

Our 25th Summer!



2012 Summer Adventure Guide

A Guide for Youth & Adult Leaders



Located in Georgia's Pine Mountain range, directly on the Flint River.

www.LawhornScoutingBase.org

770-227-4556

Fax: 770-227-9125

Lawhorn@Scouting.org



Our Philosophy

We believe that all youth have the right to learn leadership, personal health, environmental stewardship, and social life skills through outdoor challenge in a fun and inclusive environment.

Our Mission

Provide eye-opening, awe-inspiring, and life-changing outdoor experiences.

Above all else, we will:

1. Ensure that each and every youth has an enjoyable experience which will develop into fond memories of camp and scouting.
2. Ensure that, unconditionally, each and every youth, adult leader, guest, and employee experiences scouting as a safe haven. Camp will provide inclusive services and demand an atmosphere of non-degradation and celebration from all who participate.
3. Teach fundamental skills to each youth and adult which relate to leadership, citizenship, personal well-being, and environmental stewardship.
4. Seek to establish and maintain a unique environment where youth are socially outgoing and interact unselfishly with both peers and adults; foster new friendships through fellowship and joviality.

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The rare Shoal Bass. Lawhorn is one of the few places in the world that this fish can be found.

Summer Adventure Details:

LOCATION: Flint River Adventure Area on the Lawhorn Scouting Base
1166 Dripping Rock Road
Molena, Georgia 30258

RESERVATION DEPOSIT: \$50 per participant, counted toward fees payment

CREW SIZE: Groups will be organized into crews of no more than 12 participants each. Groups may send contingents of fewer, or organize multiple crews. Every crew must have more youth *under 21) than adults and at least one adult above the age of 21. Any group with multiple youth must send at least one adult.

FEES: The adventure fee includes base camp facilities (platform tents with mattresses, shower facilities, and dining hall prepared meals) program supplies and activities, and assignment of a ranger. Trekking equipment (tents, bedding, etc.) are available for additional fees but most groups supply their own.

The following fee schedule is required for all groups:

- 25% of all fees due by February 1, 2012.
- 50% of all fees due by March 1, 2012.
- 100% of all fees due by May 1, 2012.

Adventure Length	Camp Fees
1/2 Week (4 day, 3 night)	\$150 per participant
Full Week (7 day, 6 night)	\$290 per participant
Extended (11 day, 10 night)	\$350 per participant

In order to maintain your reservation, you must make your February 1 payment. For all deadlines a \$5 per participant late fee must be paid after the due date.

Adults pay same fees, but 2 adults are free if a full crew of 12 is organized.

Reservation Information:

Make a reservation by visiting www.LawhornScoutingBase.org or calling 770-227-4556. A \$50 per participant deposit is required to register for an adventure. Crews are organized on a first-come, first-served basis and are considered a “pencil-assignment”. The deposit is required to receive this tentative crew assignment. Crew assignments are guaranteed for date and program. However, groups that do not have full crews of 12 may be paired with other groups. We receive many program requests that are beyond our capacity. It is important to register early and keep us informed of any changes so that we can plan accordingly. Final crew assignments will be made the week prior to your camp week by the High Adventure Director, however, groups paid in full first will receive priority in final crew assignments. Changes in a group’s actual attendance may cause the group to be moved to another available crew and/or share the crew with another group. Individual registrations are permitted; individuals will be paired with existing crews or groups of individual registrants. Individual participation is subject to availability; call the Camping Department for details.

Early Arrivals / Late Departures

We can accommodate your travel needs to arrive early or depart late. You can make these arrangements by contacting the Camping Department. Early arrivals and groups staying past 1:00pm on check-out day will be charged \$8.00 additional per person. Extra meals can be purchased at \$6.00 per meal (to-go lunches for the road are also available).

The Lawhorn Adventure

In 1938, the same year that Camp Thunder was opened, the Boy Scouts of America started offering adventures in the New Mexico mountains at a place called the Philturn Rockymountain Scoutcamp. Now called the Philmont Scout Ranch, this adventure base was the beginning of a vision that has now been brought to the east coast as the Gerald I. Lawhorn Scouting Base. The Lawhorn Scouting Base is a premier outdoor facility that includes the Flint River Adventure Area, a high adventure base specializing in river canoeing, backpacking, and ropes activities.

Every Scout dreams of spending days on end in the wilderness: climbing peaks, maneuvering shoals, and topping out. And, every youth enjoys days with friends to build bonds of friendship and challenge their abilities. These are activities that build self-esteem, help young people better know themselves, and create passions for a lifetime. The Flint River Adventure Area was created for this purpose and offers its programs to youth groups of any kind.

Location and Terrain

Lawhorn is a regional Scouting base, owned and operated by the Boy Scouts of America-Flint River Council. Lawhorn is made up of 2,500 acres in the Pine Mountain range and bordering the Flint River. The base operates two staffed camps, a staffed backcountry outpost, and includes sixteen trail camps. Lawhorn includes river frontage, steep mountain faces, and wide vistas with elevations ranging from 653 to 1132 feet.

History

Lawhorn has a rich history that includes intense logging in the mountains, site of Muskogee Creek Indian towns and hunting camps, cotton plantation and peach farm, and focus from Jimmy Carter's successful campaign to prevent damming the Flint River. The base is also the site of the former town of Thunder, GA that included a post office, rail station, and hotel.



Wildlife

Lawhorn is a natural preserve. Wildlife includes black bear, deer, coyote, cougar, beaver, wild turkey, armadillos, boar, and others. The mountain sides are filled with loblolly and longleaf pine, and the Flint River is one of the few natural habitats for the rare Shoal Bass.

Beauty

Lawhorn is the site of many natural wonders. These include the large outcropping Dripping Rock, the hidden Moss Falls, the wide shoals of the Flint River, the lofty Muddy Slash Ridge, and the peaceful Double Branch and Matt Branch. Lawhorn is also the site of Georgia's third most powerful spring: Thundering Springs.

Program

Lawhorn provides a once-in-a-lifetime adventure in the steeps of Pine Mountain and the power of the Flint River. Program features include highlights from Georgia's pioneer days—tomahawk throwing, muzzleloaders, frontier dinners, interpretive history, and raft building—along with the challenging adventures for today—rock climbing, mountain boarding, canoeing, and COPE. It is an immersive outdoor program that includes trek and base camp components.

The Lawhorn Adventure

Fellowship

An adventure at Lawhorn is an experience with the members of your own unit, but also means meeting and participating with Scouts from all over America and other countries. The opportunity to spend time with those from different backgrounds in the outdoors is one that will be remembered.

Staff

Lawhorn is proud to have the premier staff in the country. Each person is selected based on their spirit, experience, and servant leadership. Special emphasis is given to placement of staff into the right position and training them to succeed. Your Lawhorn experience is just as much about the staff as the outdoor challenge!

Who May Participate?

In accordance with the policies of the Boy Scouts of America, rules for participation are the same for everyone without regard to race, color, national origin, age, sex, or special needs. Participants must be at least 13 years of age by the date of participation. Some special programs allow for individual person registration and participation. A crew must have a majority of its members under age 21. Each participant must be capable of participating in the hiking, backpacking, or canoeing trek activities. Each participant must meet the health requirements as outlined in the Health and Medical form.

The Lawhorn Adventure is one that is truly unequalled. From backpacking to climbing, canoeing to COPE, you will experience Scouting adventure at its best!



Base Program

Awards

There are three unique awards presented to participants who successfully meet the challenge of a Lawhorn Adventure.

The Lawhorn Badge

This is an individual camper award presented by your adult Advisor when you have:

1. Attended the opening campfire—"Legends of Lawhorn"
2. Completed a Lawhorn-approved itinerary (except for medical reasons) with your crew.
3. Completed at least three hours of staff supervised conservation work or a camp improvement project on Lawhorn and took advantage of every opportunity to learn about and improve our ecology, and practiced the art of outdoor living in ways that minimize pollution of soil, water, and air.
4. Fulfilled the personal commitment to the Lawhorn Outdoor Pledge.

The "What An Adventure!" Plaque

This is an award presented by Lawhorn to each crew that:

1. Demonstrated good camping practices and Scouting spirit.
2. Followed an approved itinerary and camped only where scheduled.
3. Fulfilled the commitment to the Lawhorn Outdoor Pledge.

The Flint Arrowhead

This is an individual camper award presented by a crew's ranger when you have:

1. Overcome a challenge.
2. Demonstrated outdoor leadership.
3. Lived with Scout spirit.

<p style="text-align: center;">LAWHORN AWARDS ARE NOT FOR SALE. THEY CAN ONLY BE EARNED.</p>

Duty to God

Under the guidance of a crew Chaplain's Aid each participant may fulfill the requirements for the Lawhorn "Duty to God" award. The requirements are:

1. Attend a religious service while at Lawhorn, participate in at least 3 daily devotionals with your crew, and lead grace before a meal.
2. Obtain a Chaplain's Aide signature to certify completion of requirements.
3. Chaplain's Aide must secure a "Duty to God" brochure for the crew upon completion of the trek.
4. At conclusion of the trek, youth and leaders may then purchase "Duty to God" patch from Dripping Rock Outfitters.

50-Miler Award

The 50-Miler Award, given by the National Council, BSA, may be earned by members of unit or council contingent groups. Requirements for this award include: travel at least 50-miles by foot or boat and performing a 10-hour conservation project (3 hours will be earned at Lawhorn and the remaining 7 hours in your council). All Trek itineraries can meet the 50-Miler distance requirement; let Camping Department staff know in advance to your trip to complete this requirement. The award is secured through your local council service center.

Planning Information

A Lawhorn adventure begins at home. Months before arriving at Lawhorn, you should begin planning and training. Several details must be completed when your Advisor receives the "Adventure Planning Kit".

Program Choice

The first step in preparing for Lawhorn is for your crew to select your program. There are 4 program choices:

Flint River Challenge: Base camp adventure where groups build a custom program from a menu of different adventures. Groups may choose any length adventure.

Treks: Choose from 3 trek itineraries, at Full Week or Extended lengths:

- KACCV: backpacking trek in the Pine Mountain Backcountry that includes stops at the Mountain Man Outpost.
- RIDGE-TO-CANYON: Backpacking trek on the Pine Mountain Trail and Providence Canyon Trail.
- MUSCOGEE SUPERTREK: Combination of backpacking in the Pine Mountain Backcountry and canoeing on the Flint River.



River Rat: A river expedition that includes canoes, tubes, kayaks, and more. Programs include fly fishing, whitewater, and river ecology. Plus, camping along the river and on Scout Island. Full Week and Extended itineraries are available.

Mountain Man: Our original high adventure program, youth spend their experience living at the Mountain Man Outpost and working at the Thunder Trading Co. Activities include tomahawk throwing, primitive hunting and fishing, Native American craft, and blacksmithing. Available as a Full Week itinerary.

Your Lawhorn Itinerary

The first step in preparing for Lawhorn is for your crew to select your itinerary. An itinerary is a program plan that describes camps and program features for each day of the adventure. Crews submit their itinerary choices to Lawhorn before May 1. Lawhorn will confirm one of your selections on a first-come, first-served basis. Itinerary assignments will not be made until 100% fees are paid.

Medical Record and Physical Evaluation

You must fill out a BSA Annual Health & Medical Record and have a physical evaluation performed by your doctor *before* departing for Lawhorn. Physical evaluations are valid for 1 year from the date of examination. You are required to have had a tetanus shot or booster within 10 years. A current measles vaccination is highly recommended. Participants **MUST NOT** exceed the maximum height/weight chart at the time of their arrival at Lawhorn. Give your completed medical form to your advisor to present to the Lawhorn clinic. Any individual who does not get a physical at home or forgets to bring the medical form will be required to visit a local physician to receive a physical examination and tetanus shot at their own expense. If an inhaler has been used in the past five (5) years, you will need to bring one. If you have an allergy to bees or food, you will need to bring an Ana-kit or Epi-Pen.

Each crew participating in base camp programs is required to have a minimum of 1 (preferably 2) person certified in American Red Cross Basic First Aid & CPR or equivalent. All crews participating in trekking programs are required to have a minimum of 1 (preferably 2) person certified in American Red Cross Wilderness First Aid Basic & CPR or equivalent. Proof of certifications must be presented before programs begin.

Planning Information

Your Lawhorn Address and Mail

Your complete unit number (or group name) is essential for mail delivery at Lawhorn. Incoming mail may be picked up only by your crew advisor or leader at the Adventure office when your crew arrives at Lawhorn and when you return to base camp from the trail (Flint River Challenge mail may be picked up daily). You may send mail from any staffed camp.

Adventure Area address: Your name, Unit (or group name)
 Flint River Adventure Area- Lawhorn
 1166 Dripping Rock Road
 Molena, Georgia 30258

Emergency Telephone Numbers

Flint River Adventure Area office: 706-647-6313

Lawhorn Scouting Base main office (Camp Thunder): 706-647-9539

Telephone calls to you are restricted to EXTREME EMERGENCIES ONLY. Since Lawhorn programs spread over 160 square miles of the Pine Mountain range, it may require several hours to transport you from some camps to return an emergency phone call. In those cases, it will speed contact when the caller has your full name and unit number (or group name).

Physical Training

A Lawhorn adventure is physically demanding, *especially the trek programs*. Even if you are able to pass a physical examination with flying colors, you will need to get in shape for Lawhorn. Steep, rocky trails are common; lengthy canoeing sessions with portaging through shoals are not unusual. And remember, on trek programs you will also be carrying your pack weighing 35-50 pounds.



A program of regular aerobic exercise, started four months or more before you come to Lawhorn is recommended. Exercise for at least 30 minutes, 3-4 times a week at an intensity that boosts your heart rate about 75% of your maximum. An average maximum heart rate is 220 minus your age. If you are older than 40, or have not been very active, consult your doctor before beginning an exercise program.

Exercise individually or with other members of your crew. Set aside regular periods of time to do it. Plan to be in top shape when you arrive to Lawhorn. You will enjoy your experience more and be less likely to have a medical problem. Wear the boots you will be bringing to Lawhorn.

LAWHORN PLANNING TIPS

1. Be aware of each youths' abilities.
2. Decide the adventure your group would like to organize for.
3. Have more experienced youth act as teachers to the younger youth.
4. Work with each youth to set goals and encourage challenge.
5. Hold a shakedown and physical activities in preparation for your adventure

Planning Information

Arriving at Lawhorn's Flint River Adventure Area

As you turn off GA 74 onto Lawrence Road, then immediately onto Thundering Springs Road, you pass the Tencate facility. Tencate is a textile technology manufacturer; the facility near Lawhorn specializes in the dyeing and chemical applications of Kevlar, firefighting fabrics, and other protective gear.

As you travel down the hill, on the right is a brown wooden building. This was once the train station for the town of Thunder, Georgia. The station sign is still partially standing in front. This rail line traveled southwest toward Warm Springs, Georgia—having carried Franklin D. Roosevelt to his “Little White House”.

Turning right on Dripping Rock Road, you are at the boundary of the Lawhorn Scouting Base. The lake on the left is Lake Ini-To and the edge of Camp Thunder. On the hill above the lake you may see the camp's chapel. This is near the site of a hotel that stood in the early 1900's. The hotel provided accommodations for tourists to Thundering Springs, Georgia's 3rd most powerful spring. The hotel is no longer standing but the springs flows and fills both lakes in the Camp Thunder area.

Looking to your left you will see staff housing and entrance to the base's bird sanctuary.

The road will now travel in and out of the Lawhorn boundary, passing several private homes.

You may see many terraces on the hillsides, especially on the left. Parts of Lawhorn have been a cotton plantation, a peach farm, and a timber farm. The ground on Pine Mountain is very rocky and many of these agricultural pursuits were abandoned in the 1920s.

Coming to the crest of the hill, you will pass through the middle of a cemetery. The grave on the right is that of a locally famous hermit, who even had himself buried alone. Among the graves on the left is that of Myra, a woman who walked daily by the Scouts of Camp Thunder and is now said to walk each night to the camp and visit.

At the base of the hill you will enter the Flint River Adventure Area.



Planning Information

Day One at Lawhorn

You've made it! Follow the signs to the unloading area and make your way to the Adventure office.

Meet Your Ranger

After unloading, you will meet your Ranger, a well qualified male or female who has a sincere interest in your group and has been trained to help your crew get started on a successful expedition. The Ranger's job is to lead you through the Lawhorn check-in and accompany you during your adventure.

Lawhorn Check-In

Before your crew gets started, the following steps must be completed:

1. START HYDRATING NOW

2. TENT ASSIGNMENT

You will receive tent assignments at the Adventure office for your first night at Lawhorn. Your ranger will show your crew to their assigned tents.

3. YOUR ADVISOR MEETS THE DIRECTOR

Your contingent leader or Advisor will meet the Camp Director to finalize fee payments. A completed roster and talent release of participants (pg. 51) must be turned in at this time and certificates show for first aid, CPR, and tour permit. Lawhorn requires that at least one person (preferably two) in each crew be currently certified in American Red Cross Wilderness First Aid Basic and CPR or the equivalent.

4. YOUR LEADERS VISIT

Your adult Advisor and Crew Leader will meet the Director of Treks to finalize arrangements for your program, food, and transportation. Maps will be available to mark routes, campsites, and program areas. You will be given a copy of your selected itinerary as a souvenir of your Lawhorn adventure.

5. MEDICAL RECHECK

A medical recheck will be given to all crew members. Your ranger will give you the procedures for this required check. Participants who do not satisfactorily complete this recheck will be sent home at their expense. Participants must not exceed the maximum weight/height chart. You will need to bring any medication with you to the recheck.

6. YOUR CREW PHOTOGRAPH

A Lawhorn photographer will take your crew's picture and color prints (8"X10") will be available on your final day. Each crew will receive one photo free. Additional photos may be purchased for \$8 each using the order form on page 53. The BSA uniform or crew uniform is appropriate dress.

7. TREK EQUIPMENT—FOOD ISSUE—MAIL: *For trek programs only*

Trek equipment including tents, poles, cutlery kits, cooking pots, etc. will be issued to your crew from the trek equipment section of the Camp Services Building. Your trek food will be issued in this complex also. The Crew Leaders' copy of your itinerary must be presented to draw your trek food. Mail should be picked up at the adventure office by your Advisor or Crew Leader.

Planning Information

Day One at Lawhorn (conti'd)

8. SHAKEDOWN: *For trek programs only.*

In a place designated by your Ranger you will unpack everything. Your ranger will review the necessary items and demonstrate the best methods of packing at Lawhorn. Store excess items in your crew vehicle.

PLEASE NOTE: After leaving base camp, there is NO opportunity to return excess baggage. If you have doubts about taking certain items, discuss them with your Ranger. Your Ranger will not take any gear from the trail.

9. CREW REPORTER VISITS ADVENTURE OFFICE

Before departing for Lawhorn, your crew should select one member to serve as its reporter. The reporter should contact local news media and arrange to have one or two articles about your Lawhorn adventure published. Base services will furnish helpful hints and other information for news articles to your reporter. Bring an email address for your local paper to submit an article while at Lawhorn.

10. TOUR ADVENTURE AREA — DRIPPING ROCK OUTFITTERS

As time permits, your Ranger can give you a tour of your base camp—the Flint River Adventure Area. Tours of Camp Thunder can be scheduled at the adventure office.

Your tour should include a visit to Dripping Rock Outfitters, where a complete supply of equipment, Lawhorn items (patches, belts, buckles, maps, etc.), and other souvenirs are available. You will have another opportunity to visit the trading post near the end of your adventure.

11. ADVENTURE AREA DINING HALL

In base camp, you will eat in the dining hall. The menus are well-balanced and nutritious.

12. ADVISOR'S MEETING/CREW LEADER'S MEETING/CHAPLAIN AIDE'S MEETING

Separate meetings will take place for Advisors, Crew Leaders, and chaplain aides. Topics will include: current backcountry conditions, river conditions, and program notes.

13. RELIGIOUS SERVICES

An interfaith service will be conducted at 7:30pm on Sundays at the adventure area chapel. Traditionally, a Eucharistic service is held at 7:30pm at the Camp Thunder amphitheatre (2.5 miles away).

14. WRITE HOME — CALL HOME

After supper is a good time to write home. Your parents will enjoy hearing from you. (Postcards are available at Dripping Rock Outfitters). Phones are available in the base camp.

15. OPENING PROGRAM

Your first evening program at Lawhorn is a pageant of "Legends of Lawhorn", a historic narrative of the Pine Mountain range. Your Lawhorn adventure begins here.

16. A GOOD NIGHT'S SLEEP

Following the evening program, quietly return to your tent for a good night's sleep. Tomorrow your adventure begins!

Planning Information

Day Two at Lawhorn

FOR BASE CAMP PROGRAMS:

After breakfast, your ranger will set a meeting time to escort you to your first activity.

FOR ALL TREKKING PROGRAMS:

AT BASE CAMP

After breakfast, check out of your campsite and report to the Grand Pavilion with all your gear at the time scheduled for your departure.

ENROUTE TO STARTING CAMP

A Lawhorn shuttle will take your crew to a drop-off a short distance from your starting camp. Be prepared to hike or canoe to your camp.

STARTING CAMP

Here your Ranger will work with you on:

- Mountain hiking / canoe trekking skills
- Backcountry camping techniques
- Map and compass navigation
- Adjusting to varied ecosystems
- Trail and personal safety and first aid
- Lightning safety
- Stove and liquid fuel safety
- Fire building and extinguishing (conditions permitting)
- Backcountry menus and preparation
- Water purification process
- Camp and personal sanitation
- Lawhorn Outdoor Pledge —your personal commitment
- Conservation and environmental awareness
- Low-impact and minimum-trace camping skills and techniques
- Bear, boar, and wildlife procedures



Planning Information

Day Three at Lawhorn

FOR ALL TREKKING PROGRAMS:

After a good night's sleep and a good breakfast in starting camp your Ranger will get you started on the first leg of your Lawhorn adventure. Your Ranger will be on hand throughout your experience to assist you and offer constructive ideas on how to sharpen your camping skills.

TREKKING AT LAWHORN

Lawhorn abounds with picturesque areas. The base has many opportunities for stimulating and beautiful hikes and paddles. Take time to enjoy those scenic views, delicate wild flowers, rippling streams, wide shoals, and towering trees. Some of the most beautiful scenery is along little-used trails and remote camps. When your crew is quiet you may see wildlife including deer, turkey, bobcat, coyote, boar, and bear. Be sure to record the animals you see on your wildlife census card.



Trekking at Lawhorn is often difficult. Weighty packs, steep trails, and shoals challenge even the best trekkers. Remember, **your trek is a team effort**. Stronger trekkers are expected to help weaker ones. Faster trekkers should hike near the end of the group and encourage the slower ones in front. **Your crew should always trek together, within hearing of one another**. This avoids the terrifying experience of someone being lost. Due to risks involved, Lawhorn strongly discourages trekking at night.



Planning Information

Final Processing at Base Camp

For Trekking Programs:

At your last camp be sure to scour your pots and pans thoroughly before you return them to base camp. After breaking camp on the morning of your final day, you will return to a designated pickup point, where a Lawhorn shuttle will return you to base camp—unless you are scheduled to hike in on River Road or along the Plum Creek Tract. **Do not return to base camp until the date and time indicated on your itinerary. Meals and accommodations for your crew are not available until that time.**

AT BASE CAMP YOU WILL:

1. Be assigned tents in the adventure area.
2. Eat in the dining hall as indicated on your itinerary.
3. Have an opportunity to buy souvenirs from Dripping Rock Outfitters.
4. Participate in the evening “awards campfire”.

IN ADDITION, YOUR ADVISOR(S) SHOULD:

1. Pick up and distribute your mail.
2. Check with the adventure office for your crew’s photos. Your Crew Leader should return your wildlife census card here also.
3. Pick up crew medical records.
4. Receive certification as needed toward the 50-Miler Award.



For All Programs:

HOMEWARD BOUND — MORNING OF THE FINAL DAY

A flag assembly and breakfast will be served according to your itinerary. Your ranger will meet with you for your final programs in the morning.

A “sack lunch” is available at 12:15pm for those crews who have made prior arrangements. After checking out of base camp sites (please leave it clean for campers who will follow you), you will load your gear on your vehicle.

MEMORIES—KEEP A JOURNAL

Many individuals and crews keep a log of interesting events that occurred during their adventure. Memories of your Lawhorn experience will live on for years to come when you read the record of your adventure. You will recall happy times—when you made it to Indian Camp or when you finally conquered Yellow Jacket Shoals—and trying ones—like the day it rained or the night your tent fell down in a windstorm.



Planning Information

Registration and Insurance

In accordance with national policy, every group must provide proof that they have accident/sickness insurance coverage. Non-BSA groups may register as a BSA unit (\$12 per person per year, plus \$20 charter fee) to receive BSA liability coverage and training items; this registration can be handled as part of your adventure registration. *Accident/Sickness insurance is not provided by the Lawhorn Scouting Base or Flint River Council.*

Youth Leadership

All youth camping is done in the "Patrol Method". It is the responsibility of each group's youth leadership to organize and run the group. It is his/her job to ensure the campsite is ready for inspection each day, to post the duty roster and fire plan, to ensure the waiters' responsibilities are completed at each meal, and to attend any meetings. We expect the adult leaders to support the camp staff, guide their group's youth leadership, and enjoy themselves at camp! Our camp is designed to develop the youth leadership and treat the officers as the primary contact for the group.



Planning Information

YOUR PERSONAL EQUIPMENT—TREK PROGRAMS	CHECK	DOUBLE CHECK
Packing		
pack with padded hip belt (rental available).....	-----	-----
capacity: external frame—4000 cu in +/-		
internal frame—4800 cu in +/-		
*pack cover—waterproof nylon.....	-----	-----
*6 to 12 (gallon size) Ziploc plastic bags to pack clothes.....	-----	-----
Sleeping		
sleeping bag in stuff sack lined with plastic bag.....	-----	-----
sleep clothes—worn only in sleeping bag (T-shirt and gym shorts).....	-----	-----
*straps to hold sleeping bag on pack.....	-----	-----
*foam sleeping pad (closed cell or Therma-Rest).....	-----	-----
CLOTHING		
<u>Layer A (trekking clothes)</u>		
hiking boots—well broken in (HIKING PROGRAMS).....	-----	-----
lightweight sneakers or tennis shoes.....	-----	-----
toe-covering river shoes (paddling sandals, etc.—no Crocs).....	-----	-----
(RIVER PROGRAMS)		
*3 pairs heavy socks (HIKING PROGRAMS).....	-----	-----
*3 pairs lighter inner socks (polypro) (HIKING PROGRAMS).....	-----	-----
*3 pairs outdoor socks	-----	-----
*3 changes underwear.....	-----	-----
*2 hiking or paddling shorts.....	-----	-----
*2 short sleeve shirts (not nylon).....	-----	-----
*1 hat or cap—flexible, with brim.....	-----	-----
<u>Layer B (cool evening)</u>		
*1 long sleeve shirt.....	-----	-----
1 long pants, cotton or nylon (not heavy jeans).....	-----	-----
1 pair insulated underwear (polypro).....	-----	-----

Planning Information

YOUR PERSONAL EQUIPMENT—TREK PROGRAMS (cont'd)	CHECK	DOUBLE CHECK
Layer C (cold, wet, windy)		
1 sturdy rain suit.....	-----	-----
Eating		
deep bowl (small, plastic).....	-----	-----
*cup (measuring style).....	-----	-----
.....		
*spoon.....	-----	-----
*3 or 4 one qt. water bottles (BB, A).....	-----	-----
Personal and Miscellaneous		
*small pocketknife (A).....	-----	-----
*matches and lighter in waterproof container (BB, A).....	-----	-----
*flashlight (small with extra batteries and bulb)	-----	-----
.....		
*Lawhorn & area map.....	-----	-----
*compass—liquid-filled (A).....	-----	-----
*2 bandannas or handkerchiefs (BB).....	-----	-----
money (in small bills).....	-----	-----
*lip balm (BB, A) (with SPF of 25) chapstick.....	-----	-----
*soap, biodegradable (BB, S).....	-----	-----
*toothbrush/toothpaste (BB, S).....	-----	-----
*small camp towel.....	-----	-----
.....		
*tampons/sanitary napkins (BB).....	-----	-----
*sunglasses (inexpensive).....	-----	-----
*ditty bag (for personal items in bear bag).....	-----	-----

Planning Information

YOUR PERSONAL EQUIPMENT—TREK PROGRAMS (cont'd)	CHECK	DOUBLE CHECK
Optional		
*camera and film or memory cards (BB).....	-----	-----
*whistle.....	-----	-----
watch, inexpensive.....	-----	-----
*fishing equipment/licenses.....	-----	-----
*postcards, pre-stamped.....	-----	-----
Rubber bands (large for packing).....	-----	-----
*foot powder (BB, S).....	-----	-----
*note pad and pen.....	-----	-----
*daypack for side hikes (S).....	-----	-----
<p>NO RADIOS, CD/MP3 PLAYERS, VIDEO GAME DEVICES OR HAMMOCKS. CELLULAR TELEPHONES ARE DISCOURAGED. DO NOT BRING DEODORANT.</p>		
Code		
* Available at Lawhorn’s Dripping Rock Outfitters		
(BB)—Packed together in plastic bag to be placed in bear bag at night		
(S)—Share with buddy		
(A)—Easily accessible in pack or carried on person		

Planning Information

EQUIPMENT PROVIDED BY BASE FOR CREWS—TREK PROGRAMS		
<p>Each trekking crew of 4-12 persons is issued the following equipment free of charge (except for damage or replacement charges when returned). You may use your own gear; please let our camping department know at least 4 weeks before your arrival if you will be using your own equipment.</p>		Person Responsible
1 nylon dining fly 12' x 12', weight about 4 pounds.....		-----
2 collapsible poles for dining fly, weight about 1 pound.....		-----
1 backpacking nylon tent with poles (1 per each 2 persons), weight about 5 1/2 pounds.....		-----
1 trail chef kit:.....		-----
<u>6-pound kit</u> <u>4-pound kit</u>		
8-quart pot 6-quart pot with lid		
4-quart pot with lid 4-quart pot with lid		
2-quart pot with lid 2-quart pot with lid		
1 fry pan 1 fry pan		
1 chef cutlery kit: 1 large spoon, weight about 1/2 pound.....		-----
1 pair hot-pot tongs, weight about 1/4 pound.....		-----
1 extra 8-quart pot for washing duties, weight about 1 pound.....		-----
plastic trash bags, salt and pepper.....		-----
dishwashing soap, hand sanitizer.....		-----
scrub pads.....		-----
water purification chemical.....		-----
100-foot length of 1/4-inch nylon rope, weight about 2 1/2 pounds.....		-----
3-6 bear bags (for hanging food), weight about 1 1/2 pounds.....		-----
plastic strainer and rubber scraper, weight about 1/2 pound.....		-----
toilet paper.....		-----

Planning Information

EQUIPMENT PROVIDED BY CREW—TREK PROGRAMS	Person Responsible
Necessary items of equipment for each crew of 4-12 persons to bring to Lawhorn or to purchase include these:	
1 sewing kit with heavy thread and needle.....	-----
*metal tent pins, 10 per person.....	-----
*2-3 collapsible water containers, 2 1/2 gal. each.....	-----
*2 or 3 backpacking stoves.....	-----
*2 one-quart fuel bottles and funnel.....	-----
1 crew first aid kit—see page 33 (BB).....	-----
*duct tape for equipment repair (BB).....	-----
spices for cooking (optional) (BB).....	-----
*waterproof ground cloth, 5'6"x7'6", 1 per tent.....	-----
*3 fifty ft. 1/8" nylon cord.....	-----
*sunscreen and shampoo (BB).....	-----
*insect repellent (not DEET)—not aerosol (BB).....	-----
*2 or 3 water purifiers/filters (recommended).....	-----
1 multi-type tool.....	-----
*1 camp shovel/trowel.....	-----
*Available at Lawhorn Trading Post	
(BB) Packed in plastic bag to be placed in bear bag at night	
Additional supplies may be required for your trip to and from Lawhorn	

Planning Information

YOUR PERSONAL EQUIPMENT—BASE CAMP PROGRAMS	CHECK	DOUBLE CHECK
Packing		
*day pack.....	-----	-----
*duffle bag or large pack.....	-----	-----
Sleeping		
sleeping bag.....	-----	-----
sleep clothes—worn only in sleeping bag (T-shirt and gym shorts).....	-----	-----
CLOTHING		
<u>Layer A (program clothes)</u>		
hiking boots—well broken in (HIKING PROGRAMS).....	-----	-----
lightweight sneakers or tennis shoes.....	-----	-----
toe-covering river shoes (paddling sandals, etc.—no Crocs)..... (RIVER PROGRAMS)	-----	-----
*1 pair heavy socks (HIKING PROGRAMS).....	-----	-----
*1 pair lighter inner socks (polypro) (HIKING PROGRAMS).....	-----	-----
*3 pairs outdoor socks	-----	-----
*3 changes underwear.....	-----	-----
*2 outdoors shorts.....	-----	-----
*2 short sleeve shirts (not nylon).....	-----	-----
*1 hat or cap—flexible, with brim.....	-----	-----
<u>Layer B (cool evening)</u>		
*1 long sleeve shirt.....	-----	-----
1 long pants, cotton or nylon (not heavy jeans).....	-----	-----
1 pair insulated underwear (polypro).....	-----	-----

Planning Information

YOUR PERSONAL EQUIPMENT—BASE CAMP PROGRAMS (cont'd)	CHECK	DOUBLE CHECK
Layer C (cold, wet, windy)		
1 sturdy rain suit.....	-----	-----
Eating		
*2 or 3 one qt. water bottles.....	-----	-----
Personal and Miscellaneous		
*small pocketknife	-----	-----
*flashlight (small with extra batteries and bulb)	-----	-----
*Lawhorn & area map.....	-----	-----
*2 bandannas or handkerchiefs.....	-----	-----
money (in small bills).....	-----	-----
*lip balm (with SPF of 25) chapstick.....	-----	-----
*soap, biodegradable.....	-----	-----
*toothbrush/toothpaste.....	-----	-----
*small camp towel.....	-----	-----
*tampons/sanitary napkins.....	-----	-----
*sunglasses (inexpensive).....	-----	-----
*sunscreen (SPF 35)—no spray.....	-----	-----
*insect repellent (without DEET).....	-----	-----

Planning Information

YOUR PERSONAL EQUIPMENT—BASE CAMP PROGRAMS (cont'd)	CHECK	DOUBLE CHECK
Optional		
*camera and film or memory cards.....	-----	-----
*whistle.....	-----	-----
watch, inexpensive.....	-----	-----
*fishing equipment/licenses.....	-----	-----
*postcards, pre-stamped.....	-----	-----
*foot powder	-----	-----
*note pad and pen.....	-----	-----
NO RADIOS, CD/MP3 PLAYERS, VIDEO GAME DEVICES, HAMMOCKS, AND CELLULAR TELEPHONES ARE DISCOURAGED.		
Code		
* Available at Lawhorn’s Dripping Rock Outfitters		
For all crews participating in a Base Camp program: the only crew equipment required is a first aid kit.		

Planning Information

Tips on Equipment and Clothing

Tents (trek programs)

For all trekking programs at Lawhorn, tents must be carried and used. Sudden downpours and gusty winds require appropriate shelter. Every member of your crew should know how to pitch, strike, and fold a backpacking tent. If you bring your own tent it must be a 2-person tent. Lawhorn will allow a single person tent in the event of an odd numbered crew. **(No bivey sacks).**

A nylon or plastic ground cloth must be used under your tent. Tent mates can share the ground cloth. It is required that everyone sleep in a tent. The use of tents provides protection from weather and also is part of Lawhorn's bear and wildlife safety practice. No food or smellables should ever be allowed inside a tent.

Map and Compass (trek programs)

Most trails at Lawhorn are marked at intersections, but they are not so well marked that you can put your map and compass away and forget them. On the river, campsites are not labeled with large signs either. Sometimes signs point to geographic features such as falls or outcroppings. At the least, two (2) people share a map and compass. It's best if each camper has their own.

Learn and practice your map and compass skills. You will be able to know where you are at all times and where you are headed. Look at a map. Do you know what the colors and symbols mean?

Pay attention to contour lines. These represent significant elevation change; the more lines you cross on an upward route, the tougher the climb. Steep descents are tough, too. Know where you are on the map. Be ready to scout rapids or keep watch for a camp on the riverbank.

You must be able to orient a map, understand the symbols and scale. The BSA "Fieldbook" and the "Orienteering Merit Badge Pamphlet" are excellent resources.

A GPS is encouraged, however, having a GPS does not constitute a primary source of navigation.

Packs and Frames (trek programs)

A sturdy pack, either external or internal frame, is essential for trekking at Lawhorn. All of your personal gear, plus your share of food and crew equipment, should fit inside your pack.

A padded hip belt is essential for your pack. It allows you to transfer the weight from your shoulders and put it on your hips—which can support more weight than your shoulders.

To keep your pack dry at night and while trekking in the rain, a waterproof nylon cover is recommended.

All items in your pack should be neatly organized and packed in plastic bags. Additional bags may be used to carry small packages of food or to organize miscellaneous items.

Your map, compass, sunscreen, rain gear, camera, and first aid kit should be readily accessible. Roll your clothing tightly and pack it snugly inside a plastic bag. Do not pack aerosol cans or glass jars because they are bulky and prone to break or erupt.

Check your pack weight. Twenty to 25 pounds without food is preferred; 30 pounds is generally okay. Comfortable pack weights vary considerably with physical condition, age, and experience. Training will help you find out what weight is best for you. A fully loaded backpack should never exceed 25-30% of your body weight.

Planning Information

Tips on Equipment and Clothing

Using a Pack Frame (trek programs)

Your pack will be more comfortable if fitted with a proper internal or external frame. When you have packed your backpack, practice putting it on your back by first balancing it on one knee with the pack straps facing you. Slip your nearest arm through the appropriate strap and smoothly swing the pack behind you, reaching down and back to slip your free arm through the second strap and jiggle your pack into a comfortable position.

With an internal frame pack, heavier items should be packed toward the small of the back. With an external frame pack, heavier items should be packed towards the top of the pack and closest to your body to get the weight over your bone structure so your muscles will not tire easily.

When deciding what equipment to bring to Lawhorn, always consider each item's usefulness, durability, weight, and bulk. Remember that you are only packing for 5 days on the trail. It has been said that "An ounce in the morning is a pound at night".

If you do not have a good pack and frame with padded hip belt, or do not expect to use them after your trek, you can rent an external frame pack at Lawhorn for \$18.00.

Be Prepared for Extremes of Weather

Be prepared for extreme weather variations at Lawhorn. Afternoon temperatures on the river valley can be hot (100 degrees or more), and night temperatures on the peak may drop to the 40s. As a general rule, be ready for hot weather with high humidity.

Lawhorn can be extremely dry and dusty and then a sudden downpour will soak everything. Periods of rain lasting several days may occur. And, Georgia's high humidity can prevent wet clothing and gear to dry quickly after the rain stops. Rain occurs most frequently in the afternoon and may last an hour, all night, or several days. Small hail and strong winds may accompany rain. Mountain weather is fickle—be prepared to experience many different conditions.

Clothing

During chilly periods, it is especially important to stay dry since wet clothing loses much of its insulative value (90 percent or more). Several light layers of clothing are better than one heavy layer since air trapped between layers of clothing provides a higher degree of insulation. As the atmosphere warms you can remove one layer of clothing at a time for proper body heat management.

While the official BSA uniform (or group uniform) is highly recommended for use when traveling to and from Lawhorn and wearing at base camp, you may choose to wear other clothing on the trail and in program areas. Shorts and short-sleeved shirts will generally be sufficient during the day; however, a long-sleeved shirt and pants may be desired for chilly mornings and evenings and possible downpours of rain.

To be comfortable and dry during rain, a good quality rain suit is essential. Inexpensive vinyl rain suits or ponchos will not hold up under extended use. **A poncho is not adequate.** You should have a rain jacket and pants.

Lightweight, closed toe shoes are recommended for use around camp and occasionally while hiking. These shoes will also be used when rock climbing and biking. Water-appropriate closed-toe shoes or paddling sandals should be worn for river activities. Sandals are not generally acceptable but can be used in backcountry campsites only.

Planning Information

Tips on Equipment and Clothing

Glass and Aerosol Containers (trek programs)

No glass containers or aerosol cans should be carried on the trail. Glass breaks easily and aerosol cans are bulky and may erupt in packs.

Money

Campers spend an average of \$100 at Lawhorn's trading posts. The base camp trading posts accept credit and debit cards. If major items such as jackets are desired, more money will be needed.



About \$20 should cover most expenses on the trail. Money taken to the backcountry should be in small bills. These expenses may include:

- Shotgun or Blackpowder shooting—three shots free; additional shots must be purchased.
- Camp souvenirs—items available for purchase only at staffed camps
- Healthy snacks, root beer, film, replacements for damaged equipment, etc.
- Fuel for stoves

Sleeping Bags

Your sleeping bag should be sufficiently warm, but not a winter weather bag. Nights may get chilly but generally do not drop below the 60s.

For those on trekking adventures, your sleeping bag should be no more than 20 inches long and 10 inches in diameter when packed, and it should weigh 5 pounds or less. Use a waterproof sack to store your sleeping bag and line the sack with a heavy-duty (4 to 6 mil) plastic bag secured to keep your sleeping bag dry even in wet weather.

Boots (trekking programs with hiking)

A quality pair of broken-in hiking boots are a necessity at Lawhorn. Your trek may cover uneven rocky areas with many steep trails. Rock are everywhere on Pine Mountain! Well broken-in boots that fit properly will keep you comfortable and prevent injuries.

When fitting boots, try them on at the end of the day when your feet may be a little larger. Use the same socks you will hike in. With your feet in the boots, and laces loosened, you should be able to place two fingers behind the heel. With your socks on and laces tightened, your toes should not touch the end of the boot, while standing on a 30-degree incline. Don't be surprised if your boot is one size longer and one width wider than your shoe size. Hiking boots for Lawhorn should be 6 to 8 inches high with a sturdy sole. Be sure to treat your boots for wet weather.

Socks (trekking programs with hiking)

Two pairs of socks will be more comfortable and prevent blisters. The two pairs should not be made of the same material. Wear a thin inner sock liner and a heavier outer sock. Advisors might consider a knee high inner sock with 8 to 12 mm of compression. Wool blends work very well for the outer sock. Socks made of new materials are available that are worn as a single sock.

Stretching

Activities at Lawhorn can be as strenuous as any sport. Proper stretching before and after activities can make your adventure more enjoyable and prevent injuries. This can be extremely helpful for the Advisors and it sets a good example.

Planning Information

Tips on Equipment and Clothing

Caring for your Feet

Proper foot care starts before you come to Lawhorn. Make sure all foot problems are addressed by your family doctor or your foot specialist before arriving. While on the trek, you don't want to leave your group due to a preventable foot problem.

Make sure your toenails are cut. Cut them straight across. Clean feet and socks will reduce the possibility of blisters. Wash your feet before and after hiking. Change your socks daily. Always keep your feet and socks dry. Treat cuts and sores with antiseptic and adhesive bandages or mole-skin when necessary. Hot spots should be given immediate attention.

Photography

Although optional, a camera will record memorable experiences and beautiful scenes. Some crews select a crew photographer who takes shots for everyone. Another weight-saving scheme is for several crew members to share a camera and have duplicate pictures made at home. If you have one set developed first, you can sort out poor photos before having additional copies made. You will save money as well as weight.

Digital photography can dramatically change your picture taking and sharing ability. Again, be sure to share images with other members of the crew.

Labels

Be sure to label all of your clothing and equipment with your name and unit (or group name) so you can readily identify what is yours and so any of your belongings lost and found can be returned.

Backpacking Stoves (trek programs)

Lawhorn requires the use of backpacking stoves. They will save time throughout your trek, particularly on wet mornings or when you need to start trekking early to avoid high afternoon temperatures.

You must bring your own stoves. Lawhorn trading posts sell white gas, powermax fuel, varieties of isobutene/propane fuel type canisters, and stoves. If your crew uses butane, plan to carry cartridges with you since they create a hazardous disposal problem in the backcountry.

Backpacking stoves must be used with adult supervision and should never be used in or near tents because of excessive fire danger. Bottles designed for fuel (available in Lawhorn trading posts) should be used to carry fuel. For safety, fuel may be purchased at Lawhorn rather than carrying it from home on an airplane. Check the gasket of your fuel bottles to make sure they will not leak. A small funnel is needed for easy transfer of liquid fuels.

If using commercial transportation, check with your carrier regarding regulation for shipping stoves.

One stove per four persons is generally best. Learn and follow these safety tips:

1. Keep fuel containers away from hot stoves and fires. Never use fuel to start a campfire.
2. Let hot stoves cool before changing cylinders or refilling.
3. Never fuel or operate a stove in a tent, building, or dining fly.
4. Place stove on a level, secure surface before operating.
5. When lighting a stove, keep fuel bottles and extra canisters well away, do not hover over stove, open fuel valve slowly, and light carefully.
6. Refill stoves away from open flames. Recap all containers before lighting stoves.
7. Do not overload the stove.
8. Do not leave a lighted stove unattended.
9. Perform stove maintenance regularly, at home and at Lawhorn.
10. Store fuel in proper containers.
11. Carry out empty compressed fuel containers; they will explode if heated.
12. Use stoves only with knowledgeable adult supervision.

Planning Information

Sharpen Your Trekking and Camping Skills

Time and effort spent in sharpening your trekking and camping skills will allow you more time to enjoy the natural beauties and program features of Lawhorn. The best way to practice and develop these skills is to participate in a “shakedown” outing with your crew. Use the Backpacking Merit Badge pamphlet, Venturing Backpacking pamphlet or Canoeing and Whitewater Merit Badge pamphlets to guide your preparation and training.

Gathering Your Equipment

Trekking requires proper equipment just as any outdoor sport. Without suitable equipment you will face unnecessary hardships. Take only what you need. After a shakedown outing you should be able to eliminate items that you didn’t need. Check your equipment against the recommended lists on pages 17-24. This is the maximum. All trekkers can reduce this list and still be comfortable, clean, and safe.

Organizing Your Crew

A well-organized crew gets its chores accomplished quickly and has more time to enjoy Lawhorn. Your crew should be organized before you arrive at Lawhorn. If your crew is a chartered Scouting unit, this should be easy. If your crew is a provisional council or non-Scouting group, it is especially important to be organized.

Each crew should elect a Youth Crew Leader several months prior to coming to Lawhorn. Your Crew Leader is responsible for organizing the crew, assigning duties, making decisions, and recognizing the capabilities and limitations of each member. He or she leads by example and discusses ideas and alternatives with the entire crew to arrive at a consensus before taking action. This responsibility requires someone with leadership ability who is respected by everyone.

Each crew should also select a chaplain aide, perhaps a member of the crew who has received a religious award in Scouting. The chaplain aide is responsible for assisting the crew in meeting their responsibility to the 12th point of the Scout Law, as well as working with the Crew Leader and Advisor to ensure the smooth operation of the crew.

The Ranger assigned to serve as a resource for your crew may be either male or female. This person serves as a teacher and a resource for your crew and helps to coach the Crew Leader as well as the entire crew. You and your crew are expected to treat your Ranger with respect, regardless of gender.

Your adult Advisor counsels and advises your Crew Leader and crew. The Advisor assists if discipline is required. With the assistance of your Ranger, your Advisor is responsible for ensuring the safety and well-being of each crew member. **The Advisor lets the Crew Leader lead the crew.**

The entire crew and especially the Crew Leader and Advisor need to effectively relate to everyone in the crew. Crew congeniality is important to crew harmony. Make it a point to say something to each member of your crew at least once a day. Tell each person what he or she did well.

Good communication is crucial to your crew’s success. Make sure that everyone participates in determining the objectives for the crew each day. After the evening meal is an ideal time to accomplish this.

Remember, when you are hot and tired, hungry and irritable, so is your crew. Everyone is expected to control personal behavior, especially when the going is tough. The Crew Leader needs to continually monitor the crew’s dynamics.

A daily duty roster will help to organize your crew. Each crew member is assigned a responsibility for each day. Jobs should be rotated so that at least one experienced and one new crew member work together. Every job should be clearly defined. Your crew should have a list of all tasks for each job so that everyone knows what is expected. A form is provided with your Crew Leader’s itinerary outline upon arrival at Lawhorn.

Planning Information

Sharpen Your Trekking and Camping Skills (cont'd)

Backpacking—Setting the Pace

If you pack properly, backpacking will be much easier. Practice hikes will help. Your pace is the key to good backpacking. It should be slow enough to allow everyone to keep together without bunching up. Single file is the rule. A steady, constant pace is best. When climbing steep grades, your pace should be slower, but still constant. Always keep your crew together. A medical emergency is the only reason to separate from your crew.

Rest stops should be short and frequent. Any member of the crew can call for a rest stop at anytime. Sixty second rests will let you catch your breath. Learn to rest without removing your pack; if you bend over and loosen your hip strap, you can remove the weight from your shoulders.

Canoeing—Setting the Pace

Pacing your crew while canoeing is equally important as while backpacking. You should always be in sight of another canoe in your crew. Smooth, even strokes will keep your canoe traveling straight, especially in slower water. Be sure to keep a watchful eye on river features to prevent getting stuck on rocks and other obstacles.

Rest stops are important. This includes short breaks while you let the current carry you, and larger group breaks to “gunnel-up”. The Crew Leader and Advisor should be very aware of canoes that are forging ahead or straying behind.

Conserving Energy

Use as many energy-saving techniques as possible; nibble snacks and drink plenty of liquids to sustain you throughout the day. On steep ascents, use the “rest step”. Place the sole and heel of one foot flat on the ground. Lean forward and momentarily lock your knee. For an instant the bones of your leg and hips will support your weight, allowing the muscles of your thigh and calf to rest. Repeat this sequence with your other foot. Your pace will be slow, but you will save energy and make steady progress up the mountainside.

Use “rhythmic breathing” in conjunction with the rest step. To breath rhythmically, synchronize your breaths with your steps. On moderate slopes, take one breath per step; on steep slopes, take two or three breaths per step to take in more oxygen.

Be sure to protect yourself from the sun and stay hydrated. Exposure and dehydration will drain your energy very quickly.



General Information

Adventure Rules

As a Scouting facility, the foremost rules for personal and group behavior are the ideals found in Scouting:

<p style="text-align: center;">SCOUT OATH On my honor, I will do my best To do my duty to God and my country, And to obey the Scout Law; To help other people at all times; To keep myself physically strong, mentally awake, and morally straight.</p>	<p style="text-align: center;">SCOUT LAW A Scout is Trustworthy, Loyal, Helpful, Friendly Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean, and Reverent.</p>
<p style="text-align: center;">VENTURING OATH As a Venturer, I promise To do my duty to God and help Strengthen America, To help others, And to seek truth, fairness, and adventure in our world.</p>	<p style="text-align: center;">OUTDOOR CODE As an American, I will do my best to Be clean in my outdoor manners, Be careful with fire, Be considerate in the outdoors, and Be conservation minded.</p>

Beyond these ideals, the following rules are enforced at the Lawhorn Scouting Base:

- Fireworks are prohibited.
- Throwing rocks is forbidden.
- All cars must be parked in one of the camp parking lots.
- Alcoholic beverages and illicit substances are prohibited.
- Use of tobacco products is forbidden.
- No fixed-blade sheath knives.
- No firearms or any kind of ammunition may be kept in the possession of any youth or adult.
- No pets or other animals should be brought to camp (registered service animals permitted).
- No aerosol cans in campsites.
- All white gas lanterns, propane lanterns, stoves, etc. are to be filled and stored only by adults. Fuel must be secured and locked away.
- Closed-toed shoes must be worn at all times. Sandals may only be worn at the waterfront and at the showers.
- No radios, CD players, MP3 players or video games. Two-way radios are not allowed to be used by youth; leaders may use them with discretion.
- All campers and visitors must sign-in/sign-out at the camp office.
- Two-deep leadership is required at all times for youth. BSA Youth Protection guidelines must be practiced; leaders and parents must be trained.
- No thru traffic in program areas.
- No running on trails, hills, or stairways.
- Bicycles are not permitted (unless enrolled in the mountain biking program).
- No one may ride in the back of a truck or trailer; seat belts must be worn by anyone in a moving vehicle.
- Speed limit in camp is 9 mph. Pedestrians always have the right of way.
- No extension cords are allowed.
- No fires or open flames are allowed in tents, adirondacks, cabins, or any other camp structure.
- Anyone leaving camp must sign-out at camp office.

General Information

Emergency Procedures

This outline is designed to familiarize any camp visitor or employee with the plan on emergency procedures. This will cover possible situations, protective measures, and how situations will be handled. Some situations include: a missing person, fire, tornado or windstorm, epidemic or mass illness, serious accident or fatality, and special hazards.

In the event of an emergency, use the following procedures:

- When the alarm is sounded, you will hear 3 long blasts of a siren. All youth and leaders should report immediately to their ranger.
- The ranger will take a quick headcount and report to the camp office to receive instructions and return to the crew.
- Instructions may require crews to go to the camp office, dining hall, or other camp facility. Follow the instructions of your staff runner immediately.
- In the event of **High Temperature** and **High Humidity**, everyone should drink plenty of fluids. Each person should drink as much as four (4) quarts of water a day. Even those in excellent physical condition should avoid strenuous exercise during these times.
- In the event of **High Humidity**, the camp health officer will remind youth and leaders at each meal to continue drinking water.
- In the event of **Lightning**, all aquatic activities will halt and all participants will move to the nearest shelter (not a tree). When the storm passes, youth will be advised by their ranger as to their next step.
- In the event of a **Chemical Spill**, the Fire Department and Sheriff's Office will be notified.

The "all-clear" signal is the ringing of the camp bell. At this signal, normal camp activities will resume.



General Information

Medical Treatment

Within 72 hours of departing for Lawhorn each crew is required to complete the Pre-Camp Health Screening found on page 37. This can be completed by any adult 21 years old or older. Any participant who appears symptomatic or has a fever over 100 degrees must be left at home. Upon arrival at base camp each participant will undergo a medical recheck.

Each crew carries its own first aid kit to treat minor cuts, bruises, scratches, and burns. Lawhorn requires that at least one person (preferably two) in each crew on trekking programs be currently certified in American Red Cross Wilderness First Aid Basic First Aid and CPR or the equivalent. For crews participating in base camp programs only, at least one person (preferably two) in each crew be currently certified in American Red Cross Basic First Aid and CPR. More serious cases must be treated by Lawhorn's medical staff, which includes EMTs, first responders, and medical students. All staffed camps have two-way radios for reporting serious illnesses and injuries to the Health Lodge; this is done by the director. The nature of the injury and the patient's location determine whether to transport to base camp, a medical staff member goes to the patient, or professional medical services are requested.

Everyone who gives first aid when blood or body fluids may be present must wear latex gloves. Anyone who comes into contact with body fluids or substances should immediately wash with soap and water skin surfaces that came in contact with body fluids. Report it at the next staffed camp so that they can contact the health lodge.

When necessary, Lawhorn can request resources from throughout the state of Georgia and adjacent states including trained search and rescue personnel (in addition to the Lawhorn staff), search dogs, trackers, helicopters, and other support. Lawhorn has written plans for managing different types of emergencies that may arise. Staff are trained in how to respond in emergencies that are most likely to occur.

The most common injuries and illnesses treated at the Lawhorn Health Lodge are:

Sprains (knee or ankle)	Sore throat
Abrasions/Lacerations	Upset Stomach
Upper Respiratory Infections	Hypertension (high blood pressure)

First aid providers should be knowledgeable in recognizing and treating these ailments.

These items are recommended for a first aid kit to be used by a crew enroute to, during, and returning home from a Lawhorn adventure.

Band-aids (assorted sizes)	Moleskin/Molefoam	Safety pins
Gauze pads 3"x3"	Second Skin	Side cutters
Adhesive tape 1"x5 yd.	Antihistamine (Benadryl)	Chemical ice packs
4" Elastic bandage	Cold caplets	Thermometer
Disposable alcohol wipes	Small bar soap	Throat lozenges
Sunscreen lotion (25 SPF or +)	Ana-Kit (if needed)	Tweezers
Antibiotic ointment (Mycitracin)	Triangular bandage	
Steroid cream (hydrocortisone)	Insect repellent (no DEET)	
Acetaminophen (Tylenol)	Ibuprofen tablets	
Antacids (Tums, Rolaids)	Foot powder	
Latex gloves	Chapstick	
Barrier device for resuscitation	Oval eye patch	
Needle	Scissors	

General Information

Medical Treatment (cont'd)

Many “over the counter” medicines and first aid supplies are available at Dripping Rock Outfitters.

Camper Insurance Coverage

All campers and leaders must be covered by accident and sickness insurance. Scouting units may purchase this policy from Health Special Risk, Inc. Some local councils provide this coverage to all units as part of their annual charter.

Emergency Transportation Costs

Scouts, Scout Leaders, and Advisors who must return home before the end of their expedition because of illness or injury, are responsible for transportation costs (shuttle to airport, bus, etc.). Travel costs must be handled apart from the Lawhorn Scouting Base; monies will not be advanced for these costs. Crews should be prepared to pay emergency transportation costs from their contingency fund. Lawhorn will provide rides to: Columbus Airport, Middle Georgia Regional Airport, Hartsfield-Jackson Atlanta International Airport, Columbus Greyhound Station, and LaGrange Greyhound Station.

Reimbursement of approved travel costs and ticket change costs may be covered by Camper Insurance.



General Information

Camping at Lawhorn

Camping is the major activity at Lawhorn. You will camp every day on your adventure at Lawhorn—camps that vary from tent cities to rocky canyons to high plateaus. Your itinerary may include several different types of camps, such as starting, staffed, trail, and dry camps. Your Itinerary Guide will have detailed information on camp facilities.

Your starting camp is where you will receive ranger training and become further oriented and acclimated to Lawhorn. Rangers are the only staff in starting camps.

Staff camps are supervised by a director and program counselors to present unique program features. All staffed camps have water supplies and two-way radio communications with the Lawhorn administration. Commissaries and trading posts are available at some staff camps.

Trail camps have water but no staff. Here you are completely on your own (your Ranger will be present, but serve in a support role). All itineraries include several trail and/or dry camps. They are part of your Lawhorn experience. See your Itinerary Guide about what to do in trail camps.

Dry camps have no water and no staff (excluding your Ranger as support). They are used because they provide scenic views, pleasant campsites, and valuable training. You may need to carry water for several miles before arriving at your dry camp. Check your itinerary to determine the closest place to get water.

All camps are clearly designated with signs. Check your map and compass to be sure you're at the right place.

Fire Points

Fire rings have been established at all camps. They are to contain the fires, reduce possibilities of forest fire, limit amounts of wood burned, establish campsites in the most desirable locations, eliminate unnecessary fire lays, and designate the place for all cooking. Do not scar the beauty of Lawhorn camps by creating unnecessary new fire lays or enlarging existing ones. Keep your fire small—it will be easier to extinguish. Conditions may ban the use of wood fires. Stoves are required.



General Information

Camping at Lawhorn

Cooking—Food Pickups (trek programs)

Several different trail menus are issued. Packaged in durable, disposable poly bags, these light-weight trek meals have been carefully developed and checked for quality and quantity for rugged trekking needs of energetic young people and leaders who experience Lawhorn. Concentrated foods do not always look or taste the same as fresh, frozen, or canned foods, but when properly prepared they are appetizing and nourishing. Your crew may find it helpful to practice cooking freeze dried/dehydrated food before your trek begins.

Explicit cooking directions are indicated on each food packet for your convenience. Follow these directions closely.

When planning your trek, a Lawhorn itinerary planner will designate camps where you will pick up food. Normally, you will carry a 2-3 day supply—sometimes 4, depending on your itinerary. The staff will issue you specific menus according to a prearranged plan. The plan enables your crew to eat a different menu on each of your trekking day. Lawhorn trekking food is by necessity a high-carbohydrate, high-caloric diet. It is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. If an individual is allergic to some food products or requires a special diet, suitable trek food must be purchased at home and brought to Lawhorn.

Lightweight, non-perishable, low bulk foods are recommended for trekking. Package each day's meal separately and write the person's name and unit number (group name) on each package. Upon arrival to the base, give the food to your Ranger who will take it to camp services. Arrangements will be made to transport it to the appropriate backcountry commissaries for your crew. There is no fee reduction for individuals who bring their own food.

Appropriate substitutions can be arranged for food served in the dining hall by speaking with the dining hall manager upon your arrival to Lawhorn.

Lawhorn asks that food substitutions be requested only for medical (including allergies) or religious reasons. Your cooperation is appreciated. If there is any question about food substitutions, please contact Lawhorn by telephone (770-227-4556) or in writing. All food shipped to the backcountry is subject to inspection to insure best delivery method.



General Information

Preserving the Lawhorn Outdoors

Lawhorn is a magnificent wilderness camping area with an impressive network of trails and camps tied together by service roads designed for service and protection of both campers and land.

Since 1938, thousands of young people have enjoyed the great scenic beauty of Lawhorn's mountain terrain and river corridor, and have experienced the unique and memorable programs of the camp. However, in the past, a number of inconsiderate and impolite Scout campers, employing improper camping methods have marred certain areas of this beautiful land. Consequently, Lawhorn asks all campers and their Advisors to commit themselves to good Scout camping and genuine wilderness understanding.

Each camper and Advisor will be asked to sign the Lawhorn Outdoor Pledge, which declares that he or she will do everything possible to preserve the beauty and wonder of the Lawhorn outdoors and its facilities through good Scout camping. It is expected that Lawhorn campers will carry this pledge to all camping areas that they might visit throughout the world.

Outdoors Pledge

The major areas of emphasis involved in the Lawhorn Outdoors Pledge are:

Water

Water is a finite resource that is scarce in many places. Use water properly; never bathe or do laundry or dishes in or near a spring or stream. Do not disturb or throw rocks in springs. Everyone needs water, and you should leave each spring and stream as clean as you found it.

Plant & Animal Life

Respect Lawhorn's wildlife. Follow all guidelines regarding food handling and trash disposal. Never feed or harass wild animals. Do not cut green boughs or trees, or mark on them.

Trails & Campsites

Pledge to respect Lawhorn trails. Do not cut across switchbacks, and do not alter or change trail signs. Each crew is responsible for leaving a neat and orderly campsite, whether it be in base camp, staffed camps, or nonstaffed camps. Your campsite should be left litter-free with its latrine clean. Fires, if permitted, must be left DEAD OUT and then cleaned of debris before you leave. Do not trench tents; pitch them on high ground. You should respect the feelings of those crews camping near you and those that will come after you.

Litter and Graffiti

Each camper should make sure that all trails and campsites are left neat and clean, including base camp, shower, and tent areas. While litter can be picked up, graffiti often permanently defaces BSA property and detracts from the "Lawhorn experience". Do not contribute to this problem.

Everything Has an Impact

Take care for everything you do in the wilderness. Your steps, your tents, your voices...everything has an impact.

A Place for Everything

Pack out everything that you took with you. And, leave the things that were there when you arrived.

Program Information

Program Features

Each itinerary is carefully developed to give your crew the maximum enjoyment of camping, canoeing, or backpacking in the Pine Mountain range. Itineraries may include a mix of staffed camps, base camp, and trail/dry camps. Program features are available at staffed camps and base camp, and Ranger-facilitated programs are available at trail dry camps. Although these programs are not compulsory, they are recommended to get the most benefit from your Lawhorn experience.

More Lawhorn Superactivities

Applications are available by writing, calling (770) 227-4556, or emailing Lawhorn@scouting.org. In addition to regular adventures, Lawhorn offers the following superactivities.

OA Backcountry Adventure

The OABA is an opportunity to join other Arrowmen in cheerful service and the formation of lasting brotherhood on the trails of the Lawhorn Scouting Base. The program is a fourteen-day experience.

The first week focuses on backcountry construction and maintenance (trails, campsites, etc.). The second week is a seven-day trek that is designed by the participants (river and/or mountain). OABA is ultimately a journey that challenges Scouts mentally, physically, and spiritually.



Program Information

Flint River Challenge

The Flint River Challenge is a custom built base camp program, where all camping is done in platform tents in the adventure area. The program is built from a menu of high adventures, choosing several half-day experiences. Groups may choose adventures of any length for the Flint River Challenge.

- Day Hike
- Tubing
- River Canoe Trips
- River Ecology
- Sailing
- Geocaching

All participants must be 13 years old by the date they arrive.

Itinerary selection and assignment will begin on May 1 for crews that have paid in full.

Assignments are made on a first-come, first-served basis. Some of the menu choices this year will include (a full list and schedule availability will be in your Itinerary Guide):

- Tower climbing
- Tower rappelling
- Rappelling at Dripping Rock (natural rock face)
- Climbing at Dripping Rock (natural rock face)
- Low COPE
- High COPE

Evening activities will be held mid-session. The selection of these activities will be made by the crew at the shakedown, with the help of your Ranger. Some available activities include:

- Paintball gallery
- Mountain boarding
- Obstacle course
- Night zip-line

Sample Schedule

	Arrival Day	2nd Day	3rd Day	Departure Day
7:30 am		Assembly	Assembly	Assembly
7:45 am		Breakfast	Breakfast	Breakfast
9:00 am		Session	Session	Session
12:15 pm		Lunch	Lunch	Departure
2:00 pm		Session	Session	
4:00 pm	Arrival			
5:45 pm	Assembly	Assembly	Assembly	
6:00 pm	Opening Gathering	Supper	Supper	
7:30 pm	Shakedown	Evening Activities	Evening Activities	
9:00 pm	Legends of Lawhorn campfire		Closing Awards Campfire	
11:00 pm	Lights Out	Lights Out	Lights Out	

For crews completing multiple sessions of the Flint River Challenge, the schedule will repeat. Arrival day afternoon schedule will be replaced with an additional activity session, and campfires will be replaced with evening activities.

Program Information

Treks

Trek programs are available as Full Week or Extended lengths. This trekking program is focused on daily backpacking and canoeing between wilderness camps.

Trek itineraries include the 50-Miler Award. Our trekkers may also choose to earn 2 of these emerit badges: Backpacking, Bird Study, Forestry, Nature, Orienteering, Weather, or Wilderness Survival.

All participants must be 13 years old by the date of arrival.

Your Ranger will accompany the crew for the entire adventure to provide technical expertise, coaching, and support.

Itinerary selection and assignment will begin on May 1 for crews that have paid in full. Assignments are made on a first-come, first-served basis. Itinerary choices will be included in your Itinerary Guide.

Sample Schedule

	Arrival Day	2nd Day	3rd Day	4th Day	5th Day	6th Day	Departure Day
7:30 am	Arrival	Assembly	Depart Starting Camp	Trekking Activities	Trekking Activities	Trekking Activities	Assembly
7:45 am		Breakfast					Trekking Activities
9:00 am		Depart Base Camp	Trekking Activities				
12:15 pm							Activities in Starting Camp
		Assembly	Assembly				
5:45 pm						Supper	
6:00 pm		Evening Activities					
7:30 pm			Closing Awards Campfire				
9:00pm		Lights Out					
11:00 pm			Lights Out				



Program Information

River Rat

River Rat is an expedition program that focuses on the experience of living and moving on the river. It is available as a Full Week or Extended program.

Youth will complete requirements for Fly Fishing and Whitewater merit badges, plus the 50-Miler Award.

All participants must be 13 years old by the date of arrival.

Your crew will select an itinerary that includes trail/dry camps. This program does not include any staffed camps.

Your Ranger will accompany the crew for the entire adventure to provide technical expertise, coaching, and support.

Itinerary selection and assignment will be on May 1 for crews that have paid in full. Assignments are made on a first-come, first-served basis. Itinerary choices will be included in your Itinerary Guide.

	Arrival Day	2nd Day	3rd Day	4th Day	5th Day	6th Day	Departure Day	
7:30 am	Arrival	Assembly	Depart Starting Camp	River Activities	River Activities	River Activities	Assembly	
7:45 am		Breakfast					River Activities	Breakfast
9:00 am		Depart Base Camp	River Activities					Activity
12:15 pm							Activities in Starting Camp	Departure
							Return to Base Camp	
5:45 pm		Assembly	Camp in Starting Camp				Assembly	
6:00 pm		Opening Gathering				Supper		
7:30 pm		Shakedown				Evening Activities		
9:00pm		Legends of Lawhorn campfire				Closing Awards Campfire		
11:00 pm		Lights Out				Lights Out		



Program Information

Mountain Man

Mountain Man is a living history experience set in the Pine Mountain Backcountry. It is available as a Full Week program only.

All participants must be 13 years old by the date of arrival.

Crews will camp at the Mountain Man Outpost and become part of the Thunder Trading Company. Activities include learning how to set a trap line, making primitive cordage, tracking and stalking animals, shooting a muzzle-loader, and throwing tomahawks. Plus, camping in a real wilderness cabin, catching your fish with a cane pole, and

learning Native American craft, games, and traditions.

Your Ranger will accompany the crew for the entire adventure to provide technical expertise, coaching, and support.

	Arrival Day	2nd Day	3rd Day	4th Day	5th Day	6th Day	Departure Day			
7:30 am	Arrival	Assembly	Depart Starting Camp Mountain Man Activities	Mountain Man Activities	Mountain Man Activities	Mountain Man Activities	Assembly			
7:45 am		Breakfast					Breakfast			
9:00 am		Depart Base Camp					Activity			
12:15 pm								Activities in Starting Camp	Departure	
		Return to Base Camp								
5:45 pm									Assembly	Assembly
6:00 pm									Opening Gathering	Supper
7:30 pm									Shakedown	Evening Activities
9:00pm									Legends of Lawhorn campfire	Closing Awards Campfire
11:00 pm									Lights Out	Lights Out



Program Information

Thursday Thunder

Groups in base camp programs have the unique chance to visit Legends Racing at the Atlanta Motor Speedway on Thursday evening. This activity would replace any Thursday night in-camp program. Plan now for an evening of racing at one of NASCAR's premier tracks!

Reservations must be made in advance! You must make your group's reservation at least 2 weeks prior to camp (online or 770-227-4556). The fee of \$12 includes entrance fees and a pizza bar meal.

Cost: \$12.00 per person

Groups must provide their own transportation to and from the track (~45 minutes). Everyone should bring rain gear and ear protection.

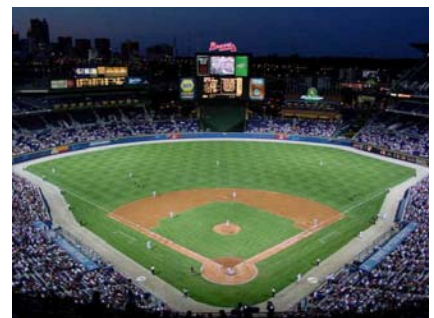
Groups will leave base camp at 5:00pm on Thursday and return at ~11:00pm.



Add-a-Trips

Is your group looking for other adventures? We can help you plan other adventures during your base stay, or before or after coming to camp. Groups must provide their own transportation. Contact us at 770-227-4556 to set-up group trips to:

- Stone Mountain Laser Show
- Georgia Aquarium (the world's largest)
- Six Flags Over Georgia
- Six Flags Whitewater
- World of Coke
- Atlanta Braves game



Program Information

A Scout is Reverent

The final point of the Scout Law is an integral part of camp. To assist traveling youth and adults in their obligations, we hold a non-denominational service on Sunday evening at our chapel. A Eucharistic Service is also held at our sister camp (2 miles away) at 7:30 pm on Sundays; transportation to this service is available.

The Lawhorn Grace will be said each day at morning and evening assembly. We encourage you to lead your group in grace each day before lunch. It is helpful if your Scouts and leaders learn the Lawhorn Grace before coming to camp.

Lawhorn Grace
For the light upon the mountain,
For the rushing of the river,
For this food, these friendships, and for Thunder,
We thank you, Lord, for all these wonders.
AMEN



Facilities

General Facility Information

We are proud to have one of the premier outdoor adventure facilities in the country. The support of the Flint River Council and Ini-To Lodge have made the Lawhorn Scouting Base the east coast's adventure destination for youth. Many of the buildings have been built and maintained by Scouting volunteers, chartered organizations, and the Order of the Arrow.

Some of our premier facilities at the Flint River Adventure Area include:

- Situated on the base of Pine Mountain with conveniently situated campsites.
- Over 2,000 acres of backcountry wilderness.
- Largest climbing center on east coast: 4 towers and indoor wall.
- Low and High COPE course with 2 zip-lines.
- 21-miles of hiking and mountain biking trails
- 3-miles of frontage on the Flint River.
- River Experience Center with outfitter-style fleet of buses and canoes.
- Home to ScoutParents Park and the Grand Pavilion.
- 125-seat air-conditioned dining hall
- Private lake for flat-water canoe & kayak training.
- Fully stocked Trading Post featuring name brand outdoor gear and plenty of snacks.

And, don't forget the Flint River Adventure Area is part of the Lawhorn Scouting Base, which includes:

- Two additional private lakes for swimming, boating, and fishing.
- 420-seat air-conditioned dining hall with giant picture windows.
- Lakefront amphitheatre with new state-of-the-art audio and visual equipment.
- Campsites with adirondacks or permanently-framed tents with built-in beds.
- Picturesque chapel on bluff above Lake Ini-To.
- New professionally designed archery, rifle, and shotgun ranges.
- Complete health center with exam room and sick quarters.
- Large athletic field.
- Aquatics bath house with changing rooms and outdoor showers for quick rinse-offs
- **Brand New:** 360' swimming dock and SM lounge with Wi-Fi



Lawhorn Scouting Base Environmental Impact Policy

In order to maintain a traditional Scouting atmosphere a number of environmental policies have been developed. The aim of these policies is to preserve the Lawhorn Scouting Base in the most naturally pristine state possible. Despite the possible inconvenience that may be caused by adherence to these policies, it is extremely important that all Scouts, Scouters, and visitors to the Lawhorn Scouting Base are educated about and strictly follow them. Only then will the Lawhorn Scouting Base remain the sanctuary for Scout camping that it has been for the past 71 years.

"And what will be the disposition of the landscape? Will it be used, as always, in whatever way we will, or will it one day be accorded some dignity of its own?"

-Barry Lopez, *Arctic Dreams*

Goal

Preserve and protect the outdoor character. Allow for naturalness and provide opportunities for solitude, challenge, and inspiration. Within these constraints, and following a policy of non-degradation management, provide for recreational, scenic, educational, scientific, and historical uses.

This prescription is applied to those acres classified as scout reservation, more specifically, the Gerald I. Lawhorn Scouting Base.

The Recreation Opportunity System (ROS) concept emphasizes that quality in outdoor recreation can best be achieved by providing a diversity of opportunities, consistent with resource limitations, to satisfy varying preferences by users. Standard ROS and their standards apply to all designated lands.

Trail Usage

1. Trails must be used at all times when traveling in camp. The only exception is when walking on a road or through a field. Trail use must always be single file and in the middle of the trail. Do not bypass switchbacks.
2. Certain preexisting trails have been closed because of erosion, overuse, or logistics. These trails may no longer be used. Any person found using these trails should be strongly encouraged to refrain from future land misuse.
3. No new trails may be constructed. Proposals for new trails will be entertained by the camp administration, although no construction may begin without the express consent of the administration. Further, a limits of acceptable change report should be organized on the proposed trail area prior to approval for construction.
4. Stay off developing user-created trails to allow time for the area to recover fully.

Road Access

1. As per BSA policy no vehicles will be allowed to drive in camp during program operations.
2. Limited vehicle use will be allowed during check-in and check-out. This will be strictly limited to one vehicle per unit. Each vehicle must have the required permit and equipment.
3. No vehicles may be left within the camp. Small trailers may be left at the campsite, but must be parked clear of the road to allow fire-rescue access. Trailers must also be parked in such a way as to not cause erosion or deterioration to any property.
4. Any vehicle that enters camp property must stay on designated roads. No vehicle may attempt to access a foot trail or other open space. Prohibited driving surfaces include all fields. As such, some campsites DO NOT have vehicle access and may only be accessed on foot.

Fire Rings

1. Ground fires may be constructed in designated locations. When constructed, each fire must be accompanied by at least three (3) gallons of water and an area of five (5) feet must be cleared in every direction, circular, around the fire ring.
2. No new fire rings may be constructed without the express permission of the camp administration. Further, a limits of acceptable change report should be organized on the proposed fire ring area prior to approval for construction.

Fire Safety

1. Avoid building fires near dry grass, trees, branches, and root systems.
2. Avoid building fires on windy days.
3. Never leave a fire unattended, including charcoals.

Collecting Firewood

1. Be sure there is abundant deadwood in the area, at least sixty (60) yards from any campsite.
2. Never collect wood from standing trees. Do not cut, saw, or axe any living plants.
3. Use dead, dry wood found on the ground and no more than one or two inches thick.
4. Gather firewood away from campsite so that collection area does not look denuded.

Fire Cleanup

1. Burn all wood completely to ash.
2. Let the ash cool until you can sift it through your fingers.
3. Crush remaining charcoal and scatter ash and charcoal bits widely.
4. Scatter unburned firewood.

Campsite Use

1. Confine activities to the well-worn areas and avoid enlarging the area of disturbance. Leave campsites clean and attractive so that others may enjoy them.
2. In lightly used areas the goal is to minimize the number of times that the site is trampled.
3. Avoid areas where signs of impact are just beginning.

Respecting Wildlife

1. Observe animals in their habitat, not on your terms. Do so only from behind cover and at a distance.
2. Learn about indigenous animals and their habits.
3. Do not continue to approach animals when you can tell they are aware of you.
4. Be fastidious about food storage and scraps.

Erosion

1. Many areas on camp property are experiencing extreme erosion problems. These locations are absolutely off-limits for any use. Any person seen treading on these locations should be strongly encouraged to refrain from future misuse.
2. Trails built on a steep grade must be constantly monitored for erosion. Water breaks should be installed at the first sign of erosion on these trails. These breaks must be replaced every few years in order to maintain trail integrity.

Leave What You Find

1. Allow others a sense of discovery by leaving rocks, plants, cultural artifacts, and other objects as you found them.

Backcountry Activities

1. Always apply all camp policies to activities held on lands of other agencies.
2. Human waste should be left above ground and not scattered. When possible, urinate on trees, rocks, or other hard surfaces. All man-made toiletry items, including toilet paper, must be carried back to camp.
3. With the exception of human waste, the principle of "pack it in, pack it out" must be applied.

Notice: Each of the above policies is strictly enforced. Adherence to each and every policy is mandatory for each Scout, Scouter, and visitor to the Lawhorn Scouting Base. Negligence in environmental responsibility will result in direct and appropriate action, including if necessary, dismissal from camp property.

*Let no one say and say it to your shame
That all was beauty here until you came.*

Group Pre-Camp Health Screening Form

Unit: _____ Date of Screening: _____

Conducted By: _____

All participants must be included in this screening (adult and youth) with 72 hours of arrival. Record their temperature, and any signs of nasal congestion, sore throat, or cough.

Any participant with a temperature of 100° or more may not depart and must be left at home.

Name	Temperature	Nasal Congestion?	Sore Throat?	Cough?

Important Trip Information

Write down the following information and give a copy to all adults. Give a second copy to the camp director upon check-in.

Whom should we notify in case of an accident involving a member of your group?

Name_____

Phone_____

Address_____

Who will accompany injured or ill youth home?

Name_____

Phone_____

Address_____

Who will take charge of your troop in your adult leader's absence?

Name_____

Phone_____

Address_____

Whom should we contact in case of breakdown or separation?

Name_____

Phone_____

Address_____

PRESCRIPTION MEDICATION RECORD

Group _____ Itinerary _____	
Youth Name _____	Parent's Name _____
Address _____	Phone _____
Name of Drug _____	Dosage _____
Medication _____	Strength _____
Reason for medication _____	
When was the medication started? _____ Temporary _____ Permanent _____	
Side effects: (please circle all that apply) reactions to food, dehydration, stress, iodine, other medications, decreased balance, decreased appetite, motor skills, concentration, drowsiness, lethargy, etc.):	
Special storage instructions _____	Quantity In _____ Quantity Out _____
Health Officer Signature _____	Leader Signature _____

Group _____ Itinerary _____	
Youth Name _____	Parent's Name _____
Address _____	Phone _____
Name of Drug _____	Dosage _____
Medication _____	Strength _____
Reason for medication _____	
When was the medication started? _____ Temporary _____ Permanent _____	
Side effects: (please circle all that apply) reactions to food, dehydration, stress, iodine, other medications, decreased balance, decreased appetite, motor skills, concentration, drowsiness, lethargy, etc.):	
Special storage instructions _____	Quantity In _____ Quantity Out _____
Health Officer Signature _____	Leader Signature _____

I agree to be available for direct communication from the person dispensing or administering the medication. Specific conditions under which I should be contacted regarding the condition or reactions of the scout receiving the medications are: _____

Phone _____ Physician Signature _____

Make copies as needed.

Flint River Adventures Crew Photo Order Form

Troop photos are produced in a 8"x10" for \$8.00 each. Photos will be ready by Friday evening.

Group _____

Council _____

Contact Person _____

Phone _____

Email _____

Mailing Address _____

Troop Photo– 8"x10": Quantity: _____ X \$8.00: TOTAL: _____

Payment for photos is due at time of order. Make checks out to "Boy Scouts of America". Payment may be made as part of camp fees settlement. Each crew will receive one photo for free.



Directions to the Gerald I. Lawhorn Scouting Base

PHYSICAL ADDRESS: 1166 Dripping Rock Road, Molena, Georgia, 30258

FROM GRIFFIN: (approximately 45 minutes) US 19 South to first light in Zebulon. Turn right on Georgia Highway 18 West through Concord and Molena to Georgia Highway 74. Turn left on GA 74 to travel east for 2 miles toward Thomaston. Turn right on Lawrence Road and make an immediate right onto Thundering Springs Road. Travel straight for 1/2 mile into the Lawhorn Scouting Base.

FROM NEWNAN: (approximately 1 hour) Georgia Highway 16 east to Senoia traffic light, then turn right onto Georgia Highway 85 South. Travel through Gay to Woodbury, turn left at stop light for Georgia Highways 74/18/109 and travel for ~4 miles. Continue to follow Georgia Highway 74 (stay right toward Thomaston) for 2 miles. Turn right on Lawrence Road and make an immediate right onto Thundering Springs Road. Travel straight for 1/2 mile into the Lawhorn Scouting Base.

FROM FAYETTEVILLE: (approximately 1 hour) Take Georgia Highway 85 South through Senoia and Gay to Woodbury, turn left at stop light for Georgia Highways 74/18/109 and travel for ~4 miles. Continue to follow Georgia Highway 74 (stay right toward Thomaston) for 2 miles. Turn right on Lawrence Road and make an immediate right onto Thundering Springs Road. Travel straight for 1/2 mile into the Lawhorn Scouting Base.

FROM THOMASTON: (approximately 25 minutes) Take Georgia Highway 74 West for ~14 miles. Turn left on Lawrence Road and make an immediate right onto Thundering Springs Road. Travel straight for 1/2 mile into the Lawhorn Scouting Base.

FROM I-75 SOUTH (traveling north): I-75 north to Macon, Georgia at exit 156 for I-475 bypass west. Take exit 5 for Georgia Highway 74 West / Thomaston Road. Follow Georgia Highway 74 West to Thomaston (~32 miles). Continue on Georgia Highway 74 West for ~14 miles. Turn left on Lawrence Road and make an immediate right onto Thundering Springs Road. Travel straight for 1/2 mile into the Lawhorn Scouting Base.

FROM I-75 NORTH (traveling south): I-75 south to McDonough, Georgia at exit 216 for Georgia Highway 155 West to Griffin. Take US 19 South to first light in Zebulon. Turn right on Georgia Highway 18 West through Concord and Molena to Georgia Highway 74. Turn left on GA 74 to travel east for 2 miles toward Thomaston. Turn right on Lawrence Road and make an immediate right onto Thundering Springs Road. Travel straight for 1/2 mile into the Lawhorn Scouting Base.

FROM I-85 SOUTH (traveling north): I-85 north to LaGrange, Georgia at exit 18 for Georgia Highway 109 East to Woodbury. Continue on Georgia Highways 74/18/109 and travel for ~4 miles. Stay to the right to follow Georgia Highway 74 (toward Thomaston) for 2 miles. Turn right on Lawrence Road and make an immediate right onto Thundering Springs Road. Travel straight for 1/2 mile into the Lawhorn Scouting Base.

For custom directions, please contact our camping staff.

Estimated Travel Times From Common Departures

Atlanta Airport: 1 hour, 15 minutes	Birmingham: 3 hours, 30 minutes
Macon: 1 hour, 35 minutes	Orlando: 7 hours, 15 minutes
Savannah: 4 hours, 20 minutes	Miami: 10 hours, 55 minutes
Valdosta: 3 hours, 40 minutes	Nashville: 5 hours, 40 minutes
Columbus: 1 hour, 10 minutes	Charlotte: 5 hours, 35 minutes
Jacksonville: 5 hours, 40 minutes	Tampa: 7 hours, 25 minutes

Staff of the Lawhorn Scouting Base



Andrew Gast serves as the Director of Camping Services, responsible for the Gerald I. Lawhorn Scouting Base and council's camping and program department. Andrew is an Eagle Scout, recipient of the Vigil Honor, and 12-year alumnus of the Camp Rainey Mountain staff. He began his professional service to Scouting in 2005 as a District Executive in Orlando, FL, then Senior District Executive in Daytona Beach, FL. Andrew was selected to manage the Lawhorn Scouting Base in May 2009 and also serves as the OA Section Staff Advisor for SR-9- the largest section in the Southern Region. He serves as a director for the management section of the National Camping School. Andrew holds a BSEd in Administration of Recreation & Leisure Services from the University of Georgia. He is a passionate skier and backpacker. He is married to Kristen Gast, an administrator at a local technical college.

Cindy Schuchardt serves as the Camp Program Specialist and is responsible for the coordination and delivery of all camp programs. Cindy has served in the Peace Corps focusing on education programs in Zambia and been a part of camp staffs in Montana. She holds a BA from Hamline University and has certifications from the National Camping School in Camp Management and C.O.P.E.



Jason Gill serves as the Camp Reservations Specialist and Camping Assistant, responsible for camp registrations, customer service, and continuity of camp programs. Jason joined the team at the Lawhorn Scouting Base in July 2009 and holds National Camp School certification in camp management and day camp management. He is married with 4 children and serves as the Cubmaster of Pack 103 in Meansville, GA.

Mayne Gooden serves as the Ranger for the Lawhorn Scouting Base. Our most tenured staff member, having started in 1998, Mayne is responsible for the maintenance and construction management at the base. He holds many licenses and permits, including as a general contractor and water system operator, and certified as a camp ranger by the national camping school. Mayne is married with 5 children and 9 grandchildren.

