for summer camp merit badge counselors will not be provided after camp. Scouts should work with unit leadership to identify and engage a local, approved counselor to complete any partials received at camp.

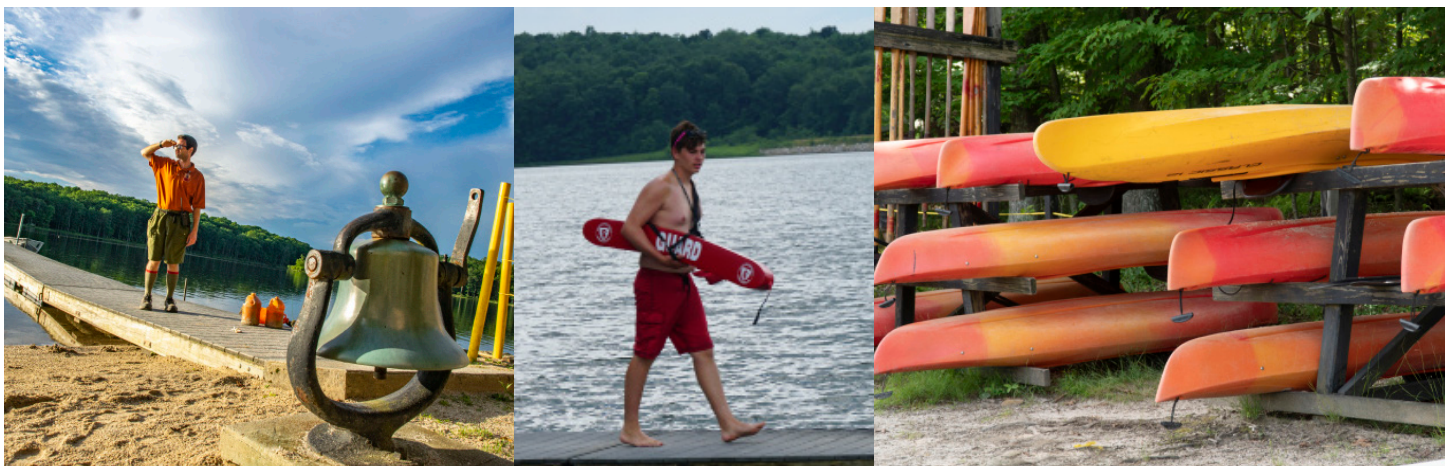
| Merit Badge | Requirements * | Comments |
|------------------------|--------------------------|----------------------------|
| Archery(B) | None | Extra practice time needed |
| Small-Boat Sailing (B) | Req. 2 Be a Swimmer (SR) | Must be a swimmer |

*Requirement numbers listed are taken from the current Scouts BSA Requirements book. Merit badge pamphlets may have incorrect or outdated requirements listed, so please refer to the Scouts BSA requirement book or the merit badge requirement listing on www.scouting.org when inquiring about requirement specifics. Requirements subject to change.

Aquatics



| Merit Badge | Requirements | Comments |
|--|-------------------|---|
| Canoeing (B) | Req. 2 (SR) | Must be a Swimmer |
| Kayaking (C) | Req. 2 (SR) | Must be a Swimmer |
| Lifesaving* (A) | Req. 2a (SR) | Current CPR certification meets Req. 16b; card must be presented; must be a Swimmer |
| Motorboating (B) | Req. 2a (SR) | Current CPR certification meets Req. 1c; card must be presented; must be a Swimmer |
| Small-Boat Sailing (B) | Req. 2 (SR) | Must be a Swimmer |
| Swimming* (C) | Req. 2 (SR) | Must be a Swimmer |
| Watersports (A) | Req. 3 (SR) | Previous waterskiing experience recommended, must be a Swimmer |
| Activity | Requirements | Comments |
| Instructional Swim | None | Not a merit badge; open program activity |
| Mile Swim (A) | Be a Swimmer (SR) | Not a merit badge; must complete training swims throughout week |
| <p>See page 18 for more information about requirements and levels of difficulty. *Required for Eagle.</p> | | |



C.O.P.E. & Climbing



| Merit Badge | Requirements | Comments |
|------------------|--------------|----------------------|
| Climbing (A) | None | Must be 13 or older. |
| Activity | Requirements | Comments |
| Project C.O.P.E. | None | Must be 13 or older. |

[See page 18](#) for more information about requirements and levels of difficulty.

Challenging Outdoor Personal Experience (C.O.P.E.) is one of the programs of the Boy Scouts of America. C.O.P.E. was launched in 1983. The program comprises group initiative games, trust events, low-course elements, and high-course elements. Some activities involve a group challenge, while others develop individual skills and agility. Participants climb, swing, balance, jump, rappel, and devise solutions to a variety of problems. Most participants achieve much more than they imagined they could.

C.O.P.E. is designed to meet the needs of people of all ages who are seeking ways to challenge and expand their physical and mental abilities. As a noncompetitive program, C.O.P.E. permits every participant to succeed. The group activities are ideal for enhancing the leadership and teamwork of Scout units, and activities that challenge individuals can be used to promote self-efficacy and personal growth.



Shooting Sports



| Merit Badge | Requirements | Comments |
|----------------------|---|---|
| Archery (B) | Req. 1d (P) | |
| Rifle Shooting (A) | Req. 1d, 1f, 1i (P) | Located at Reservation shooting sports center |
| Shotgun Shooting (A) | Req. 1d, 1f, 1i (P) | Must be 13 or older. Located at Reservation shotgun range. |
| Activity | Requirements | Comments |
| Advanced Rifle (A) | Must have Rifle Shooting Merit Badge | Must be 13 or older. Not a merit badge. |
| Advanced Shotgun (A) | Must have Shotgun Shooting Merit Badge. | Must be 13 or older. Not a merit badge. Scouts will learn shooting techniques beyond Shotgun Merit Badge |
| Open Shoot | None | Not merit badges, open program activities. Specific schedule of days and times offered will be distributed at camp. |

[See page 18](#) for more information about requirements and levels of difficulty.

Eco-STEM



| Merit Badge | Requirements | Comments |
|-------------------------------|---------------|--|
| Astronomy (B) | None | Must attend scheduled Star Hikes |
| Chemistry (B) | | None |
| Engineering (A) | Req. 1 (P) | Read the Engineering Merit Badge pamphlet before coming to camp |
| Environmental Science* (A) | Req. 3e (P) | Req. 4 can be completed at home. Be sure to bring your journal to camp along with your report. |
| Energy (B) | 1a, 4a, 4b, 5 | None |
| Forestry (B) | Req. 5, 8 (P) | None |
| Geology (A) | None | None |
| Mammal Study (C) | None | None |
| Nature (C) | None | None |
| Electricity (A) | None | |
| Oceanography (C) | None | None |
| Reptile & Amphibian Study (C) | Req. 8 (P) | Bring your journal to camp |
| Space Exploration (B) | None | None |
| Weather (B) | Req. 9 (P) | Bring Req. 9 to camp |

[See page 18](#) for more information about requirements and levels of difficulty.

*Required for Eagle.

Handicraft



| Merit Badge | Requirements | Comments |
|--------------------|----------------------------|--|
| Basketry (C) | None | None |
| Fingerprinting (C) | None | None |
| Game Design (C) | Req. 8 | None |
| Leatherwork (C) | None | None |
| Metal Work (B) | None | None |
| Movie Making (A) | None | None |
| Painting (C) | | None |
| Photography (B) | Req. 1a (P) | Bring a digital camera (a phone with a camera will work) and your Cyber Chip |
| Woodcarving (B) | Req. 2a - Totin' Chip (SR) | No knives with blades over 3.5" |

[See page 18](#) for more information about requirements and levels of difficulty.

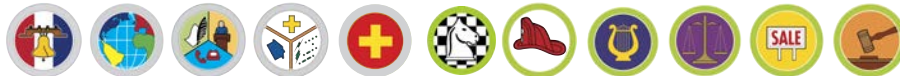
Scoutcraft



| Merit Badge | Requirements | Comments |
|-----------------------------|---------------------------------|--|
| Camping* (A) | Req. 4b, 5e, 7b, 8d, 9a, 9b (P) | Most written work can be completed at home |
| Fishing (C) | None | Bring your own rod and tackle |
| Geocaching (B) | Req. 8, 9 (PC) | Includes field trip to Ohio State Park |
| Orienteering (A) | None | None |
| Pioneering (A) | None | Proficiency in basic knots required |
| Scouting Heritage (B) | Req. 4, 6 (P) | None |
| Search & Rescue (B) | Req. 4, 6a, 6b (P) | None |
| Signs, Signals, & Codes (B) | None | Prior familiarity with signaling systems covered in requirements highly encouraged |
| Wilderness Survival (B) | Req. 5 (P) | Bring survival kit to camp; involves spending a night in an improvised shelter |

[See page 18](#) for more information about requirements and levels of difficulty.
*Required for Eagle.

Scout Scholar



| Merit Badge | Requirements | Comments |
|--------------------------------|------------------------|---|
| Chess (C) | None | None |
| Citizenship in the Nation* (A) | Req. 3, 8 (P) | Includes field trip to Fort Necessity National Battlefield |
| Citizenship in the World* (A) | Req. 4b, 7 (P) | None |
| Communications* (B) | Req. 5 (P) | None |
| Emergency Preparedness* (B) | Req. 1, 2c, 6c, 8b (P) | Bring documentation or a photo of your kit for Req. 8b to camp; First Aid Merit Badge required for completion |
| First Aid* (B) | Req. 5a (P) | Bring your kit for 5a to camp; current CPR certification meets Req. 7; card must be presented |
| Fire Safety (C) | Req. 11, 12 | None |
| Law (B) | Req. 4 (P) | Mock trial during open program required |
| Music (C) | Req. 3 (P) | None |
| Public Speaking (C) | | None |
| Salesmanship (C) | Req. 5 (P) | None |

[See page 18](#) for more information about requirements and levels of difficulty.
*Required for Eagle.

Program Schedules

| 2023 Scouts BSA Activity Schedule | | | | | | |
|--|--|-----------------------------------|------------------------------------|--------------------------------|------------------------|--|
| BLOCK | Monday | Tuesday | Wednesday | Thursday | Friday | |
| Aquatics | | | | | | |
| Aquatics | A9:00 - 10:30 | Swimming (10)* | | Swimming (10)* | | 6:00 AM - Mile Swim Closed - 9:00 - 10:30 |
| | | Lifesaving (10)* | | Lifesaving (10)* | | |
| | B10:30 - 12:00 | Kayaking (12) | | Kayaking (12) | | Anything That Floats & Open Swim |
| | | Swimming (10)* | | Swimming (10)* | | |
| | AB9:00 - 12:00 | Canoeing (12) | | Canoeing (12) | | |
| | | Watersports (5) | | Watersports (5) | | |
| | C2:00 - 3:30 | Smallboat Sailing (12) | | Smallboat Sailing (12) | | Open Swim and Open Boat Iron Man Canoe |
| | | Swimming (10)* | | Swimming (10)* | | |
| | D3:30 - 5:00 | Motorboating (5) | | Motorboating (5) | | |
| | | Kayaking (12) | | Kayaking (12) | | |
| CD2:00 - 5:00 | Watersports (5) | | Watersports (5) | | | |
| E7:15 - 8:45 | Open Swim and Boat | | Eagle Evening Sunset Kayak (12) | | | |
| | Eagle Evening Tubing (5) (Freedom) | | Eagle Evening Tubing (5) (Liberty) | | | |
| Eco-STEM | | | | | | |
| Eco-STEM | A9:00 - 10:30 | Space Exploration (8) | | Energy (8) | | Mammal Study (8) |
| | | Geology (8) | | Chemistry (8) | | |
| | B10:30 - 12:00 | Weather (8) | | Reptile & Amphibian (8) | | Mammal Study (8) |
| | | Astronomy (8) | | Electricity (8) | | |
| | AB9:00 - 12:00 | Environmental Science (8)* | | Environmental Science (8)* | | Open Program |
| | | Environmental Science (8)* | | Environmental Science (8)* | | |
| | C2:00 - 3:30 | Chemistry (8) | | Engineering (8) | | Mammal Study (8) |
| | | Forestry (8) | | Reptile & Amphibian (8) | | |
| D3:30 - 5:00 | Space Exploration (8) | | Oceanography (8) | | Open Program | |
| | Engineering (8) | | Nature (8) | | | |
| CD2:00 - 5:00 | Environmental Science (8)* | | Environmental Science (8)* | | | |
| Handicraft | | | | | | |
| Handicraft | A9:00 - 10:30 | Painting (12) | | Woodcarving (12) | | Fingerprinting (12) |
| | | Leatherwork (12) | | Basketry (12) | | |
| | B10:30 - 12:00 | Metalwork (12) | | Metalwork (12) | | Fingerprinting (12) |
| | | Basketry (12) | | Leatherwork (12) | | |
| | AB9:00 - 12:00 | Moviemaking (12) | | Photography (12) | | Merit Badge Completion |
| | | Game Design (12) | | Photography (12) | | |
| | C2:00 - 3:30 | Leatherwork (12) | | Game Design (12) | | Fingerprinting (12) |
| | | Basketry (12) | | Basketry (12) | | |
| D3:30 - 5:00 | Painting (12) | | Leatherwork (12) | | Fingerprinting (12) | |
| | Woodcarving (12) | | Woodcarving (12) | | | |
| CD2:00 - 5:00 | Moviemaking (12) | | Photography (12) | | Merit Badge Completion | |
| Scout Scholar | | | | | | |
| Scout Scholar | A9:00 - 10:30 | Citizenship in the Nation (8)* | | Citizenship in the World (8)* | | Merit Badge Makeup |
| | | Public Speaking (8) | | Fire Safety (8) | | |
| | B10:30 - 12:00 | Emergency Preparedness (8)* | | Emergency Preparedness (8)* | | Chess Tournament |
| | | Citizenship in the Nation (8)* | | Citizenship in the World (8)* | | |
| | AB9:00 - 12:00 | First Aid (8)* | | First Aid (8)* | | Ft. Necessity Field Trip |
| | | Communication (8)* | | Communication (8)* | | |
| | C2:00 - 3:30 | Chess (8) | | Salesmanship (8) | | CPR Demonstration |
| | | Citizenship in the World (8)* | | Citizenship in the Nation (8)* | | |
| D3:30 - 5:00 | Law (8) | | Salesmanship (8) | | Merit Badge Makeup | |
| | Music (8) | | Emergency Preparedness (8)* | | | |
| CD2:00 - 5:00 | First Aid (8)* | | First Aid (8)* | | | |
| Scoutcraft | | | | | | |
| Scoutcraft | A9:00 - 10:30 | Pioneering (12) | | Pioneering (12) | | Open Program |
| | | Wilderness Survival (12) | | Signs, Signals and Codes (12) | | |
| | B10:30 - 12:00 | Wilderness Survival (12) | | Orienteering (12) | | Geocaching Field Trip |
| | | Geocaching (12) | | Geocaching (12) | | |
| | AB9:00 - 12:00 | Fishing (12) | | Fishing (12) | | |
| | | Camping (12)* | | Camping (12)* | | |
| | C2:00 - 3:30 | Orienteering (12) | | Orienteering (12) | | Open Program |
| | | Wilderness Survival (12) | | Scouting Heritage (12) | | |
| D3:30 - 5:00 | Pioneering (12) | | Pioneering (12) | | | |
| | Signs, Signals and Codes (12) | | Signs, Signals and Codes (12) | | | |
| CD2:00 - 5:00 | Search and Rescue (12) | | Search and Rescue (12) | | | |
| COPE/Climbing | | | | | | |
| COPE/Climbing | AB9:00 - 12:00 | Climbing (6) | | C.O.P.E. (6) | | Open Climbing |
| | | Climbing (6) | | C.O.P.E. (6) | | |
| | E 7:15 | Eagle Evening COPE/Rappel | | | | |
| Shooting Sports | | | | | | |
| Shooting Sports | AB9:00 - 12:00 | Shotgun Shooting (6) | | Shotgun Shooting (6) | | Merit Badge Make Up |
| | | Archery (12) | | Archery (12) | | |
| | CD2:00 - 5:00 | Rifle Shooting (12) | | Rifle Shooting (12) | | Open Rifle and Archery |
| | | Shotgun Shooting (6) | | Advanced Shotgun (3) | | |
| | E7:15 | Archery (12) | | Open Archery | | |
| Trail to First Class | | | | | | |
| TFC | ABCD 9:00 - 5:00 | Trail to First Class Program (36) | | | | Open Program |
| Eagle Base | | | | | | |
| Eagle Base | ABCD 9:00 - 5:00 (Lunch Provided) Extra Costs may | Whitewater Rafting | | Whitewater Rafting | | Canoeing (14) Canopy Tour (16) ATV (6) |
| | | Canopy Tour (16) | | Sporting Clays (16) | | |
| | | ATV (6) | | ATV (6) | | |
| | | Hiking (16) | | Fly Fishing (8) | | Canopy Tour (16) ATV (6) |
| * Eagle Required (#) Capacity per camp | | | | | | |
| Open Program | | | | | | |
| Evening Program | | | | | | |

Day Trek

Day Trek is a fantastic adventure for that older Scout (aged 14 years and older) who wants to attend camp but is looking for something more than merit badges. Shortly after breakfast, Scouts will join our Eagle Base staff for a day of high adventure activities before returning to Camp Liberty or Camp Freedom. Monday through Friday participants meet at the entrance to the Duty to God Chapel in the Camp Liberty parking lot at 8:45 a.m. to be transported to the daily activities.

During the day, Scouts select from adventures including caving, whitewater rafting, and sporting clays. Evenings are spent in Camp Freedom or Camp Liberty participating in campwide programs with the rest of the Scout's troop.

Day Trek Orientation Meeting

On check-in day, participants must meet at the Program Hall for an orientation meeting at Camp Freedom at 4:00 p.m. and Camp Liberty at 5:00 p.m.

Participants will need to bring with them their completed participation waivers and an extra copy of their complete BSA medical form. Waivers can be found at www.lhscouting.org/camping. Scouts who do not have required waivers or required personal gear for a specific activity will not be allowed to participate.

Day Trek Leadership

All treks will be led by experienced Eagle Base Trek Guides meeting Boy Scouts of America standards, many in partnership with professional partner vendors. Program gear needed for the treks is provided. Simply bring the required personal gear, a great attitude, and be ready for the experience of a lifetime.

Units with Day Trek participants are not required to provide unit leadership to accompany participants; however, adults may be asked by Eagle Base staff to accompany trek groups to ensure BSA youth protection and two-deep leadership standards are maintained. This is especially important to know for units with youth female Day Trek participants.

Although not required, unit adults are able to sign-up for Day Trek activities. The cost to participate for the week is the same as that for a youth. Activity spaces are limited and preference will be given to youth participants.

Required Personal Gear

This gear is required to participate in the various treks offered during the week:

- (2) Water bottles (1L)
- Daypack
- Sunscreen
- Rain gear
- (2) Flashlights with extra batteries
- Long pants
- Long sleeve shirt
- Boots (ankle covering)
- Closed-toe shoes that can get wet
- Personal first aid kit
- Signed release forms
- Extra copy of your completed medical form*



* Scouts that do not have required waivers or required personal gear for a specific activity will not be allowed to participate.

Weather & Safety

Treks may encounter rapidly changing weather fronts ranging from fog to storms. However, weather is no deterrent to fun. Should crews encounter a rainy day while on one of our treks, we'll continue with our activities the best we can. We will keep participants safe during foul weather, but it doesn't always change our normal activities.

Additional Details

- Participants must be at least 14 years of age or older.
- Participation waivers can be found at www.lhcscouting.org/camping.
- Waivers must be completed and signed before arriving at camp.
- Participants must be strong swimmers and some boating experience is helpful. Participants must pass the Boy Scouts of America swimmer test on Sunday or prior to arrival at camp to participate.

Activity Sign-Up

Activity sign up for Day Trek participants will take place through your camp registration and will work the same way as merit badge registration. Sunday arrival day is the final deadline for any activity changes due to scheduling and planning restrictions. At least four participants are required for an activity to take place.

If a Scout does not want to participate in a Day Trek activity on a particular day, they will be able to sign up for merit badge classes on that day pending availability.

The final week's schedule will be reviewed during the check-in day orientation meetings.

Weight Guidelines

Any participant who exceeds the maximum weight limits on the weight chart below needs to reconsider participation in the Day Trek program as they are at extreme risk for health problems. Participants who fall within the guidelines are more likely to have an enjoyable program and avoid incurring health risks. The absolute weight limit for most of our programs is 300 pounds, with the exceptions being ATV Adventure at 215 pounds.

| Height | Recommended | Maximum |
|--------|--------------|---------|
| 60" | 97-138 lbs. | 166 |
| 61" | 101-142 lbs. | 172 |
| 62" | 104-148 lbs. | 178 |
| 63" | 107-152 lbs. | 183 |
| 64" | 111-157 lbs. | 189 |
| 65" | 114-162 lbs. | 195 |
| 66" | 118-167 lbs. | 201 |
| 67" | 121-172 lbs. | 207 |
| 68" | 125-178 lbs. | 214 |
| 69" | 129-185 lbs. | 220 |



| Height | Recommended | Maximum |
|--------|--------------|---------|
| 70" | 132-188 lbs. | 226 |
| 71" | 139-194 lbs. | 233 |
| 72" | 140-199 lbs. | 239 |
| 73" | 144-205 lbs. | 246 |
| 74" | 148-210 lbs. | 252 |
| 75" | 152-216 lbs. | 260 |
| 76" | 156-222 lbs. | 267 |
| 77" | 160-228 lbs. | 274 |
| 78" | 164-234 lbs. | 281 |
| 79" | 170-240 lbs. | 295 |

Day Trek Activities

Each day, several of the following activities will be offered. Schedules will be tailored to the individual preferences of each Scout. At least four participants are required for an activity to take place. Each participant will select preferences with the online system prior to camp. The final schedule will be provided at the Sunday orientation meeting.

Activity Level (#)

Each activity is ranked in regard to the physical activity and the skill level needed to successfully participate. The physical rating is from 1 to 5 with 5 being the most strenuous activity and 1 being the least strenuous. The skill level is A to C with A demanding a high skill set and C being appropriate for all participants.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|--------------------|---------------------|--------------------|------------------|
| Whitewater Rafting | Whitewater Rafting | Whitewater Rafting | Whitewater Rafting | Canoeing (14) |
| Canopy Tour (16) | Kayaking (16) | Sporting Clays (16) | Kayaking (16) | Canopy Tour (16) |
| ATV (6) | ATV (6) | ATV (6) | ATV (6) | ATV (6) |
| Hiking (16) | Fly Fishing (8) | Caving (16) | Caving (16) | |

ATV Adventure (3B)

Participants will complete the ATV Safety Institute (ASI) Rider Course learning ATV safety and handling, then finish the day with an adrenaline-pumping ride around the lake. **Release form required. Requires long sleeve shirt, long pants, and boots that cover the ankle. Max participant weight 215 lbs.**

Canoeing (3B)

Put in at Connellsville and paddle down 15 miles of the Youghiogheny River. Float past historic industrial ruins before descending into an exceptionally scenic stretch of river between Dawson and Layton, Pennsylvania. **Participants must be a Swimmer.**

Canopy Tour/High Ropes (3B)

A new program in partnership with WVU's Outdoor Education Center, participants will spend the day completing a canopy zipline tour and high ropes program. Participants must be comfortable being 40 plus feet off the ground. **Max participant weight 250 lbs. Must wear closed-toe-shoes, no crocs.**

Caving (5B)

Head to Laurel Caverns and spend your day underground. You will descend through 46 stories of unlit, natural cave to the bottom of the mountain. Be prepared to get wet and muddy! **Vendor release form required. Requires long sleeve shirt, long pants, and boots that cover the ankle.**

Fly Fishing (1B)

Fly fisherman, young and old, expert or new to the sport, will all have a fun experience. Spend the morning refreshing skills and in the afternoon head to the lake to try them out.

Hiking (3B)

Get a taste of some of the area's best hiking trails. Carry your food and water on your back and enjoy opportunities to geocache, taking in the beautiful scenery and activities the area has to offer.

Kayaking (3B)

Using our 12-foot lake kayaks, explore as much of Youghiogheny Lake as you can. Stop for lunch, enjoy a refreshing swim, and see how much wildlife you can spot. **Participants must be a swimmer.**

Sporting Clays(1B)

Ready for a challenging and fun day at Seven Springs Mountain Resort? Enjoy some of the best programs Seven Springs has to offer including sporting clays and more. Vendor release form required.

Whitewater Rafting (3B)

Whitewater rafting at its finest! Whether this is your first trip or your tenth, the Lower Yough has plenty to offer, including surfing waves, hitting holes, catching eddies and dropping over waterfalls. After a safety briefing, follow the river guides down seven and a half miles of Class III+ whitewater. You WILL get wet! Vendor release form required. Participants must be a Swimmer. Must wear shoes that will stay on your feet (i.e. no crocs, sandals, flip flops, etc.)

Friday Fun Day / Open Program

Camp is about much more than merit badges. Camp is an opportunity to try new things and have some fun! With merit badge classes complete, Friday is open for Scouts and leaders to experience all the great things Heritage Reservation has to offer. Some highlights include:

Merit Badge Completion/Project Turn In

Have a few more requirements to complete from earlier in the week or need to show your counselor a project you completed? Stop by the area during the day Friday to get everything wrapped up.

Ohiopyle Geocaching Trip

Friday morning, Geocaching merit badge participants will take a trip to Ohiopyle State Park to find a few public geocaches to help them meet their requirements. Adults will be needed to help provide transportation.

Fort Necessity National Battlefield Field Trip

Friday morning, join the group to visit the site of George Washington's only defeat. This is a required trip for participants in Citizenship in the Nation. Adults will be needed to help provide transportation.



Heritage Iron Scout

Only the strongest complete the Heritage Iron Scout. Friday morning, participants will meet at Aquatics to complete the mile swim (they must complete the training swims earlier in the week also). After finishing the mile swim and having breakfast, participants will tackle Heritage Reservation on foot and afloat to see if they have what it takes to be named a Heritage Iron Scout.

Mile Swim

Show off your stamina and that you are physically fit by completing the mile swim while in camp. Participants must complete 4-hours of training, including swimming a quarter, half, and three-quarter miles during open swim times prior to tackling the full mile swim. Everything culminates Friday morning before breakfast with the full mile swim.

Additional Open Program Activities

Other times throughout the week will be available for various open programs. Schedules will be provided at camp:

- Take a hike! Maps are available at the program halls
- Don't Get Lost! Tackle our new orienteering courses. Courses for all skill levels are available.
- Service Projects: a list of pre-approved camp service projects will be provided through the Commissioner staff. Units interested in helping with a service project should discuss available projects and when they want to work on their project with the commissioner staff no later than Monday siesta so project materials can be readied.
- Cool off during open swim and boat.
- Practice your aim during open shoots.



Evening Program

The fun doesn't end with dinner. Various fun, campwide activities will take place each evening.

Sunday

- Leader's Meeting at 6:45 p.m. in the Program Hall: a first day orientation to prepare you for the rest of the week. Please send at least one adult leader from your unit and the SPL to attend.
- Opening Campfire at 7:45 p.m. Meet in the camp parade field then walk with the staff to the campfire circle. Sit back and enjoy the camp staff as they welcome you home with skits, songs, and more.

Monday/Tuesday

- Evening Program 7:15 p.m.: Following evening flags, enjoy Lake Courage for a swim or boat, relax with an outdoor movie, or check out what's going on in another program area. Specific programs and locations will be announced at camp.
- Eagle Evening, 7:15 p.m.: Scouts 14 and over can sign up for this new evening program. [See page 30](#) for more information.
- Vespers Service 8:00 p.m.: A Scout is Reverent. This inter-faith worship service will be offered both Monday and Tuesday night at the Duty to God Chapel. Your troop or patrol can choose which night they prefer.

Tuesday

- Star hike at 9:30 p.m.; meet at the Eco-STEM shelter for a hike to learn about the stars, weather dependent. Required for Astronomy Merit Badge participants.
- Wilderness Survival Overnight, Duty to God Chapel; Wilderness Survival merit badge participants will build their shelters and spend the night away from camp.

Wednesday

- OA Call Out Ceremony at 7:15 p.m.; meet at the parade field. Each Scoutmaster should talk with the camp Order of the Arrow Coordinator on Sunday to discuss your unit's involvement with the Order of the Arrow during your stay. [See page 31](#) for more information.
- Join fellow Arrowmen for an Ice Cream Social following the call-out ceremonies by Camp Freedom Dining Hall! Take part in some refreshing ice cream, welcome the new call-outs, and connect with your fellow members.

Thursday

- Steak Cookout from 6:00 p.m. to 7:00 p.m.; gather around the campfire to cook your dinner on the coals! Enjoy a campsite-cooked meal with your troop. All supplies are provided. For Camp Freedom, there will not be dinner in the Dining Hall this evening.
- Eagle Evening at 7:15 p.m.; Camp Liberty and Camp Freedom. Scouts 14 and over can sign up for this evening program. [See page 30](#) for more information.
- Outpost: Under the direction of the Eagle Base staff, your unit can paddle or hike to Spear Point and spend the night under the stars. Units will need to provide all overnight camping equipment.
- Evening Program at 7:15 p.m.: Following evening flags, join in the fun at various program areas around camp. Specific programs and locations will be announced at camp.
- Scoutmaster Social/Dutch Oven Contest at 7:15 p.m.: Come to Scout Scholar and join other leaders from around camp for some fellowship while showing off your Dutch Oven skills. Who makes the best Dutch Oven dessert? Participants must provide their own Dutch Ovens and cooking supplies.

Friday

- Closing Campfire - 7:15 p.m.; gather in the parade field then walk with the staff to the campfire circle
- Blue Card Party following Campfire; verify that all your Scouts' advancement records and activity awards have been processed. Staff will be present to answer questions.

Eagle Evenings

Eagle Evenings are an opportunity for older Scouts age 14 and over, to participate in some high adventure on the Heritage Reservation property. Great as an extension of the Day Trek program or as a way for a Scout who wants to work on merit badges during the day to still get in some adventure. Eagle Evenings will be a fun new opportunity facilitated by Heritage Reservation's Eagle Base staff.

Activity Sign-Up

Activity sign-up for Eagle Evening participants will take place through your camp registration and will work the same way as merit badge registration. Participation is limited to Scouts age 14 and over. Some activities will have participation limits.

Eagle Evening Activities - 7:15 p.m.

- Ski-boat Tubing on Lake Courage - limited to 5 participants; **must be a Swimmer**. Meet at the camp aquatics area. **Monday - Camp Freedom, Tuesday - Camp Liberty**
- Climbing and rappelling - climb up then rappel off Heritage Reservation's 30 ft. tower. This partially meets requirement 9b of Camping merit badge. Open Monday and Tuesday for both camps.
- Middle C.O.P.E. - Climb the Giant's Ladder and Dangling Caterpillar. Open Monday and Tuesday for both camps.
- Cowboy Action Shooting - try your hand shooting a .22 lever-action rifle, .22 revolver, and 12 gauge shotgun at reactive targets. **Monday only**. Open for both camps. Scouts must present a completed Heritage Reservation Cowboy Action Participation and Hold Harmless Agreement to participate.
- Chalk Ball - follow the trail from station to station shooting at targets of different shapes, sizes, and distances. **Tuesday only**. Open for both camps.

Eagle Evening Activities - 7:15 p.m.; Thursday Both Camps

- Sunset Kayak or Canoe - enjoy Lake Courage's incredible sunsets during a paddle to Spear Point and back. Some participants may choose to stay for an Outpost evening. Launches from both beaches at 7:30 p.m.
- Outpost - under the direction of the Eagle Base staff, your unit can paddle or hike to the far side of Lake Courage and spend the night under the stars. Units will need to provide all overnight camping equipment. Eagle Base staff will stay nearby to provide communication support as needed.



Order of the Arrow

The Order of the Arrow (OA) plays a vital role in the camping program of our Scouting. Those who are honor Scouts in their units are recognized through their election to the OA. The objective of Laurel Highlands Council's Allohak Menewi Lodge #57 is to promote the camping program of the council, to recognize honor campers, and to provide opportunities for cheerful service.

Meetings

There will be one meeting for all OA members at 1:15 p.m. Tuesday at the Program Hall to discuss preparations for the OA ceremonies on Wednesday evening.

Home Troop Election

Home troop elections are the only way to elect candidates for membership in the Order. Elections will not be held at summer Troop elections should be conducted by an authorized lodge representative following the process outlined by your troop's home lodge.

Call Out Ceremony

The Order of the Arrow call out ceremony will take place on Wednesday night. This is a unique opportunity for Scouts and Scouters to be recognized for their contributions to Scouting. Per National OA guidelines, non-Laurel Highlands Council units wishing to participate in a call out ceremony while at camp will either need to bring or have sent to camp a letter from their home lodge granting permission to conduct the call out.



Order of the Arrow Ice Cream Social

Join fellow Arrowmen for an Ice Cream Socials on Wednesday evening at 8:30 p.m. following the call-out ceremonies by Camp Freedom Dining Hall! Take part in some refreshing ice cream, welcome the new call-outs, and connect with your fellow members.

Order of the Arrow Summer Service Award

Under the direction of the Camp OA Coordinator, Order of the Arrow members may complete one task related to the calling out ceremony and one camp service project to receive a special recognition item.



Leader Programs

Help Us Help You

We understand that your unit is your number one priority, but we welcome your assistance to make the Heritage Reservation experience even better for everyone. Help is always appreciated within program areas, during merit badge instruction, being an extra set of eyes at the Waterfront, or through completing service projects.

Scoutmaster Merit Badge

Pick up a list of the requirements in the Program Hall to get started exploring camp, participating in activities, and helping Scouts have a great camping experience.

Daily Leader Meetings

Each day following breakfast, there will be a leader meeting with the Camp Key 3 to review the upcoming day, receive updates from the staff, and for you to provide feedback. There is nothing worse for the staff than finding out about something at the end of the week that could have been fixed right away, early in the week when it was initially a problem. Your early and prompt communication benefits everyone. See the daily schedule for camp specific times. [See page 23](#)

Floats and Notes

We want your feedback! Join us Thursday for root beer floats as we talk about how your week went at camp and your ideas for how we can make camp even better. Specific times to be announced at camp.

Scoutmaster Social/Dutch Oven Contest

Stop by Scout Scholar Thursday evening for some fellowship and to help crown the week's Dutch Oven dessert champ. Participants must provide their own Dutch Ovens and cooking supplies.

Adult Leader Training

Depending upon interest and trainer availability, various adult leader training opportunities may be offered during your week at camp. Training opportunities, if available, will be announced prior to your arrival.



Awards

We have many awards to challenge the individual, the patrol and the troop. Speak with the Camp Director, Program Director or Senior Camp Commissioner to learn more. Once finished, award forms will be shared at www.lhscouting.org/camping/summer so units can review and plan ahead of camp.

Browsea Island Honor Camper Award

This award provides each Scout the opportunity to earn an award based upon their own personal experience during a week-long encampment.

Green Bar Bill Honor Patrol Award

This award includes the opportunity for group-decision making, as well as gives your Patrol Leaders an opportunity to take initiative to lead their patrols towards earning the award.

Baden-Powell Honor Troop Award

This award is designed to give your Senior Patrol Leader and junior leadership the initiative to work towards completing requirements for an award that honors the troop as a whole.

Acorn Outfitters Trading Post

The Trading Post is provided as a service to campers. The store is stocked with a supply of program materials, literature, merit badge supplies, fishing gear, camping gear, clothing, patches, collectibles, souvenirs, snacks, candy, pop, ice cream and various personal items. The average camper spends \$100 in the Trading Post during their week in camp.

Stop by to check out the new gear for this year!



Campsites

Heritage Reservation is home to campsites on ridges and along lake shores. Most, but not all, campsites are accessible by vehicle and marked spaces are available to park unit trailers.

Reserving Campsites and Campsite Equipment

Campsites are selected when a unit makes its initial summer camp registration. Both Camp Liberty and Camp Freedom have thirteen campsites each accommodating differing numbers of campers.

Campers stay in camp-provided canvas tents, with wooden floorboards to keep campers off the ground. Two metal or canvas cots are provided in each tent. Campers are permitted to bring their own tents or hammocks if they wish. There is ample space round each campsite for campers to set up their own tents following Leave No Trace guidelines. There are lots of trees to hang hammocks; however, no nails or hooks should be stuck in trees and hammocks should not be stacked with one above another at any time for safety reasons.

All campsites are set with a number of dining flies and each campsite has a latrine. Showers and other restroom facilities are a short walk away. Each campsite has a water source with potable water (safe for drinking and tested weekly) and a fire ring for campfires. Please do not create additional fire rings.

Campsites are set with equipment to the capacity listed in the registration system. If a unit will exceed the set capacity they have three options:

1. Move to a campsite that will accommodate their entire group if available.
2. Split their group between multiple campsites.
3. Bring their own equipment to supplement what is provided at the campsite.

If a unit does not fill a site, remaining space may be reserved by another unit. Please plan and register accordingly.

Linked male and female Scouts BSA units wishing to camp together must register as separate units. They may share a campsite. It will be up to unit leadership to ensure youth protection guidelines, adequate privacy, mutual respect, and appropriateness are upheld within the site.

LHC reserves the right to reassign campsites based on capacity, usage, or other factors as determined by camp leadership.

It is the responsibility of unit leadership to ensure BSA youth protection guidelines regarding tenting are always followed. Youth are not permitted to share a tent if they are more than two years apart in age. Youth and adults may not share a tent. Male and female youth may not share a tent. Male and female adults must sleep separately unless they are married to each other.

Showers and Latrines

- New shower houses have been built in Camp Liberty and Camp Freedom to replace the old, centralized staff and leader showers. These new shower houses have a modern design with single occupant rooms each containing a shower, sink, and toilet. Because they are new and single occupant, we know that these new shower houses will be very popular. Units will need to work with their members to keep the amount of time they spend using the shower to a minimum out of respect for all the other campers in camp.
- Several other shower buildings remain available in each camp. They are designated for youth male, youth female, adult male, or adult female. Please respect the privacy of others. Specific times for usage will be posted.
- Because showers can be a space where bullying, horseplay, and harassment seem to happen frequently, units must plan to have two adults accompany groups of Scouts to the shower house and remain outside. Simply the presence of nearby adults has proven to cut down bullying, horseplay, and harassment incidents dramatically.
- Units will be responsible for signing up to clean a shower building during their stay.
- Each campsite has a latrine. Units are responsible for keeping it clean. Cleaning materials are available through the camp quartermaster.

Campsite Visitations

Several times throughout your stay, campsites will be visited by a member of the camp commissioner staff. In addition to checking in with Scouts and leaders, the commissioner will be making sure the campsite is safe and clean.

Specifically, the commissioners will be looking for items such as:

- Latrine cleanliness
- Sleeping area cleanliness and orderliness
- Eating area cleanliness and orderliness
- General campsite cleanliness
- Fireguard plan
- Campcraft - campsite gadgets and activities in camp supporting the Scouting program such as proper ax yards and following Leave No Trace guidelines where able.

Preparing for commissioner visits encourages units to take pride in their campsites. Scouts will need to communicate, plan, and make decisions on how they want their campsite to look. In sites with multiple units, those units will need to work together.

Public Area Responsibility

Everyone in camp, including both campers and staff, are responsible for maintaining a positive, clean environment and supporting the overall camp community. Throughout the week, units will provide patrols to help clean shared areas around camp. The schedule will be decided at the Monday SPL meeting. Areas to be cleaned include shower houses and, in Camp Freedom, the Dining Hall bathrooms. Cleaning supplies will be provided.



Gear Lists

| What NOT to Bring to Camp | | | |
|---|-----------------------|-------------------|-----------------|
| Fireworks | Valuables | Excessive jewelry | Boats |
| Shooting equipment, including bows, firearms, or ammunition | Un-Scoutlike clothing | Aerosol Cans | Golf carts/UTVs |
| Alcohol | Pornography | Laser pointers | |
| Electronics | Tobacco / Vapes | Firewood | |
| Bicycles | Drugs of any kind | Pets | |

| Gear Each Individual Should Bring* | | | |
|------------------------------------|-----------------------|------------------------|------------------|
| Camp shoes | Hat | Medication*** | Sunglasses |
| Hiking shoes | Rain Gear | Hygiene items | Flashlight |
| Water shoes (closed toe) | Swimsuit** | Sunscreen | Compass |
| Scout appropriate t-shirts | Scout uniform | Insect repellent | Pocket knife |
| Underwear | Scout handbook | Personal first aid kit | Water bottle |
| Socks | Merit badge pamphlets | Sleeping bag | Knife/fork/spoon |
| Long pants | Notebook | Pillow | Plate/bowl/cup |
| Long-sleeve shirts | Pencils/pens | Extra blanket | Fishing gear |
| Shorts | Towels | Daypack | Camera |
| Sweatshirt or Jacket | Washcloth | Watch | Spending money |

* See page 24 for specific personal equipment needed for Day Trek participants

**Appropriate attire is required for all activities. Swimsuits should be comfortable, functional, and appropriate for the specific activity while reducing the chance of accidental exposure.

***See page 42 for further information on medications

| Gear Units Should Bring | | | |
|-------------------------|----------------------|-------------------------|---------------------|
| Lantern | Troop & patrol flags | Unit first aid kit | Extra tarps & tents |
| Woods tools | Dutch ovens | Unit kitchen/patrol box | Unit Library |
| Medication lock box | Coolers | | |



Gear Provided by Heritage Reservation

| Camp Liberty | Camp Freedom |
|--|------------------------------------|
| Canvas wall tents with floorboards | Canvas wall tents with floorboards |
| Cots | Cots |
| Dining flies | Dining flies |
| Picnic tables | Picnic tables |
| Flagpole | Flagpole |
| Latrine | Latrine |
| Shower facilities | Shower facilities |
| Garbage bags | Garbage bags |
| Running water | Running water |
| Patrol boxes with cooking equipment (if needed) | Handcart per campsite |
| Handcart per campsite | |
| Propane stoves with propane tanks (See page 41) | |
| Additional equipment may be available through the camp quartermaster depending on availability | |



Camp Freedom - Dining Hall



The Dining Hall at Camp Freedom provides campers with excellent food service. During the Sunday check-in, the Dining Hall Manager will review all procedures with your unit, helping to ensure an enjoyable dining experience all week. Heritage Reservation has a contracted food service management company to coordinate meal preparation and service.

Meals are available only during scheduled meal times. Outside of scheduled meal times, snacks must be purchased through the camp trading post or provided by they unit.

All meals provided through the camp food service will be peanut/nut free.

Menu

Once available, the menu will be posted online at www.lhcscouting.org/camping/summer. Menus are prepared and approved by a licensed dietitian to ensure they are nutritious, have plenty of variety, and meet the caloric needs of active campers. Heritage Reservation participates in the Penn State ReVamp Camp Program to help model healthy eating habits for campers. A few points related to our camp menus:

- All meals provided through the camp food service are peanut/tree-nut free.
- A salad bar will be available at all lunches and dinners.
- Sunbutter and jelly for sandwiches are available at all meals as an alternative.
- Cereal, oatmeal, and yogurt are available at all breakfasts.
- Fruit is available at all meals.
- Only water will be served with lunch. This helps reduce calories from sugary drinks and has been proven to reduce instances of dehydration throughout camp.

Cafeteria Style Dining

Based directly on unit leader feedback, Camp Freedom moved to serving cafeteria style meals in 2022. After arriving at the Dining Hall, everyone will be seated and then dismissed to go through the cafeteria line. Each unit will be assigned to several tables in the dining area for the week (10 per table). An adult from each unit is required to sit at a table with the Scouts. Units should assign a rotating waiter for each table.

Table Waiters

- Waiters rotate throughout the week. Waiter duty should not be assigned to just new Scouts. Older, more experienced Scouts are needed to train first-time campers on the waiter system.
- When two troops have odd numbers and cannot fill a table, units will be partnered up to share a table. It will be the responsibility of the units to set-up a fair waiter system. A Scout is friendly.
- If there are extra spaces at a table, they will be filled by members of the camp staff.
- Waiters must report to the Dining Hall 20 minutes prior to each meal. It is important to be prompt. The Dining Hall Manager gives all waiters instructions on their responsibilities at each meal. They prepare the table for the meal and take responsibility for table drinks. Waiters will set tables with cups, pitchers of drink, and napkins. Eating utensils will be picked up by each individual as they go through the serving line.
- Waiters will clean-up after the meal and will be dismissed from the Dining Hall by the Dining Hall Manager upon completion.

Thursday Steak Cook-Out

On Thursday evening, the Dining Hall is closed. Units will prepare a steak dinner in their campsite over the coals. Steak, potatoes, carrots, and other meal items to prepare foil meals will be provided. Units should ensure that all campers bring their personal "mess kit" to eat this meal. **If units wish to grill steaks or cook in a way other than by making foil packets, they will need to bring desired cooking equipment.**

Dietary, Religious and Special Food Requests

The camps at Heritage Reservation do their best to accommodate for dietary, religious, or special food needs and can store any special foods brought to camp on a limited basis. Storage is available in our Dining Hall refrigeration. Please do not bring peanut/tree-nut based products into the Dining Hall. Items must be clearly labeled with the individual's name and unit.

Individuals requesting special dietary accommodations should carefully review the camp menu once posted online. **Any special dietary needs must be reported two weeks prior to arriving at camp using our online Special Diet Request form found at <http://www.lhscouting.org/camping/summer>.**

Accommodations can only be made for special dietary situations of which we are aware prior to arrival.

Unit leaders must be aware of camper special dietary needs and ensure that requested meals are picked up from the camp food service. Each year, requested meals get thrown away because no one comes to get them. A Scout is Thrifty!

Camp Liberty - Patrol Cooking



The success of the patrol cooking method has stood the test of time and is well proven. Concern over the time it takes a patrol to cook has been addressed. The meal plan includes cooking for breakfast, limited cooking for lunch, and only cooking five dinners. This provides plenty of time to enjoy the camp programs and advancement opportunities. Many units that camp at Camp Liberty actually tell us that they feel like they have more free time to enjoy camp.

Preparing meals in camp is an integral part of the program at Camp Liberty. It is one of the best ways of implementing the patrol method. Encourage and direct your Scouts to follow the plan, taking turns at jobs, preparing the meals completely and cleaning up thoroughly after each meal.

Patrols

Sunday during check-in, a unit leader will need to provide a final count of patrols to the camp Program Hall. Patrols must be between 6 and 10 people. Smaller patrols will need to combine so their total combined count is between 6 and 10. Once set, unit patrol counts will not be changed later in the week.

Menus and Food Preparation

Once available, the menu will be posted online at www.lhscouting.org/camping/summer. Menus are prepared and approved by a licensed dietitian to ensure they are nutritious, have plenty of variety, and meet the caloric needs of active campers. Heritage Reservation participates in the Penn State ReVamp Camp Program to help model healthy eating habits for campers. A few points related to our camp menus:

- All meals provided through the camp food service are peanut/tree-nut free.
- Only water will be served with lunch. This helps reduce calories from sugary drinks and has been proven to reduce instances of dehydration throughout camp.
- Some meal alternatives will be provided through the basic staple distribution.

The menu for all meals to be served at camp has been thoroughly reviewed and field-tested. They are wholesome, plentiful and have youth appeal. The preparation instructions are written, so that Scouts can easily follow them. Expert skill is not required to produce a satisfactory meal. By following the instructions as they are written, the meal will be enjoyed by all.

Recipes will be distributed to each patrol when the food is issued. Care must be taken to follow them exactly. Experimentation should not be allowed unless an adult leader is present. Your staff guides or commissioner will work with any of your patrols that require additional help.

Dietary, Religious and Special Food Requests

The camps at Heritage Reservation do their best to accommodate for dietary, religious, or special food needs and can store any special foods brought to camp on a limited basis. Storage is available in our Commissary refrigeration. Please do not bring peanut/tree-nut based products. Items must be clearly labeled with the individual's name and unit.

Individuals requesting special dietary accommodations should carefully review the camp menu once posted online. **Any special dietary needs must be reported two weeks prior to arriving at camp using our online Special Diet Request form found at <http://www.lhcscouting.org/camping/summer>.** Accommodations can only be made for special dietary situations of which we are aware prior to arrival.

Unit leaders must be aware of camper special dietary needs and ensure that requested meals are picked up from the commissary. Each year, requested meals get thrown away because no one comes to get them. A Scout is Thrifty!

Sunday Evening Buffet Meal

Sunday dinner will be served to the entire camp "buffet style" at the Commissary and requires no preparation by the patrol.

Food Pick Up (7:00 a.m. - Breakfast, 12:00 p.m. - Lunch, 5:00 p.m. - Dinner)

Food will be picked up at the Commissary by each patrol or crew for each meal. For health reasons, remaining milk should never be put into a cooler, but rather discarded. Any plastic containers used for food issue must be cleaned and returned to the Commissary when picking up the next meal. It is recommended that a leader help with pick up to ensure a proper count on all meal ingredients and to ensure that any specially requested meals are picked up.

Patrol Box Check-Out / Check-In

Patrol boxes issued to units will be inventoried by the unit upon check-out to ensure all equipment is included in the box. Boxes include the equipment to prepare food for 10 people. At the end of the week, units will sign up for an appointment to clean and inventory their boxes at the Quartermaster building. Washing, rinsing, and sanitizing of all wares is required by PA Health Department regulations. Units may be billed for missing equipment, or equipment with excessive wear.

Personal Equipment

Scouts and leaders must supply personal equipment including their own water bottle and eating utensils. These items will not be supplied by camp. Leaders should reproduce the enclosed personal equipment checklist (pg 38) and hand it out to all Scouts.

Dishwashing

Adult leaders are asked to give close attention to the thoroughness of patrol/crew cleanup. Here are some procedures to maintain good health:

- No washing of dishes in or near water stand and latrine.
- Sanitation tablets will be issued at the beginning of the week in the initial staple distribution.
- Make sure wash water is hot and sanitizing water is hot.
- Make sure group cooking equipment and personal equipment is air dried as not to spread germs through drying with a towel.

Dishwater Disposal

A sump box for dishwater disposal is available in each campsite. All dishwater must be disposed of by using this box. Do not allow the Scouts to dispose of dishwater in any other manner. The funnel and strainer at the sump box must be cleaned daily. Your staff guide will instruct you on proper use of the sump.

Staple Issue

An initial supply of staple items such as salt, pepper, sugar, dish soap, oil, etc. will be made on Sunday afternoon when picking up each patrol's pack baskets. These are to be kept throughout the week in the cooking box only. Reissue of these items will be made on "as needed" basis. Unit leaders are asked to take the necessary precautions to ensure the proper use (and not waste) of these items. Sanitation tablets will be issued at the beginning of the week.

Ice Coolers - Food Storage

The camp will provide one coupon for a bag of ice per day to each patrol at lunch for cold drinks. Ice from this machine is not designed to keep unit coolers stocked. Additional ice may be purchased from the Trading Post. Health regulations are very clear about the dangers of keeping milk, meats and other items in ice coolers. The proper temperature level cannot be maintained in coolers to store most foods safely and extra food from meals should be discarded. It is practical to only store certain drinks, but not milk. As a general warning, storing any type of food in the campsite will attract animals.

Charcoal and Propane

Units will receive one coupon for a bag of charcoal per patrol for the week. This can be used to help prepare dutch oven desserts and Friday dinner. Additional charcoal is available for sale in the Trading Post. All 20-pound propane cylinders are filled each week and will provide more than enough fuel to cook all your meals and heat dishwater during your week at camp. If a patrol, through wasteful use of propane, runs out of fuel, the unit will be charged \$50 for an additional cylinder.

No other accessories, such as lanterns or additional stoves may be attached to the Heritage propane cylinders or stoves. This practice is necessary to prevent propane leaks and in order to extend the lifetime of the fittings. If a patrol tampers with the fittings or regulator on their stove, it will be charged \$25 for a new hose and fittings.

Set up stoves so that the windshields are facing into the prevailing breeze. Do not place the stove directly under the dining tarp; this can damage the tarp and create a fire hazard. An adult leader must be present in the campsite and must supervise the lighting and use of propane stoves.

Garbage and Trash Disposal

Garbage bags will be provided for transporting garbage to the dumpsters located near the parking lot. Garbage should be brought out of the campsite after each dinner. Your staff guide will give you additional information about trash disposal and recycling.



Camp Health Services

Health Officers provide emergency care 24 hours a day, and coordinate with local EMS personnel if the situation warrants. They also evaluate and treat in-camp illness and injuries, referring patients to Uniontown Hospital or other non-emergency facilities as necessary.



With a limited number of medics on staff and a large reservation to cover, basic, “Scout rendered” first aid should be handled by unit leadership in the campsite. The majority of camp staff are trained in CPR and basic first aid and can help provide basic care through the camp Program Hall.

Medical Screening in Camp

Upon arrival at camp, each camper must undergo a face-to-face medical screening with a Health Officer or trained designee to receive a wristband. This screening will occur as part of the check-in process. For campers arriving later in the week, they must submit their medical forms at the Program Hall upon arriving on property.

Along with reviewing camper medical forms, all campers will be asked the screening questions below to help prevent the potential spread of communicable diseases such as Norovirus, Flu, Coronavirus, or Chickenpox in camp:

- Has the camper traveled outside of the country in the past 21 days?
- Has the camper been around anyone with or suspected to have the flu, chickenpox, or Coronavirus?
- In the past week, has the camper or anyone in their immediate family had a fever over 100°F (37.7°C)?
- In the past week, did the camper or anyone in their immediate family have a sore throat or cough with fever?
- Did the camper or anyone in their immediate family have nausea, vomiting, or diarrhea in the past 3 days?

If any camper answers yes to any of these questions the following will happen:

- **Initial Temp:** An initial temperature will be taken. If the individual has a temperature over 100.0°F, the individual will be isolated from others in a cool, shaded area, and evaluated hourly for four hours.
- **Second Temp:** If the individual continues to have a temperature over 100.0°F when evaluated hourly over four hours, the individual will be isolated and sent home.

Annual Health and Medical Record

All campers, youth and adult, are required to provide a copy of the current BSA Annual Health and Medical Record (#680-001) during check-in. Campers at Camp Freedom and Liberty require parts A, B, and C of the medical form. Part C, a doctor’s physical, must be no more than one year old and valid throughout the entire camp session. BSA medical forms are good for one year, through the end of the month in which they are dated. As an example, a form dated June 2, 2022 is valid until June 30, 2023.

- **All Youth and Adults - BSA Medical Form Parts A, B, & C as well as the LHC Supplemental Medical Form**
- **Adults Spending the Night (Attached to medical form)**
 - Current BSA Youth Protection Training Certificate
 - Pennsylvania State Police (PATCH) Criminal Background Check
 - Pennsylvania State Child Abuse Clearance
 - Either: PA Resident Volunteer Verification Form (if you have lived in PA for 10 consecutive years or longer) OR FBI Fingerprint Based Criminal History Check (if you have lived outside of PA within the last 10 years).
 - For more information on PA required background clearances go to <https://lhscouting.org/resources/youth-protection/>.

Medical forms will be securely stored in the camp Program Hall. Medical forms not picked up at week’s end will be destroyed.

To help the camp staff, unit leadership should collect and review medical forms for completeness prior to arriving at camp. Forms should be accompanied by a unit roster and kept in alphabetical order.

Supplemental Medical Form

In addition to the BSA medical form, each camper must also present an LHC Supplemental Medical Screening form at check-in. This form helps us meet several National Scouts BSA standards, and comply with certain federal and state laws. A new supplemental form must be completed each summer.

CPAP Machines

Heritage Reservation strives to provide accommodations to our campers that require use of a doctor prescribed CPAP machine. Please plan to provide a rechargeable power source for your machine. Access to electricity in campsites is limited and you may be relocated.

Daily Sick Call (Camp Freedom - 9:00 a.m., Camp Liberty - 10:00 a.m.)

A Health Officer will visit each camp daily for the purpose of Sick Call. Sick Call is the best time for a non-urgent ill camper to be evaluated by a Health Officer. Sick Call occurs in the Program Halls.

Accommodations for Scouts with Limited Mobility

Heritage Reservation is proud to offer a camp golf cart that is available for use to assist Scouts with mobility issues. It must be driven by a licensed adult over the age of 21. This golf cart is reserved on a first-come, first-served basis by contacting our LHC Camping Department at (412) 325-7921. Drivers will be required to complete a waiver form outlining rules for using the golf cart.

Outside golf carts or UTVs should not be brought to camp without prior authorization of the LHC Camping Department. If approved, drivers will have to present proof of completion of ROHVA DriverCourse training, complete a waiver outlining usage rules, and will be required to provide a certificate of liability insurance. Specific insurance requirements will be provided by the LHC Camping Department.

Prescription Medication

Due to the number of campers at Heritage Reservation, unit leaders are responsible for managing and maintaining security of unit prescription medication. Plan for this by bringing a locking storage box to securely store unit medications. Storage for medication needing refrigeration is available in the camp Program Hall.

To meet BSA requirements, unit leadership must maintain a log of any medication distributed. This log must be turned in at the camp Program Hall at the end of the week.

Immunizations

For the most current BSA policy regarding program participant vaccination and vaccination exemptions please see the Immunization section at <https://www.scouting.org/health-and-safety/gss/gss05/>

Uniontown Hospital and MedExpress

Patients that require diagnostic services and treatment beyond the scope of Heritage Reservation Health Services will be referred to the Uniontown Hospital or MedExpress by the Reservation Health Officer. Patients whose condition warrants will be sent by ambulance. However, for most patients, transport by automobile is enough.

- Uniontown Hospital, 500 W. Berkley St., Uniontown, PA 15401, Phone 724-430-5000
- Uniontown MedExpress, 289 McClellandtown Rd. Uniontown, PA 15401, Phone 724-439-3627

Insurance for Camp

Insurance (Laurel Highlands Council Units)

All Laurel Highlands Council units are covered under the council's accident and sickness policy with Health Special Risk, Inc. (HSR). The insurance covers all registered members of your unit.

Insurance (Out of Council Units)

Non-LHC units must bring to camp a copy of their home council's HSR accident and sickness insurance description of coverage and claim form. This proof of accident and sickness coverage NOT liability coverage. Please reach out to your home council to request this description of coverage.

Coverage (Laurel Highlands Council)

The HSR (Health Special Risk) Accident and Sickness insurance is a supplemental insurance. Initial claims must be made on the family's medical insurance. Any charges that are not covered initially by the family's medical insurance, including copays, can be submitted to HSR using the proper claim form with invoices showing balances due. For families without their own medical insurance, HSR will step in as primary insurance coverage.

Camp-Wide Emergencies

In the event of a camp-wide emergency such as a missing camper or lost swimmer, the camp siren may sound, at which time, all adults and Scouts are instructed to report to:

- **Liberty:** your campsite - account for everyone and send two runners to the Program Hall to check in and receive further information/instructions.
- **Freedom:** the Dining Hall - account for everyone and check in at the stage and wait to receive further information/instructions.

In the event of severe weather, camp staff will constantly monitor weather reports and share information as needed. Should weather move in quickly, seek shelter in a building or pavilion immediately as you see fit.

Medical Emergencies

If a medical emergency occurs in camp, the easiest way to obtain immediate assistance is to notify a camp staff member. He or she will notify a Reservation Health Officer, who will respond to the scene. The Health Officer will summon emergency medical services if necessary. Do not contact emergency medical services directly.

Any information in regard to an unauthorized visitor, dangerous animal, or bomb threat should be reported to a staff member immediately.

In the event of an emergency, it is important that we can account for everyone. Please follow all staff directions. Please do not simply get in your car and leave.

Pre-Camp Swim Classification

Units are encouraged to complete a swim classification prior to their arrival. By participating, you will save valuable campsite setup time on check-in day. This will also make it easier to do individual unit aquatics activities before you come to camp.

- Units will need to organize an opportunity to visit a local pool. A certified BSA Lifeguard, Red Cross Lifeguard, or equivalent must administer the classification and certify the results.
- If your unit is offering a unit swim night and have the ability to support more than just your unit, please contact the LHC Camping Department so we can share this with other units.
- Forms and procedures for unit run swim classifications are available online at www.lhcscouting.org/camping/summer. A copy of the completed, certified form must be turned in at the Aquatics area during check-in to receive camper buddy tags.
- Camp Aquatics directors reserve the right to ask any camper to redo their swim classification if they are given any reason that the individual may have been misclassified. Swim classifications are to ensure swimmer safety.

Qualification Levels

- **SWIMMER:** allows Scouts to swim in all swim areas and boat in open areas of the lake.
- **BEGINNER:** allows boating in rowboats and swimming in the beginner area.
- **NON-SWIMMER:** permits wading and boating only with qualified accompaniment.

Swimmer Classification

Jump feet first into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen or crawl (no dogpaddle); then swim 25 yards using an easy, resting elementary backstroke. The 100 yards must be completed in one swim without stops and include at least one sharp turn. After completing the swim, rest by floating.

Beginners Classification

Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before and return to starting place.

Preventing Harassment & Bullying in Camp

Summer camp is a place for all Scouts, Scouters, Visitors, and Staff to experience a fun and rewarding outdoor program. Maintaining a safe environment is everyone's job. All Scouts, Scouters, and Staff are expected to follow the Scout Oath and Law at all times in camp, especially when it comes to being Friendly, Courteous, and Kind. Any type of harassment or bullying directly goes against the values of the Scout Oath and Law.

Harassment and bullying based on race, color, religion, sex (including sexual orientation and gender identity), national origin, age, disability, or any other factor will not be tolerated and are grounds for immediate dismissal from camp without a refund.

Everyone in camp is expected to be an up-stander and to speak up and report any harassment or bullying occurring. Adults in camp are responsible for addressing and stopping any unScoutlike behavior whether the individual(s) is/are from their unit or not. Adults are also expected to provide adequate adult supervision for their Scouts at all times, particularly when groups go to the shower houses or large groups are on the floating bridge in Camp Freedom fishing.

Youth Protection in Camp

These policies have been adopted to provide security for Boy Scouts of America youth at Heritage Reservation. In addition, they serve to protect the adult leadership from situations where they may be vulnerable to allegations of abuse. These policies represent the long-standing commitment that the Boy Scouts of America use in ensuring the protection of youth.

All adults camping at Heritage Reservation are required to have successfully completed BSA Youth Protection training and have obtained the required PA Background checks and clearances. For more information see the LHC Camp Background Clearance Policy found at <http://www.lhcscouting.org/camping/summer>.

Two-Deep Leadership

All units must meet BSA two-deep leadership requirements at all times. This means that at least two registered adults, 21 years of age or older, must attend all times. All units serving youth females must have a registered adult female, 21 years of age or older, in attendance at all times. All adults staying at camp 72-hours or longer (needs not be consecutive) must be registered members of the Boy Scouts of America.

No One-on-One Contact

One-on-one contact between adults and youth members is not permitted. In situations that require personal conferences, the meeting is to be conducted in view of other adults and Scouts. This rule also applies to adult-to-staff member contact.

Respect of Privacy

Adult leaders must respect the privacy of youth members in situations such as changing into swimming suits or taking showers and intrude only to the extent that health and safety requires. Similarly, adults also need to protect their own privacy in such situations. Because showers can be a space where bullying, horseplay, and harassment seem to happen frequently, units must plan to have two adults accompany groups of Scouts to the shower house and remain outside. Simply the presence of nearby adults has proven to cut down bullying, horseplay, and harassment incidents dramatically.

Separate Accommodations

When camping, no youth is permitted to sleep in the tent of an adult. Males must sleep with males; females must sleep with females. The only mixed-gender accommodations allowed are among adults married to each other. No youth member may share a tent with another youth where the age difference is greater than 2 years.

No Secret Organizations

There are no "secret" organizations recognized by the Boy Scouts of America. All aspects of the Scouting program are open to observation by parents and leaders

Appropriate Attire

Appropriate attire is required for all activities. Clothing should be neat, clean, and functional for participation in an outdoor, physically active program in varying weather. Shirts and closed-toed shoes are required at all times outside the Aquatics area. Swimsuits should be comfortable, functional, and appropriate for the specific activity while reducing the chance of accidental exposure.

Constructive Discipline

Discipline used in Scouting should be constructive and reflect Scouting's values. Corporal punishments are never permitted.

Hazing Prohibited

Hazing and initiations are prohibited and may not be included as part of any Scouting activity.

Junior Leadership Training and Supervision

Adult leaders must monitor and guide the leadership techniques used by junior leaders and see that Boy Scouts of America policies are followed.

Mandatory Reporting of Child Abuse

All persons involved in Scouting shall report to local authorities any good-faith suspicion or belief that any child is or has been physically or sexually abused, physically or emotionally neglected, exposed to any form of violence or threat, exposed to any form of sexual exploitation, including the possession, manufacture, or distribution of child pornography, online solicitation, enticement, or showing of obscene material. You may not abdicate this reporting responsibility to any other person.

Steps to Reporting Suspected Child Abuse at Camp

1. Ensure the child is in a safe environment.
2. Notify camp leadership who will call for emergency medical services or law enforcement if needed and provide guidance on required reporting through the PA Childline and the BSA's Scouts First Helpline.
 - a. PA Childline - 1-800-932-0313
 - b. BSA Scouts First Helpline - 1-844-SCOUTS1

If you think any of the BSA's Youth Protection policies have been violated, including those described within Scouting's Barriers to Abuse, you must notify camp leadership who will provide guidance on further reporting steps.



Behavior and Unit Expectations

One of the most important aspects of Scout camp is the camp community. Scouts and Scouters in camp get to live and interact with others who all share the values of the Scout Oath and Law. As such, the Scout Oath and Law are our guiding and shared values in camp.

Summer Camp is an extension of the unit's year-round program. **Unit member behavior in camp is the responsibility of unit leadership.** Just because there is a camp staff and units are paying to come to camp, that does not mean that unit leadership is not still responsible for their unit.

Behavior not in line with the Scout Oath and Law such as bullying or harassing language or actions, fighting, stealing, intentional vandalism, threats, possession of alcohol or illegal drugs, underage tobacco use, or anything that must be reported to the PA State Police, PA Childline, or BSA ScoutsFirst Helpline will result in the individuals involved being dismissed from camp without a refund.

While in camp, units are expected to actively work to make camp life better for everyone. This includes helping with service projects and volunteering to help take care of a common area of camp.

The summer camp staff exists to assist unit leadership in meeting their goals for their unit. The unit leader/camp staff relationship is a partnership and both groups need to mutually work together and support each other to deliver the best possible program for ALL campers in attendance. Unit leadership can help the camp staff by serving as additional hands in program areas, providing additional supervision during activities, lending expertise in areas where they have prior experience, and by upholding and modeling living by the Scout Oath and Law as well as camp rules.

Camp Policies and Procedures

With as many as 1200 campers plus 150 staff sharing Heritage Reservation with your unit during an average week of camp, it is essential that we all obey some basic guidelines to make sure everyone has a great time. Our common Scouting bonds are the Scout Oath and Law. Here are a few more policies that will make life easier in camp.

Firearms, Archery and Boating Equipment

Heritage Reservation provides all firearms, archery, and boating equipment for our programs. No personal equipment is allowed in camp. There are no exceptions to this policy. Outside boats are not permitted on Lake Courage.

Money and Valuables

Leaders and campers are encouraged not to bring valuables to camp. There is not a system at camp to secure these items. Heritage Reservation cannot take responsibility for any valuable items. Put names on every item prior to arriving at camp. Lock valuables in your car or in the unit trailer. Leaders are encouraged to help youth keep track of their trading post money.

Camper Eligibility

All youth must be registered members of the Boy Scouts of America in the unit with which they are attending camp unless participating in a pre-approved provisional camper program. All adults accompanying a Scouts BSA troop for more than 72 hours must be a fully registered member of the unit with which they are attending.

Roll Call

A current unit roster must be kept in camp with the adult in charge. Attendance should be taken prior to each meal, before bed, and in the morning prior to reveille. If a Scout should be missing, contact the nearest staff member immediately.

Stone Throwing

Stone throwing seems natural, but it can cause serious injury. It will not be tolerated outside of appropriate ranges and constitutes cause for sending a camper home.

Alcohol and Tobacco Products (Including Vape / E-Cigarettes)

Alcohol is strictly prohibited on the Heritage Reservation property. Violation of this policy will result in dismissal from camp with no opportunity for a refund. All buildings at Heritage Reservation are tobacco-free. If you have the desire to use tobacco or vape products and cannot refrain from doing so, please do so in the designated areas and not in front of the Scouts. Tobacco use is not permitted near gas tanks or gas boxes, both are clearly marked. Smoking is not permitted under any shelter including pavilions or dining flies. We also ask that you assure your cigarette or cigar is out and disposed of properly.

Visitors

Parents and family are free to visit camp. Please park in the parking lots. All visitors to Heritage Reservation must sign in at the camp Program Hall to receive a visitor wristband. Under no circumstances can a Scout be taken home without notifying the unit leader and the camp office by signing out and providing a release of minor form.

Heritage Reservation does not currently have an official "Visitor/Parents Night." Many units invite parents on Wednesday evenings for the OA Call Out Ceremony. Visitors arriving at camp for this purpose must sign in at the Camp Program Office and park in designated parking areas.

Limited space is available for guests to join units for meals at Camp Freedom. Visitor meals are \$10.00 and must be purchased through the camp Program Hall no later than Sunday. **Due to challenges with patrol counts and patrol cooking at Camp Liberty, extra visitor meals cannot be purchased.**

Wristbands

All Scouts, leaders and guests must always wear camp wristbands. These bands are intended as a safety precaution to determine who should be in camp, where they should be, and to signify that each participant wearing one has completed the proper camp check-in procedures. Wristbands are issued during the medical recheck. Replacement wristbands are available in the Program Halls. Staff members will wear photo identification badges. If you see someone without a wristband or badge, please alert the camp staff.

Program Halls

Each of the Program Hall is open 24 hours a day. They are used as a leader's lounge, as well as the administrative offices of the camps. Tea and coffee are available. There is always someone in the building to assist you. This is the place to go with any camp emergencies. Out of respect for staff on duty overnight, please respect established quiet hours.

Fishing Policy

No live bait except worms and night crawlers may be used in Lake Courage at any time. Fishing is not permitted in any swimming areas or from any boating docks. Lines should not be cast towards swimming area ropes or any type of floating device anchored for marking, safety or direction. Fishing is not permitted from boats unless part of a coordinated camp program. All fishing is catch and release. Monofilament line should be disposed of in provided receptacles.

Camp Equipment

All items issued to units are the responsibility of the unit through the unit camp leader. Units are responsible for reimbursement to the council for lost or damaged items. A complete inventory of these will be provided and must be signed for by the unit camp leader. A Scout is trustworthy. Please let us know if something gets lost or damaged. Don't hide it!

Damage to equipment such as tents, tarps, cots, and tables will be assessed according to a schedule available in the camp office. Leaders should check all equipment for condition as soon as possible after arrival and arrange for exchange of defective equipment or have staff representatives note deficiencies on inventory sheet.

In the event of purposeful vandalism to any camp equipment or facilities, the individual responsible will be charged the appropriate repair or replacement cost of the item and may be asked to leave camp. If it is unknown who committed the vandalism, all units within the camp will be charged the same repair or replacement cost.

Leaving Camp

A sign-out/sign-in log is kept in the camp office and must be used by anyone leaving camp (and later upon his or her return). Scouts are not permitted to leave camp without the written permission from their unit leaders and Camp Director and must have a Release of Minors Who are Minors form properly filled out before they can leave camp with an adult. In the event that an adult arrives at camp to pick up a Scout, that adult will be required to show photo identification and will be cross checked against Part A of the BSA Health and Medical Form "Adults Authorized/Not Authorized to Take Youth From Events."

Vehicle Access in Camp

Unrestricted use of private vehicles during arrival and departure from camps and during the week creates a great hazard to Scouts and leaders on foot, as well as excessive wear and damage to utility lines. **THE SPEED LIMIT IN CAMP IS 10 MPH.** Please obey it; we are responsible for your children, so please respect this and drive accordingly while in camp. Driving in and around camp beyond the parking lots is a hazard with the amount of foot traffic. It is therefore prohibited. Only Heritage Reservation vehicles are permitted beyond the parking lots.

During check-in and check-out, each unit may designate one motor vehicle to unload and load equipment and baggage. Upon arrival, each unit will receive one vehicle pass that must be displayed to allow that vehicle to proceed beyond the camp parking lot gate to the unit's camp site. This pass will be returned to the site-guide when Sunday check-in has concluded.

Vehicles must remain on designated roads. If a vehicle is driven off a designated road or around a barrier and gets stuck, it will be the responsibility of the vehicle owner to arrange towing at their own cost. Camp Rangers will not tow vehicles. Damage caused may also be charged to the driver.

Vehicles must be parked in designated parking areas. Improperly parked vehicles can impede emergency or camp vehicle access. Efforts will be made to notify the driver of an improperly parked vehicle that it needs to be moved. If the vehicle driver fails to move the vehicle within a reasonable time, the vehicle may be towed at the owner's expense.

Unit Trailers

One trailer may be left at the unit's campsite during the week at camp only if there is a designated trailer space at the site. No motor vehicle may be left in camp after arrival and check-in is completed. Trailers not left in designated spaces must be parked in the camp parking lot or in another area as designated by the camp commissioner staff. All trailers and vehicles must be checked for Spotted Lantern Fly before arriving at camp.

Handcarts

Each camp will provide a handcart to each campsite for light-duty hauling during the unit's week at camp. Handcarts will be numbered and assigned to the senior adult leader in each site and that leader will be responsible for care, use and return of the cart. For safety reasons, no person may ride in a handcart.

Lost & Found

All camps located at Heritage Reservation will hold any items for two weeks following the last day of camp at the camp Program Hall. Articles may be retrieved by claiming the item in person at the applicable camp's business office. Items not claimed within the two-week period will be disposed of or donated.

Laundry

Several coin-operated washers and dryers are in the new shower house in each camp. Laundry detergent is available for purchase in the Trading Post.

Firewood

Due to the threat of Spotted Lantern Fly and other pests, it is the current policy of the Laurel Highlands Council Camping, Outdoor Program, and Properties Committees to prohibit outside firewood of any kind to be brought into our camps. Each of our camps have a limited amount of fallen trees and this can be gathered and burned while in camp. The cutting of standing timber is not allowed at any of our facilities. Chainsaws may not be used within camp without prior Camp Ranger approval and direction. Bundles of pre-cut campfire wood may be purchased near the Camp Ranger's Shop for \$5.00 per bundle. Units may also order a pallet of pre-cut firewood to be delivered to their campsite for \$80.00.

Shoes

Closed-toed footwear is required everywhere in camp except for the waterfronts and in shower houses. Soft soled shoes should be used in all boats. This is to prevent foot injuries due to tripping hazards.

Bicycles

For health and safety reasons, personal bicycles are not permitted to be ridden in any of our camps. There are no exceptions to this policy.

Cliffs, Boulders and Rock Formations

These areas found throughout camp are off limits! Please supervise your Scouts and make sure that they understand the safety issues of these areas in camp.

Pets

Pets are not allowed on property. Exceptions are made for service animals meeting ADA definitions. Please contact the LHC Camping Department at 412-325-7921 prior to attendance if you plan to bring a service animal to camp.

Potomac Homes and Staff Areas

All staff living quarters are off limits to campers. These areas are our staff's home for the summer.

Closed Program Areas

When program is not taking place, all camp program areas are off limits. Campers found in program areas when closed may be dismissed from camp.

Liquid Fuels

Use of liquefied petroleum (LP), propane, or butane lanterns, and stoves is permitted in needed situations with proper safety control and adult supervision. The convenience and relative safety of LP gas allows its approved use under conditions of proper installation and control. A responsible adult should handle replacement and disposal of empty cylinders.

Low-pressure, liquid fuel ("white gas" and Coleman fuel) stoves and lanterns are hazardous and are therefore prohibited on council camping property except for high adventure and backpacking training. In such cases, responsible adult supervision is required.

The use of liquid fuels for starting any type of fire is prohibited. Kerosene for lanterns should be kept in well-marked safety cans and stored in a ventilated, locked box located away from buildings and tents. Plastic containers are not permitted. The use of gasoline in camp is strictly limited to motors only.

The use of petroleum or coal based liquid fuels, including kerosene or diesel fuel, is prohibited for torches, trail flares, or other open burning devices. Suitable alternatives include luminaries (candles in sand-weighted paper bags) for trail flares or commercially available torches using electricity or clean-burning, environmentally acceptable fuels.

Incoming/Outgoing Mail

All incoming mail will be available in your unit's box in the Program Hall. Bring any outgoing mail to the Program Hall and put in the mailbox.

Please have mail addressed in this manner:

Camper's Name, Unit #, Camp
Session / Arrival Date
Heritage Reservation
300 Heritage Road
Farmington, PA 15437

Mail that arrives at camp after a camper has departed will be returned to sender.

Email / Internet

We continue to work on improving internet access across Heritage Reservation. Internet access is available in the Program Halls of Camp Liberty and Freedom. High speed wireless internet is available for leader use at our Keystone office between the hours of 8:30 a.m. to 6:00 p.m.

Telephone (724) 329-8534

The Heritage Reservation office is staffed during normal business hours. After hours, there is a staff member that will be on duty to answer the phones. As Scouts and leaders can be all over camp and are not near a phone, messages will be taken and delivered to the unit via the unit mailbox.

Cell phone service at Heritage Reservation is spotty and dependent upon carrier.

Frequently Asked Questions

A list of Frequently Asked Questions can be found at <http://www.lhcscouting.org/camping/summer>. These questions are kept up to date by the LHC Camping Department and new, frequently asked questions are added regularly. We ask that you take a look at the FAQ before contacting the LHC Camping Department with any questions you may have.

Additionally, a number of tutorials for our online registration system can be found at <http://www.lhcscouting.org/camping>.

2023 Camp Sessions

| Session | Dates |
|---------|------------------------|
| Week 1 | June 18 - 25, 2023 |
| Week 2 | June 25 - July 1, 2023 |
| Week 3 | July 2 - 8, 2023 |
| Week 4 | July 9 - 15, 2023 |
| Week 5 | July 16 - 22, 2023 |
| Week 6 | July 23 - 29, 2023 |

Provisional Campers

If a youth is unable to attend camp with your unit, don't let them miss the summer camp experience. Throughout the summer, we can match your youth with another unit for a provisional experience.

You will be amazed at how quickly your camper will make new friends and assimilate into the host unit. This is a great opportunity to ensure all your Scouts can make it to camp, even if they have a family vacation during your week.

From experience, first year campers should not attend camp in a provisional capacity.

Contact the LHC Camping Department at (412) 325-7921 to connect your Scouts with another unit or our provisional units. : If you arrange attendance with another unit directly, we ask that you set up a separate camp registration for your provisional camper. This helps us keep accurate camp attendance records and notifies us that there will be a provisional Scout attending.

Interested in your unit hosting provisional Scouts? Let us know through your camp registration.

Payments and Fees

The LHC Camping and Outdoor Program Committee unanimously approved a sliding camp fee for 2023 to encourage a greater percentage of our youth and adults to commit early to camp and provide Heritage Reservation with the ability to offer an even better program at a competitive rate by:

- Confirming that sites/weeks are not overbooked
- Adjusting staffing as necessary where increases in campers dictate
- Ensuring enough supplies are in camp before the season opens
- Purchasing supplies in advance and in bulk, with mail order and earlier negotiation without over purchasing due to inaccurate attendance counts.

2023 Camp Fees

| Scouts BSA Resident Camp | Pay in Full by | | Pay in Full by | | Pay in Full by | |
|--------------------------|----------------|-------|----------------|-------|-------------------|-------|
| | 4-1-2022 | | 6-1-2022 | | 6-2-2022 or after | |
| | Scout | Adult | Scout | Adult | Scout | Adult |
| Freedom* / Liberty* | \$460 | \$200 | \$485 | \$200 | \$510 | \$200 |

*Eagle Base Day Trek Activities are an additional \$30 per activity day.

Payment and Registration Timeline

- Summer 2022 to February 15, 2023 - Initial unit reservations for 2023 may be made with a flat \$200 non-refundable unit deposit and your estimated attendance
- February 15, 2023 - Full registration opens. Units can begin entering individual camper information and making payment.
- March 1, 2023 - Campership applications due for Laurel Highlands Council youth.
- April 1, 2023 - Early Bird Payment deadline. Pay in full by April 1 to receive the lowest camp rate. Fees may be paid by individual if the entire unit is not ready to make payment by this time.
- April 14-21, 2023 - Merit badge and activity registration opens through your camp registration following the schedule. [See page 15](#)
- June 1, 2023 - Regular payment deadline. Pay in full by June 1 to receive the regular camp rate. Fees may be paid by individual if the entire unit is not making payment at this time. After June 1, late fees will apply.
- Two Weeks Prior to Arrival - Units have until this time to make any attendee count adjustments. After this time, units will be charged for all spaces listed on their reservation. All camper fees must be paid by this time.
- One Week Prior to Arrival - Units have until this time to make any merit badge or activity changes on their reservation. After this time, reservations will lock, and changes must be made on check-in day through the Program Hall pending availability.

All deposits and fees are subject to the refund policy. [See page 55](#) Initial unit deposits will be counted toward fees due and cannot be "rolled" to future years.

Partial Week Adults

Adults who cannot attend the entire week should be registered using the “Partial Week Adult” registrant type in the online registration system. The days they plan to be in attendance must be noted. The registration system will review all partial week adults and work out pro-rated fees accordingly. An adult who is attending Sunday to Wednesday and another adult who is attending Thursday to Saturday will be added together to count for one adult registration fee.

Making Payment

- Unit may make deposits and register online using the payment method of their choice. Payments can be mailed, delivered in person, or made online.
- Units should ensure all registration changes needed are made prior to making payment.
- Check Payments - Preferred
 - All check payments must be delivered or sent to the Laurel Highlands Council, 1275 Bedford Ave., Pittsburgh, PA 15219
 - Payments must be postmarked prior to due dates for discounts to be applied.
 - Be sure to include your registration number or a statement with your payment to assist us in crediting your payment to the correct account.
 - If you are not paying for all attendees in full, you must provide a list of who payment is to be applied to and in what amount.
 - Please allow several days for payments to be applied and adjustments made to your registration if needed.
 - Paying by check helps reduce the fees LHC pays for processing electronic payments allowing that money to be better used supporting program for your Scouts.
- Electronic Payment
 - Electronic payments can be made via credit card, debit card, or eCheck directly through your camp registration.
 - You will be able to apply payment directly to individuals if not paying in full for the entire unit.

Incentives and Discounts

- Sibling Discount - \$30 off second and subsequent youth Scout camp fees. (Applies across different LHC resident camps - Scouts BSA, Cub, Webelos sessions. Discount applied to registration of equal or lesser value.)
- Low Rate Lock-In - Webelos cross-overs, Scouts joining after March 1, and campership recipients are locked into the lowest rate for camp.
- Free Adults - Earn free adult attendees based on the number of Scouts who attend the same camp session:
 - 8-15 Scouts = 1 Free Adult
 - 16-23 Scouts = 2 Free Adults
 - 24-31 Scouts = 3 Free Adults
 - 32-39 Scouts = 4 Free Adults
 - 40-47 Scouts = 5 Free Adults
 - Additional Free adult at 48, 56, 64 Scouts, etc.
- Second Session Discount - 25% discount off camp fees for a second session. Applies to youth or adult camp fees at a Laurel Highlands Council resident camp (Day Camp, NYLT, and National High Adventure Base participation does not qualify)
- Camp Staff Referral - Refer a new camp staff member who gets hired and works all summer to receive \$100 in Camp Trading Post Credit.
- Free Week for CITs - CITs will receive a free week of summer camp for completing the full CIT program (4-week minimum). Fees must be paid in advance and will be refunded upon completion.
- Camperships - Financial assistance is available for Laurel Highlands Council Scouts with financial need to attend an LHC summer resident camp program. Applications due March 1.
- Camp Keepsake - All campers will receive a camp specific keepsake

Promotional Items

Camp Gift

Every youth and adult attending camp this summer will receive a complementary 2023 camp gift. Gifts will be distributed to leaders during the Sunday check-in process.

Camp Patches

Everyone camping with us this summer will receive a 2023 Laurel Highlands Council summer camp patch. Additional patches are available for purchase through the Trading Post.

Refund Policy

Refund Policy:

All refund requests must be received at the Flag Plaza Scout Service Center thirty (30) days prior to attending camp. No refunds will be granted without thirty (30) days notice unless one of the extenuating circumstances listed below is met.

Refund requests will NOT be accepted at camp. All requests must be sent using the refund request form to the address/email listed.

1. All refund requests must have a unit leader's signature to be considered.
2. All refunds will be issued by check to the unit, NOT the individual and will be sent to the primary contact listed on the unit's camp reservation. The unit is responsible to distribute the refund.
3. Absolutely no refunds will be granted for No Shows.
4. All refunds will be less a 10% processing fee.

The only circumstances under which a refund will be considered less than thirty (30) days prior to arrival are:

- An injury/illness that prevents attendance at summer camp. A signed doctor's note must accompany this request.
- The death of an immediate family member (parent/guardian, sibling, grandparent).
- Family relocation makes attending camp impractical.
- Mandatory summer school attendance/work schedule change. A signed note from the school/ employer must accompany this request.

All requests for one of these reasons must be received no later than August 31 of the year of attendance. Any request received after August 31 will not be considered. Request received for one of these reasons within ten (10) business days of scheduled arrival will be less 25% if approved.

Refund request forms can be found online at www.lhcscouting.org/camping/summer.

2024 Summer Adventures



| Session | Dates |
|---------|------------------------|
| Week 1 | June 23-29, 2024 |
| Week 2 | June 30-July 6, 2024 |
| Week 3 | July 7-13, 2024 |
| Week 4 | July 14-20, 2024 |
| Week 5 | July 21-27, 2024 |
| Week 6 | July 28-August 3, 2024 |

Please note that the weeks are pushed back for the 2024 season! Please keep this in mind as you're making your plans.

2024 Camp Reservations

Units attending in 2024 will have until the end of their 2023 week in camp to make a reservation for the same or prior sessions in 2024. Following their 2023 week in camp, that session will open first come, first served for 2024.

As an example, a unit attending Week 2 during 2023, will have until the end of their week in 2023 to make a reservation for either Week 2 or Week 1 in 2024. Once Week 3 in 2023 begins, Weeks 1 and 2 in 2024 will be open to reserve space first come, first served.

Directions to Heritage Reservation

Address:

Heritage Reservation, 300 Heritage Road, Farmington, PA 15437

From Uniontown, PA:

1. Take US Route 40 East from Uniontown, PA for 14.1 miles.
2. Turn Right on Dinner Bell-Five Forks Rd. The Roadside Tavern will be on the corner.
3. Take Dinner Bell-Five Forks Road for 2.9 miles.
4. Turn Right into Heritage Reservation. @

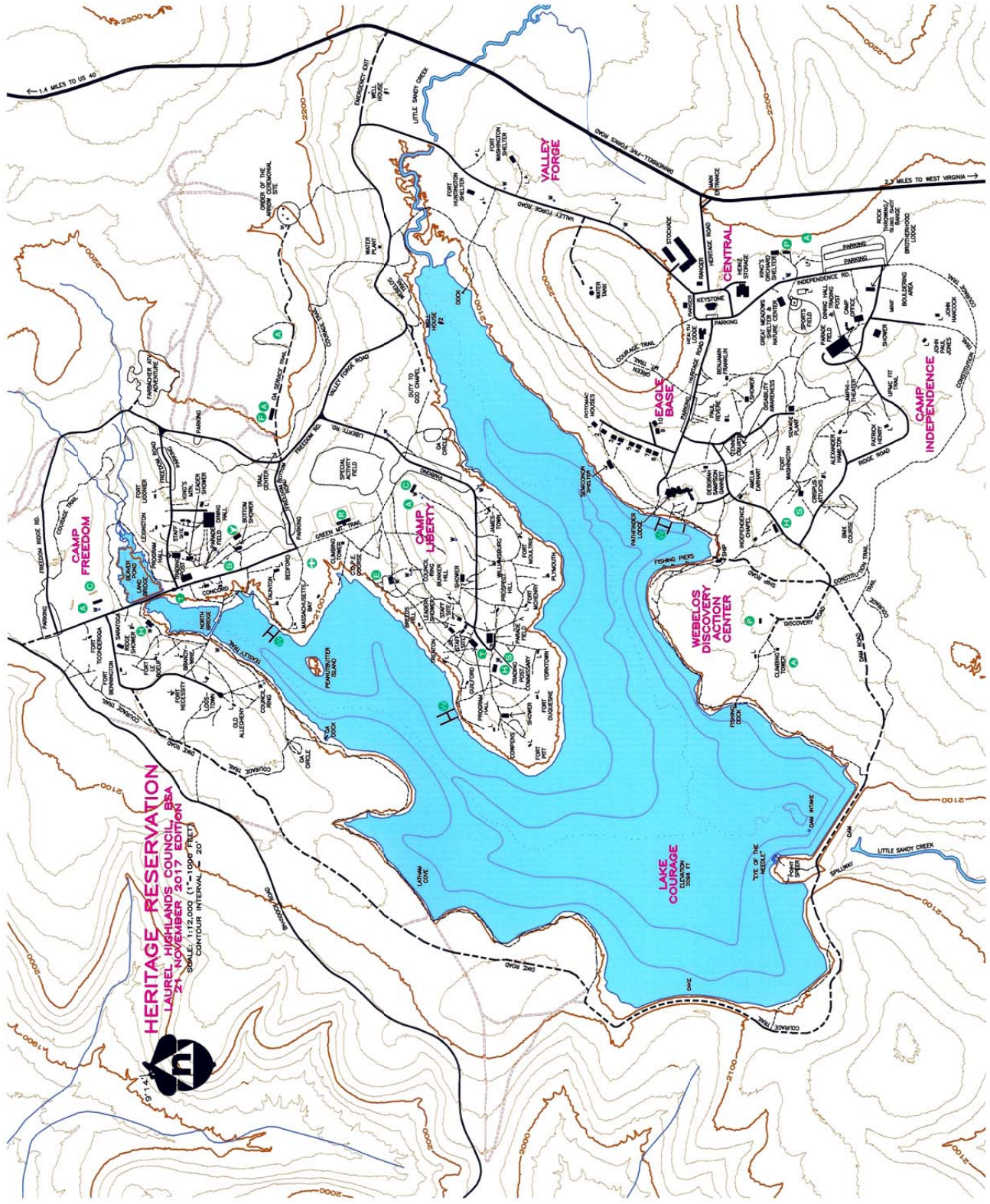
From US Rte. 68:

1. Take the Keyser's Ridge Exit toward US 40/National Pike.
2. Turn Left onto US 40 W/National Pike.
3. Travel 17.7 miles on US 40W/National Pike.
4. Turn Left on Dinner Bell-Five Forks Rd. The Roadside Tavern will be on the corner.
5. Take Dinner Bell-Five Forks Road for 2.9 miles.
6. Turn Right into Heritage Reservation.

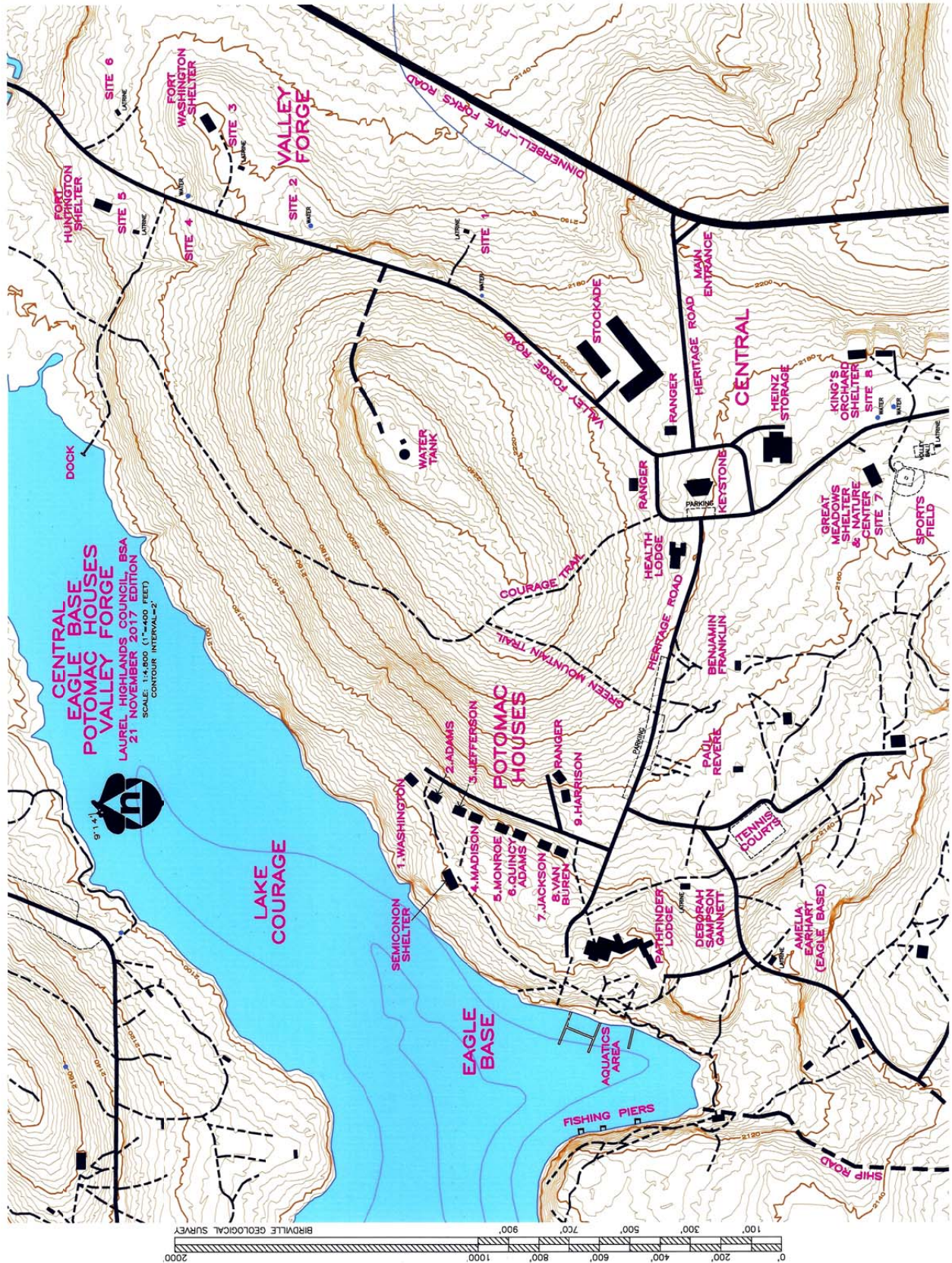
Important information for GPS users:

- When following a GPS from Uniontown, PA, some GPS units will direct you to turn onto Braddock Road off Route 40. **DO NOT DO THIS.** The GPS will bring you to a locked gate on the far side of the Heritage Reservation property. The main entrance is off Dinner Bell-Five Forks Road.

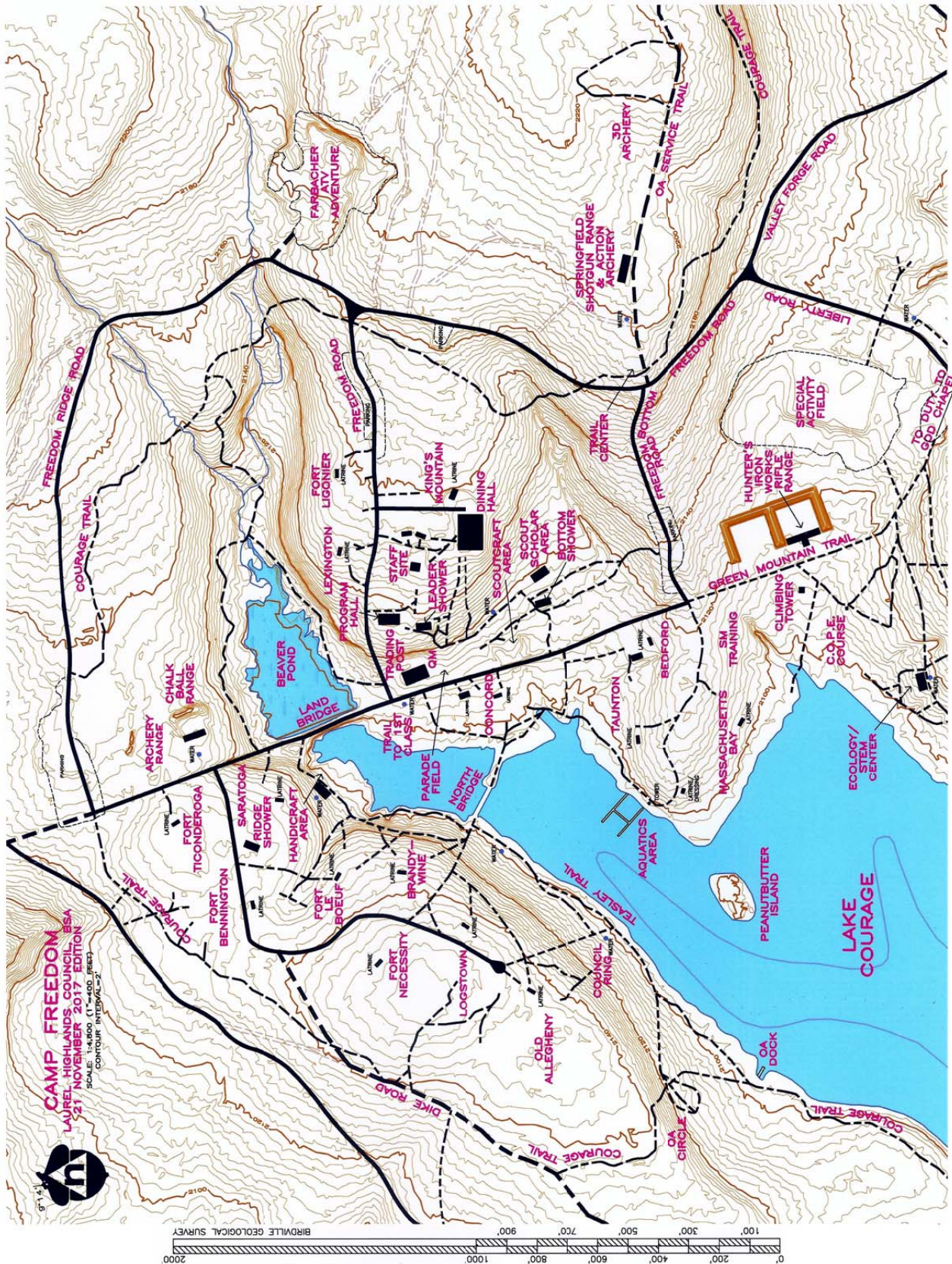
Camp Map - Full Reservation



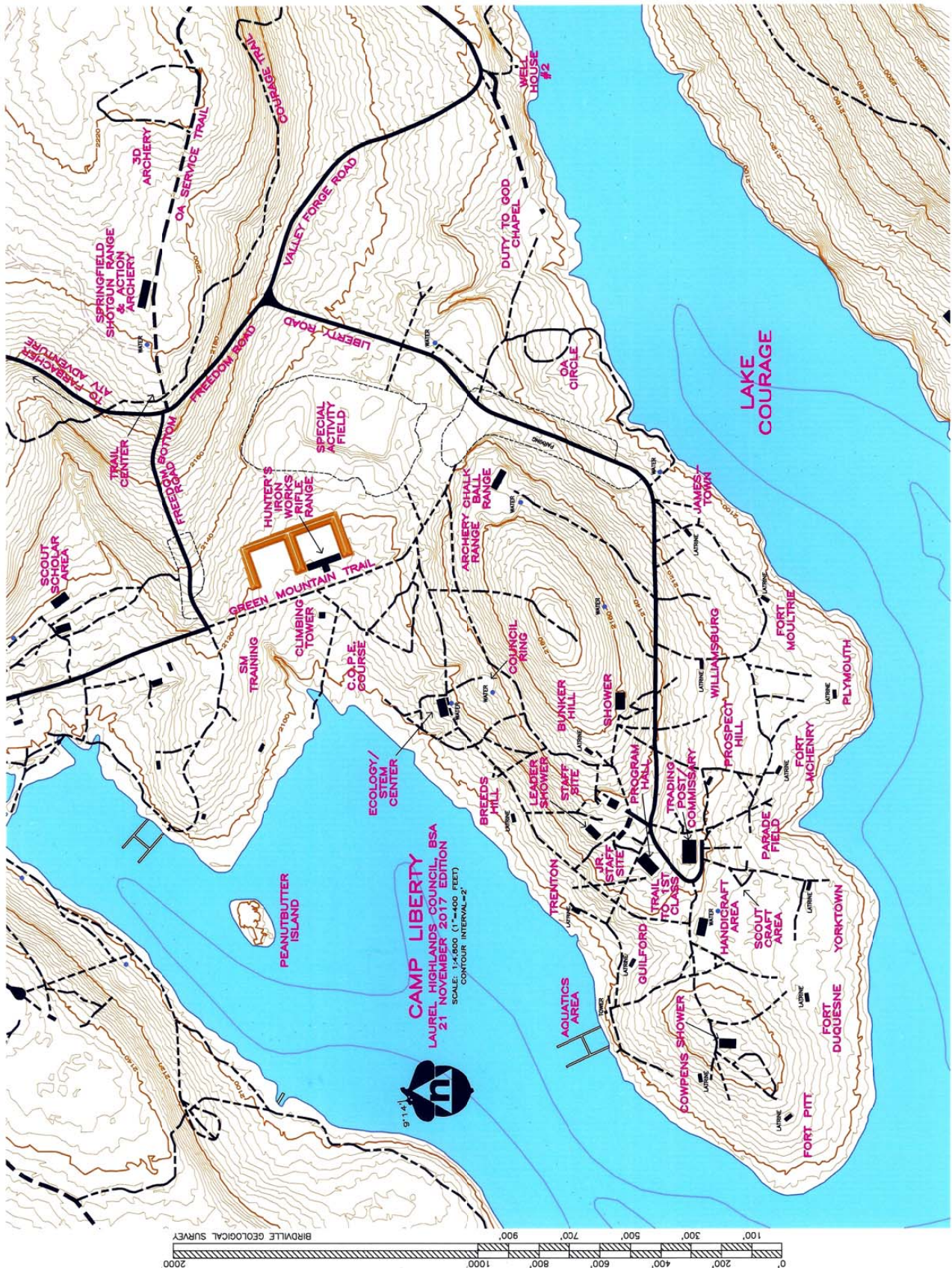
Camp Map - Central



Camp Map - Camp Freedom



Camp Map - Camp Liberty



Celebrating Our Heritage

...A note to our Scouts

Whose Heritage Is It?

Scouts who come to Heritage Reservation for the first time ask, "Who owns Heritage?" Well, the answer to that is simple. The Boy Scouts of America, Laurel Highlands Council, and for any Laurel Highlands Council unit, in a way, you are a part owner of this wonderful place.

But you are an owner of Heritage Reservation in a more important way. Every youth who camps here leaves a little bit of him or her self with this camp. The improvement project you participate in, your care of the land and the water, your responsibility in not littering or destroying any living thing or damaging any property stays here as part of you. That not only makes you an owner of Heritage, it makes you a permanent part of it. Think about that as you enjoy this camp.

Who Built Heritage?

Heritage Reservation opened for the first time back in 1980. Before Heritage Reservation, Scouts from our area went to three different camps, but none of them were as big as Heritage Reservation. Two of those previous camps did not even have a lake to allow for boating and fishing that most Scouts enjoy.

Some of our council's leaders at the time had a dream about creating the finest Scout camp in America for the youth of southwestern Pennsylvania, youth just like you. So, they looked for just the right piece of land where they could make a great lake like Lake Courage, and where there was plenty of space to hike in the wilderness and do all of the things that Scouts want to do at camp. They found exactly what they were looking for right here, and they planned and built Heritage Reservation in less than two years! Why did they do it? Because they believed that youth for years to come deserved the best camp that could be had. Today, we should think about how grateful we are for the dreams those leaders had and for the wonderful place they created here at Heritage Reservation.

Who Paid for Heritage?

Did you ever wonder who provided the money to buy the land and build the campsites and buildings that made Heritage Reservation a Scout camp?

It did take a lot of money to build Heritage Reservation; more than eight million dollars back in 1980 when it opened to Scouts. It would cost a lot more today. Millions more have been invested since then in improvements and expansions. It was all spent for youth like you to enjoy and learn about nature, and about yourselves as you work at being good campers.

Who provided all the money? The answer is: the community did. Some money came from Scout troops and Scout families and Scout leaders. A lot came from businesses, corporations, charitable foundations and people who believed that Scouting is a great program and that youth like you would benefit from it. People and businesses gave the money to build Heritage Reservation because they believed in the future, and that the future will be shaped by who? By YOU!

Why is This Place Called Heritage?

Scouts BSA camps have lots of names. Some of them are named for Native American tribes, some are named for people, or even towns. Heritage is the only one we know that is named for an idea.

Heritage is something that is passed from older people to younger people. Sometimes that heritage is money or property. But that is not what Heritage Reservation is about. This Heritage is to help you remember and understand what has gone before you and why you should be proud of it, and to pass that pride on to the Scouts who follow you.

Part of this Heritage is about what happened here. This is a very historic country. George Washington, our first president and great general of America's war for independence, first saw battle not far from here. It was the first battle in a war about whether this part of America would be English or French.

Pittsburgh, where the headquarters of our council is located, was the site of an important fort because of the three rivers that meet there. After that, our region became one of the most important industrial centers in the world.

The name of this reservation and the camp sites in it are reminders of the places where our ancestors fought and worked to make America the land of liberty, freedom, and independence. We must never forget what they did. Heritage Reservation helps us remember.

Why an Acorn Symbol?

As plans developed for a new camp, so did a symbol to recognize its clear purpose. This symbol with the triangle, the acorn, and the HR; however, represent much more than you might imagine.

One part reminds us of our history. It is a triangle which represents a tricorne hat worn by the colonists during the struggle for independence, liberty and freedom from England. Its blue color reminds us of the beautiful man-made lake called Lake Courage.

The second part is the brown acorn itself. Long ago, a poet named David Everett wrote the following: "Tall Oaks from Little Acorns Grow." Here at Heritage Reservation, we are planting the seeds of our future in young men and women who soon will be the leaders of America.

The third part is the yellow HR which is short for the camp name, Heritage Reservation.

These three parts should also remind us of the three parts of the Scout Oath: duty to God and country, duty to others, and duty to ourselves.

Camp Freedom Song

Our forefathers fought,
For what they believed,
We honor everyone,
Who keeps our country free.
Freedom for everyone. (x2)

Camp Freedom is the place for me,
With so much to do and see.
Where learning and fun all are one,
Freedom for everyone. (x2)

Camp Liberty Song

Liberty, The place for me,
Liberty, in God's country.
Stars in the sky tell us God is here;
Fires a-glowing show friends are near;
Liberty, the place for me,
Liberty, where Scouting should be.

Eagle Base Song

Eagle Base, Eagle Base
Down here at Eagle Base we all have a
blast,
So, hurry along, bring a friend
Adventures are we, having fun 'neath the trees.
And when we are gone, you'll remember our song,
Cause we are Eagle Base,
Eagle Base, Eagle Base.

Heritage Grace

For Happiness and
Enjoyment
For Reverence and
Integrity
For Tolerance and
Attitude
For Goodwill and
Energy
We thank Thee, O Lord.



Help Make Heritage Better

Materials and Equipment Needs

The best camps need the best equipment. However, this is often out of our price range, so we rely on assistance. Check out the online needs list and contact camp Rangers or LHC Camping Department to help.

Summer Service Projects

Throughout the summer, many camp improvement projects are in the works. A pre-approved project list will be developed by the camp ranger staff and will be made available through the camp commissioners. Tools can be checked out or you may bring your own.

Beaver Service Days

June 2-4, 2023 at Heritage Reservation, we invite everyone to camp for a weekend of projects to help get camp ready for the upcoming summer. Entire units, small groups, and individuals are welcome to camp free for the weekend. Meals are provided. This is a great weekend of fellowship and service and also allows you to take part and pride in the great place Heritage Reservation is. Register online at <https://www.scoutingevent.com/527-2023HRBeaverWeekend>

Heritage Reservation Camp Staff Alumni Association

Are you a former camp staff member looking to get involved with summer camp again? The Camp Staff Alumni Association is looking for you! Service, fellowship, and donations of materials and time are all key parts of the way we give back to summer camp. For more information, and to join our cause, please visit www.hralumni.com.

Ranger Work Days at Heritage Reservation

Looking to do a little bit more? Sign up for one of the Ranger Work Days at Heritage Reservation. They are typically the third Saturday of the month. For more information and to sign up, email Ranger Dave at David.Wilkins@Scouting.org.



Camp Staff Opportunities

Are you tired of doing the same old summer? The Laurel Highlands Council is looking for incredible individuals to join us on the Heritage Reservation staff. Each camp at Heritage Reservation offers opportunities for a variety of summer camp staff jobs. Most Scout camp staff are at least 16 years of age; however, there are limited positions for 15-year olds. The high adventure program employs young people who are at least 18 years of age. The Boy Scouts of America, Laurel Highlands Council is an equal opportunity employer that hires both females and males, as well as people of all ages and ethnic groups, diverse cultures and mixed abilities. No prior Scouting experience is required.

Why Apply for a Camp Staff job?

- Develop your leadership, communication, and problem-solving skills.
- Make lots of new friends from your area, other states, and even other countries.
- Spend a summer in the great outdoors.
- Acquire experiential education (learning by doing) and new skills that will last a lifetime.
- Be part of an effective team and cooperate with others to get things done.
- Learn how to lead others and apply leadership skills.
- Undertake and fulfill meaningful challenges and earn the satisfaction of doing a job well.
- Work with youth and adults of all ages.

Counselor in Training Program

Open to those ages 14 and up, the Counselor in Training (CIT) program is a varied training experience. It is an intensive four-week program, with all CITs given the opportunity to work at each of Heritage Reservation's camps - Liberty, Freedom, and Independence. CITs live in wall tents, complete with electricity and have access to hot showers, laundry facilities and a lounge. There is no pay, however there is no charge for food, board or training while in the program. Some camps charge as much as \$100 per week. CITs will work in a different camp and program area each week and will take part in staff training sessions.

All CITs that successfully complete the requirements of the four-week program are eligible to receive a free week at Camp Liberty or Freedom (fees must be paid up front, and are then refunded to the unit upon successful completion). For more information and to apply go to: <https://lhscouting.org/camping/summer/staff/>





BOY SCOUTS
OF AMERICA®

LAUREL HIGHLANDS COUNCIL

Camping and Outdoor Adventures Department

1275 Bedford Avenue

Pittsburgh, PA 15219

412-325-7921

www.lhscouting.org/camping