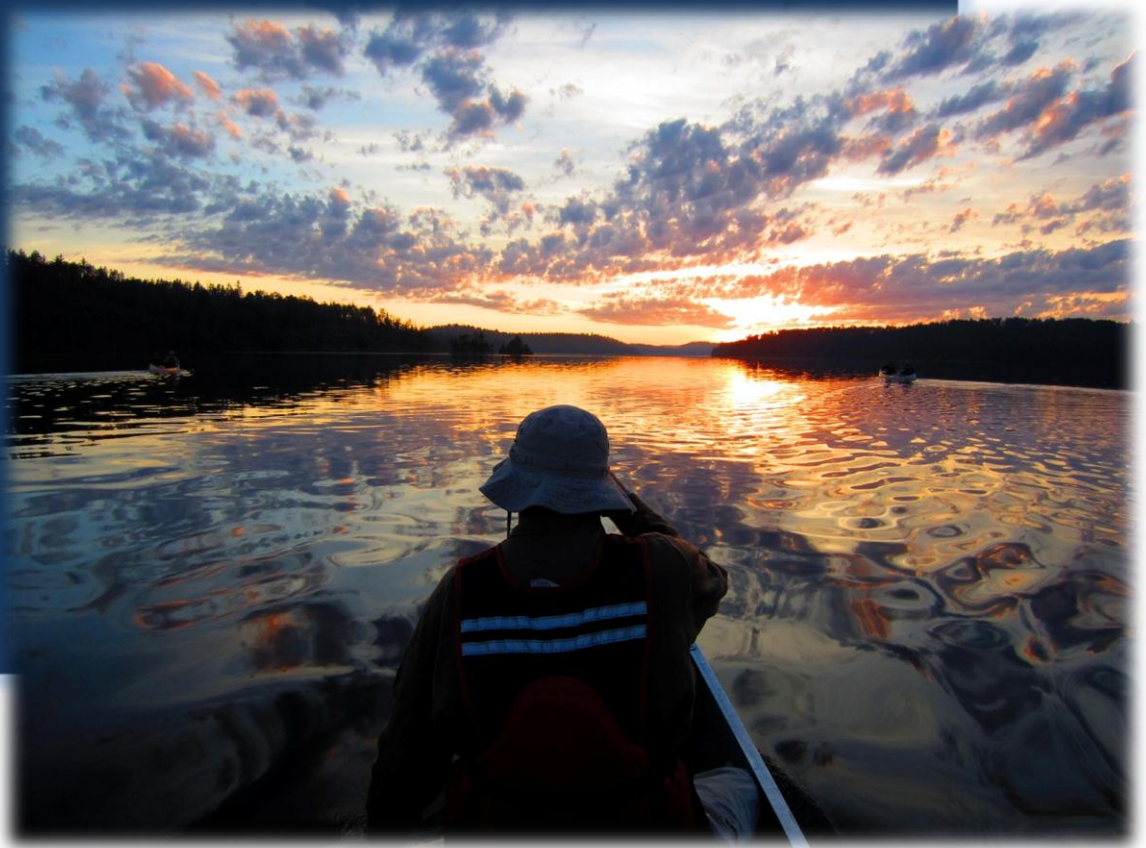


Northern Tier National High Adventure Programs



Participant Handbook Summer/Autumn 2013



WELCOME TO NORTHERN TIER NATIONAL HIGH ADVENTURE PROGRAMS!

THE MISSION OF THE BOY SCOUTS OF AMERICA:

It is the mission of the Boy Scouts of America to serve others by helping to instill values in young people and in other ways, to prepare them to make ethical choices during their lifetime in achieving their full potential. The values we strive to instill are based on those found in the Scout Oath and Law.

PRONUNCIATION GUIDE

Ely: Ee' lee

Atikokan: At' i coke' can

Bissett: Beh set'

Quetico: Kwet' i ko

Atikaki: At' i kāk' ee

OKPIK: Ook' pick

NORTHERN TIER DELIVERS WILDERNESS ADVENTURE!

The mission of Northern Tier High Adventure Programs is to provide high quality character development experiences for all of Scouting's participants through challenging wilderness adventures - featuring expedition canoeing and extreme-temperature winter camping - in the rugged North Woods of Minnesota, Ontario and Manitoba.



Welcome to the Northern Tier National High Adventure Bases and the great North American Canoe Country. This region is associated with a rich history. The Fur Trade Era, from the late 1600s through the late 1800s, is certainly a colorful piece of our history. Several fur trading companies hired French-Canadian Voyageurs, a hearty breed of adventurers, to paddle birch bark canoes and haul trade goods and furs thousands of miles each summer by water and portage trail. This handbook is presented to **you, the modern Voyageur**, as a reference for the history and adventure of the Canoe Country, both past and present. We hope you are dreaming of your wilderness canoeing adventure and that the thought of traveling the canoe country excites you. Are you ready for the challenge of paddling and portaging your canoe and gear across the same lakes and portages as the historic voyageurs did? Northern Tier operates three high adventure program bases located in Ely, Minnesota; Atikokan, Ontario; and Bissett, Manitoba. From these facilities millions of acres of sky-blue lakes, meandering rivers, dense boreal

forests and wetlands are available for paddling and portaging. The mystique of the wild outdoors and historical features will lure you to explore, to learn and to seek new challenges. Read and reread this handbook carefully, as it informs you of many details that will help you prepare for your trip. The Personal Equipment List is very important for you and your crew. Bring only the items mentioned and try to share as many items as possible amongst other crew members. Remember, you will be carrying everything you bring. Proper planning before your trip will assure you and your crew of an enjoyable wilderness adventure!

ARE YOU ELIGIBLE?

To participate in Northern Tier National High Adventure programs, the participant **must be**

- 1) **A registered Boy Scout, Varsity Scout or Venturer,**
- 2) **13 years of age during the year of attendance, AND**
- 3) **Be classified as a “swimmer” prior to arrival** (see next section for swimmer classification requirements).

In keeping with the policies of the Boy Scouts of America, registration and participation in Northern Tier National High Adventure programs is without regard to race, color or national origin. The above are minimum requirements. The National High Adventure Department of the BSA recommends that age, BSA membership and swimming ability not be the only criteria for determining participation on High Adventure expeditions. The following should also be considered:

- 1) Maturity
- 2) The ability to carry a heavy load (70 lbs.) over steep, muddy and rugged portages.
- 3) Camping/canoeing experience
- 4) Height/weight requirements
- 5) Physical condition

BE A SWIMMER

Everyone in your crew must be classified as a swimmer prior to arriving at Northern Tier Bases. To qualify as a swimmer, you must be able to swim 100 yards (75 yards any forward stroke and 25 yards in a resting backstroke) and to rest by floating. The Swim Classification Form, sent to your advisor and available online at www.ntier.org, must be completed prior to your arrival verifying each and every participant is classified as a swimmer. **Non-swimmers and beginners cannot participate in a wilderness canoe trek.** It is the responsibility of the contingent, unit and/or crew leader to make sure all participants (including adults) are swimmers as indicated in the [Safe Swim Defense Plan](#). **If you are not a swimmer, be sure to talk to your leader(s).**

It is Northern Tier policy to wear a PFD, your “wet boots” and to follow the BSA Safe Swim Defense Plan anytime someone goes swimming.

GET A PHYSICAL EXAMINATION AND PARENTAL PERMISSION

All participants, youth and adult, **MUST** bring a completed Annual BSA Health and Medical Record form. A blank BSA Health and Medical Record form is available at the Northern Tier website www.ntier.org. Be sure to provide the doctor Parts A, B, C and D of the form when you go for your physical exam. A parent or legal guardian must complete the medical history and sign the medical form if you are under the age of 18. Every participant, youth and adult, must have a physical examination performed by a physician within 12 months of your expedition end date. When you arrive at Northern Tier, your advisor will turn in all medical forms for the duration of your trip. Keep a copy for your records. If anyone arrives without a medical form signed by a physician and a parent or legal guardian if under 18, your trek may be delayed for a day or longer until the situation is rectified. **The only medical form Northern Tier will accept is the Annual BSA Health and Medical Record.** Good physical condition is essential. Follow the guidelines in the Train for Adventure section of this booklet. Each participant in a Northern Tier expedition should not exceed the maximum acceptable weight for height in the table shown on the Annual BSA Health and Medical Record form. Those who fall within the recommended weight limits are much more likely to have an enjoyable trek and avoid incurring injuries and health risks.

The following table shows the recommended weights for each height, as well as the maximum weight for that height. **Northern Tier strongly recommends that each participant not exceed the maximum weight on the table for their height. Northern Tier requires that you fall between the minimum (100 pounds) and maximum (295 pounds) allowed weights for participation.**

Weight-to-Height Table Northern Tier National High Adventure Programs		
Height	Recommended Weight (pounds)	Maximum Weight (pounds)
Minimum Allowed Weight ***No participants weighing less than 100 pounds will be allowed to participate.		
5' 0"	100 - 138	166
5' 1"	101 - 143	172
5' 2"	104 - 148	178
5' 3"	107 - 152	183
5' 4"	111 - 157	189
5' 5"	114 - 162	195
5' 6"	118 - 167	201
5' 7"	121 - 172	207
5' 8"	125 - 178	214
5' 9"	129 - 185	220
5' 10"	132 - 188	226
5' 11"	136 - 194	233
6' 0"	140 - 199	239
6' 1"	144 - 205	246
6' 2"	148 - 210	252
6' 3"	152 - 216	260
6' 4"	156 - 222	267
6' 5"	160 - 228	274
6' 6"	164 - 234	281
6' 7" +	170 - 240	295
Maximum Allowed Weight ***No participants weighing more than 295 pounds will be allowed to participate.		

ADULT LEADERSHIP

A minimum of two registered adult leaders or one registered adult and one parent of a participating youth, one of whom must be at least 21 years of age, are required for each crew. There are no gender restrictions for leadership except that a co-ed Venturing crew must have both a male and a female leadership 21 years old or older. Each crew must present proof of adult leader training upon arrival. At least one adult must present proof of current training in the following: CPR, Wilderness First Aid, Safe

Swim Defense, Safety Afloat and Weather Hazards. All adults must present proof of current Youth Protection Training.

RISK ADVISORY

Your safety is of the utmost importance to us. Northern Tier National High Adventure Bases have an outstanding safety record. The Boy Scouts of America and Northern Tier emphasize safety through education and strict adherence to established policies and procedures. The safety of your group is dependent upon your attention to these procedures as well as being physically fit, properly equipped and trained for the rigors of remote wilderness canoeing. Following these policies and procedures maximizes the potential for a safe and enjoyable experience for all involved. Parents, leaders and participants should be advised that despite our best attempts at risk management, it is not possible to remove ALL risk from a wilderness expedition.

For more information about possible risks at Northern Tier, see the *Advisor Planning Guide* at www.ntier.org.

PREPARE FOR HIGH ADVENTURE

Your adventure begins at home. Months before arriving at a Northern Tier National High Adventure Base, you should begin planning and training. A famous explorer once said, "The key to successful planning is living the experience in advance." This guidebook has been developed to help you anticipate what to expect in order to better prepare yourself and your crew. The more thorough your planning is, the more successful your experience will be.

TRIP ORGANIZATION

Northern Tier uses the term "crew" to describe the group of scouts/venturers and the adult advisors attending a Northern Tier canoe base. An organized crew quickly accomplishes its chores and has more time to enjoy the canoe country. Ideally, you and your other crew members are organized before your arrival at Northern Tier. This will be easier if your crew is made up of members from your troop or venture crew. If your trek is a part of a council contingent and is made up of scouts or venture crew members from various council units, Northern Tier recommends that the trek members have several organizational meetings and/or training outings to help crew members and the leaders to get prepared for the canoe trip.

Your crew size will vary by the base you are attending:

- Ely - 6-8 participants
- Atikokan - 6-8 participants in the Quetico and 6-11 participants in the Crownlands
- Bissett - 6-11 participants

In addition to the participants you are coming to Northern Tier with, your crew will be assigned an interpreter who will accompany you on your trip.

ELECT A CREW LEADER

Each crew should elect a crew leader from the youth members before beginning a trek, either at home or at the Northern Tier base on your arrival day. The crew leader is responsible for organizing and planning the crew's activities. He or she leads by example. This responsibility requires someone with leadership ability and who is respected by all the crew members. The crew leader must be aware of the interests and capabilities of everyone in the crew.

ROLE OF YOUR ADULT ADVISOR

Your adult advisors will counsel and advise the crew leader and crew. The advisor lets the crew leader lead the crew. The adult advisor provides discipline should it be required and offers suggestions to help

the crew leader. Your advisor is responsible for the safety and well-being of each crew member and if needed will be assisted by the Northern Tier staff member assigned to your crew.

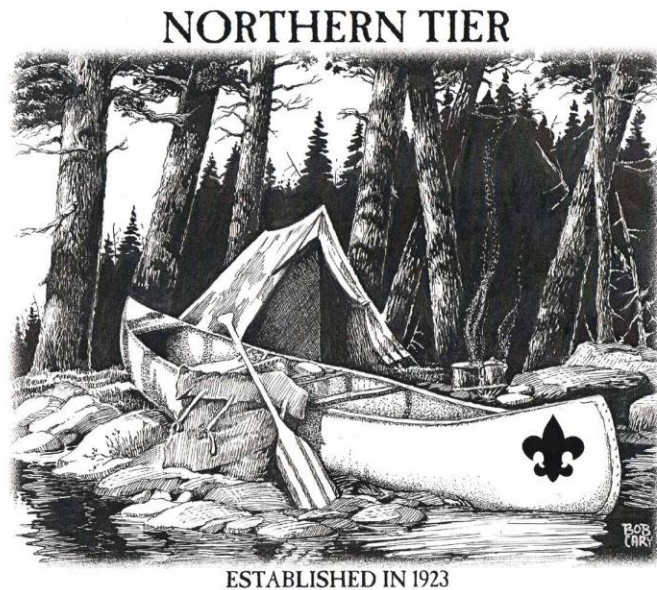
ROLE OF THE NORTHERN TIER STAFF MEMBER –THE INTERPRETER

When you arrive at your Northern Tier base, your crew will be greeted by a wilderness canoe counselor officially known as an Interpreter. The Interpreter will join your crew and stay with the group for the entire wilderness canoeing expedition and lead you through the first day orientation/outfitting procedures before you hit the trail. The Interpreter is an adult male or female who has been trained as a BSA National High Adventure Base Staff member. The Interpreter provides training support, “interprets outdoor skills” and acts as a resource person to the crew leader, the crew and the adult advisor. In an emergency or any situation involving safety, the Interpreter will act in conjunction with the adult advisors. The Interpreter is not a “fishing guide” but acts as a resource person for the skills pertaining to Scout camping and wilderness canoeing. He or she is a specialist with the equipment and food carried on canoe trips. The Interpreter has been trained in the history of the canoe country and special safety practices to be observed on a wilderness canoe trip.

SELECT YOUR TREK PROGRAM OPTIONS

Before you arrive at a Northern Tier High Adventure Base, examine the program opportunities listed below. You will have the opportunity to do some of the following. Discuss with your other crew members and prioritize your top 5 choices and record on paper to discuss them with your Interpreter.

- **Fishing**
- **Swimming**
- **Ecology**
- **Observing Wildlife**
- **Star Gazing**
- **Conservation Project**
- **Photography**
- **Cooking and Baking**
- **Low Impact Camping**
- **Backcountry Navigation**
- **Historic Trail Award**
- **Float Plane Drop off/Pick Up**
- **Lake Monitoring Program**
- **Geocaching**
- **Duty to God Program**
- **Extra Miler Emblems**



More information on awards can be found online at www.ntier.org/TripPlanning/Awards.aspx

TRIP PLANNING

Prior to arriving at Northern Tier your crew should answer the following questions:

1. **How many days is our trip?**
2. **How far do we want to paddle each day?**
 - a. **The average crew paddles/portages approximately 2 to 3 mph**
 - i. **Easy days will encompass 8 to 12 miles**
 - ii. **Moderate days will be 13 to 19 miles**
 - iii. **Difficult days will be 20 miles and above**

3. Do we want to have a layover day (stay in a campsite 2 nights and a full day)?
4. Do we want to fish a lot?
5. Which of Northern Tier's special awards do we want to earn?
 - a. Which one(s)? What's the priority?
 - b. These awards can be found at www.ntier.org/TripPlanning/Awards.aspx
6. Do we want to try to avoid portages or embrace their amazing existence and challenge ourselves to overcome as many as possible?
7. Do we want to go on big lakes, small lakes, rivers or a combination?
8. Do we want to see waterfalls?
9. Do we want to see pictographs/petro glyphs?
10. Do we want to really get away from others, or embrace the other wilderness visitors?

The answers to these questions will be used to plan your trek on the day you arrive at Northern Tier.

GIVE YOUR PARENTS THE EMERGENCY TELEPHONE NUMBER AND YOUR CREW NUMBER

For an emergency, it is best to call between 8:00 AM and 5:00 PM and talk with a full time staff member. During off hours a duty officer will answer the emergency line. An emergency message MUST include the full name and the crew number. Northern Tier will not be able to contact the person if they are on their trek; however the message will be attached to the crew file for delivery upon the person's return to base. **No Collect Calls Will Be Accepted.**

**Telephones are available for use by participants at all 3 bases.
These numbers are strictly for emergencies:**

Ely Phone: 218.365.4811

Ely Fax: 218.365.3112

Atikokan Phone: 807.597.5822

Bissett Phone: 204.277.5261

MAILING ADDRESSES FOR PARTICIPANTS

ELY BASE - You will be attending the Ely Base if your crew number begins with "E." Mail for participants attending the Ely Base only should be addressed as shown below. Sending mail is not encouraged as it must be sent shortly after the person has left home to ensure receipt. All mail must have a return address so it can be returned to the sender if the letter arrives after the person has left for home.

Full Name and Crew Number
Northern Tier National High Adventure Base
14790 Moose Lake Road
Ely, MN 55731

ATIKOKAN BASE AND BISSETT BASES - If your crew number begins with an "A", "F" (for Fishing trek), or "K" (for Kayaking trek) – you will be attending the Atikokan Base. If the crew number begins with a "B", you will be attending the Bissett Base.

Mail delivery to Canada takes a very long time.
Please do not plan to have mail sent to Atikokan or
Bissett - It will probably arrive long after you have
already departed for home.

REVIEW CAMPER INSURANCE COVERAGE

The Northern Tier fee includes accident and sickness insurance coverage. This applies for your travel to and from Northern Tier Bases as well as while you are on your canoe trek. This policy is secondary to a family policy. Insurance information of the family policy should be noted on the BSA Health and Medical Record form. A BSA *Camper's Accident and Sickness Insurance* pamphlet is available at www.ntier.org.

SHARPEN YOUR SKILLS

Use your BSA Handbook and Fieldbook to sharpen the following skills:

- ASSIGN DUTIES
- BACKCOUNTRY COOKING
- USING MAP AND COMPASS
- BEING PHYSICALLY FIT
- LEARN CANOEING SKILLS
- TRIM YOUR LOAD
- PADDLING A CANOE
- PORTAGING
- AVOID SWAMPING
- REACT TO SWAMPING
- LIFTING/FLIPPING A CANOE ONTO SHOULDERS
- WET FOOT PORTAGING - details at end of this book

WHAT GEAR IS NEEDED?

REQUIRED GEAR

- BOOTS** - All participants are required to wear boots that have full foot and ankle coverage, a rugged stitched or vulcanized sole and drainage at the instep. **THERE ARE NO EXCEPTIONS TO THIS.** Boots may be purchased through [Northern Tier's Trading Post](#).
- RAIN GEAR** - We require a quality rain jacket and recommend rain pants. Make sure that your rain gear is waterproof, not just water resistant. Ponchos are **NOT ACCEPTABLE** and are very dangerous in the event of a capsized canoe.

SUGGESTED PERSONAL GEAR

We have provided hyperlinks to Northern Tier Trading Post for items you can purchase online through Northern Tier.

'DRY CLOTHES' (also known as 'camp' clothes for the trail)

- Closed-toed and closed-heeled camp shoes (lightweight sneakers). Sandals, Water Slippers, Vibram Five Fingers® and Crocs™ are not allowed.
- [T-shirt](#) (synthetic)
- [Pants](#) (synthetic)
- [Socks](#) (wool or synthetic)
- [Lightweight fleece jacket or vest](#)
- Underwear (synthetic)
- [Stocking hat](#)
- [Long Underwear](#) (synthetic)

'WET' CLOTHES (also known as 'travel' clothes for trail)

- [Boots](#) (**REQUIRED**)
- [T-shirt](#) (synthetic)
- [Long-sleeve shirt](#) (synthetic) for sun and bug protection
- [Socks](#) (wool or wool/synthetic)
- Underwear (synthetic)
- [Pants](#), zip-off legs (synthetic). If not zip off then shorts (synthetic)
- [Broad-brimmed hat](#)
- [Rain coat](#) (**REQUIRED**)
- [Rain pants](#)

OTHER GEAR

- [Sleeping Bag](#) – synthetic, lightweight and compact 35 degree bag with compression stuff sack
- [Stuff sacks](#) for clothing and other gear - compression sacks or dry bags
- [Sleeping pad](#) - closed cell or self-inflating foam
- [Bandanna](#) or small camp towel
- [Belt or suspenders](#)
- [Toothbrush](#)
- [Bowl](#), plastic - 12 oz
- [Spoon](#), plastic or metal
- [Cup](#), plastic or metal
- [Water bottle](#) - 1 L (high quality - no recycled beverage bottles)
- Sunglasses and eye glasses with keeper strap
- Lip balm with sunblock
- Personal medications as needed (2 supplies to carry in 2 locations)
- Feminine hygiene items as needed
- [Pocketknife](#) - small
- [Flashlight or headlamp](#) - small
- Whistle
- [Small Compass](#)
- Matches or Lighter

OPTIONAL PERSONAL GEAR

- Camera with extra batteries
- Head net for mosquitoes
- Comb or small travel brush

ITEMS FOR THE END OF YOUR TRIP

- Clean, dry clothes
- Dry shoes
- Toiletries
- Towel
- Bathing suit for sauna
- Flip-flops for shower
- Uniform



CREW GEAR

- [Crew First Aid Kit \[Required\]](#)
- Repair kit (multi-tool, duct tape, sewing kit)
- Sunscreen - enough for entire crew
- Bug repellent with Deet - enough for entire crew
- Toothpaste - one small tube should outfit entire crew
- Foot powder - medicated

OPTIONAL CREW GEAR

- Spice kit - personalized to augment the base issued spice kit
- Binoculars
- Fillet Knife
- Fishing pole and tackle - 3 to 6 per crew
- Lightweight fish stringer - 1 per

Be aware that you are embarking on a rugged trip. Be cautious of advice from people who were lucky enough to travel the canoe country on a nice weekend, wore shorts and sandals and perhaps traveled ten miles from their vehicle. Your trip will be more adventurous! You will travel in all kinds of weather and will probably average over 10 miles/day for 6 to 9 days. **Northern Tier recommends that each**

individual write their name and crew number with a permanent marker on their clothes, uniforms, and personal equipment. This will help in reclaiming lost and found items.

CAMERA

Although optional, a camera is rewarding to record memorable experiences and beautiful scenes. Some crews select a crew photographer who takes shots for everyone. Another weight saving idea is for several crew members to share a camera and have digital photos/discs or duplicate prints made at home. Not every crew member needs a camera. Don't forget additional batteries for digital cameras.

MONEY

Campers spend an average of \$100.00 each in the Northern Tier National High Adventure Trading Post. If major items such as fleeces, vests, boots, paddles, etc., are desired, more money will be needed.

- If travelling to the bases in Atikokan or Bissett, only Canadian Currency is accepted in the trading post. Please plan to stop and exchange money on your travels to Canada.

LOOK SHARP EN ROUTE

Wear your Scout or Venture uniform proudly! You are members of the Boy Scouts of America, the greatest youth organization in the world. A properly uniformed, sharp appearing, well-mannered crew makes a lasting impression on people who observe you. Use the buddy system to keep track of everyone.

ARRIVAL AT BASE

DAY ONE

Arrive at your designated base between 1:00 and 2:00 pm. The Northern Tier Interpreter for your crew will greet you and guide your crew for the time you are with Northern Tier.

- **CREW PHOTO**
 - At each base a photographer will take a crew photo which can be purchased in the Trading Post.
- **FOOD OUTFITTING**
 - Trail food for your entire trek will be packaged and issued at each Base. Your crew will be involved in the final packing of these foods. Questions on the contents, preparation and cooking of these foods can be answered at this time also.

NOTE: Northern Tier High Adventure trail food is by necessity a high-carbohydrate, high caloric diet. It is high in wheat, milk products, sugar, corn syrup and artificial coloring/flavoring. If an individual is allergic to some food products or requires a special diet, suitable trail food must be purchased at home and brought to Northern Tier.

There is no reduction in Northern Tier fees for individuals who bring their own food. Northern Tier tries to accommodate food substitutions for vegetarian, medical (including allergies) and religious reasons. However this is with items we normally use and have in stock.

Prior arrangements must be made in writing by letter or email directed to Northern Tier for all three bases. A 'Special Dietary Needs' request form has been provided in this book. Please make sure to fill out

- **EQUIPMENT OUTFITTING**
 - Over \$5,000 worth of trail equipment is issued to your crew. ***Condition of the equipment should be checked carefully when it is issued.*** Your crew is responsible for damages to equipment other than normal wear, so treat it well.
- **VISIT THE TRADING POST**

- **ELY CREWS:** Before departing on your trek you will want to visit the Trading Post to purchase those last minute items. Some of the items not purchased back home may be found in our Trading Post. Now is the time to purchase items needed for the trail - there is no place to buy items once you start your trip. We encourage you to purchase your fishing licenses online before you arrive at Base.
- **ATIKOKAN CREWS:** The Atikokan Trading Post will carry a few trail items, Northern Tier and Atikokan souvenir items, trail maps and snack foods. Necessary trail items are best purchased prior to your arrival at the Atikokan base. We encourage you to purchase your fishing licenses online before you arrive at Base.
- **BISSETT CREWS:** The Bissett Base will carry a few trail items, Northern Tier and Bissett base souvenir items, trail maps and snacks. Necessary trail items are best purchased prior to your arrival at the Bissett base. Since the base facility is located within the town limits of Bissett, several shops and stores are at hand to purchase additional souvenirs, Manitoba fishing licenses, trail items and snacks.
- **NORTHERN TIER ONLINE STORE:** Northern Tier souvenir items are available for purchase through the Northern Tier on-line store, found at www.northerntiertradingpost.org
- **ROUTE PLANNING**
 - Your Interpreter will meet with you and your crew to plan a custom made experience based on the desires and abilities of your crew. The crew leader is responsible for representing the interest of the entire crew according to the priorities you and crew have selected from the **TREK PROGRAM OPTIONS** answering the **TRIP PLANNING** questions in this booklet. A written itinerary is prepared showing when and where you plan to camp. One copy of the itinerary is carried by the crew and one copy is kept at base in case the crew has an emergency.
- **SHAKEDOWN YOUR GEAR**
 - In a place designated by the Interpreter, you will unpack everything. Your Interpreter reviews each item necessary for your trek and demonstrates the best methods of packing the items in the Granite Gear 3-person personal packs. Store surplus gear and uniforms in your vehicle or crew locker/storage area if you did not arrive in your own vehicles.
- **FIRST NIGHT MEAL**
 - Your first meal at any of the bases will be dinner the evening you arrive.
- **FIRST NIGHT ORIENTATION**
 - You and your crew will attend an opening evening program to explain the regulations of the wilderness area you will be paddling in. A short non-denominational religious service will be offered after this.
- **WRITE HOME**
 - After supper is a good time to write home. Your parent(s) will enjoy hearing from you. Postcards and stamps will be available for sale in the Trading Post.
- **PACK YOUR GEAR**
 - Organize the contents of your pack so you know where each item is located. Always return items to the same area of the pack so you can find them quickly. Use heavy plastic bags to pack small items and to keep the contents dry even if your pack gets soaked. You will want to pack heavier items toward the top of your pack and closest to your body to get the weight over your bone structure so your muscles will not tire easily. Your map, compass, sunscreen, camera and first aid kit should be readily accessible. Roll your clothing tightly and pack it snugly inside a plastic bag. Dry Sacks are not necessary - resealable, disposable

plastic bags work just as well. Do not pack aerosol cans (unless bug repellent or medication) or glass jars because they are bulky and prone to break or empty their contents and also not allowed in the Boundary Waters Canoe Area Wilderness or Quetico Park.

- **A GOOD NIGHT'S SLEEP**

Following the last orientation session in preparation for your trip, it is best to return to your overnight accommodations for a good night's sleep. Tomorrow you hit the trail!

HIT THE TRAIL

- **FOLLOW BUDDY SYSTEM**

- As you are canoeing or portaging, **always keep your crew together** and stay within hearing distance whenever possible. The Buddy System is a part of the BSA Safety Afloat policy. The lead canoe sets a steady pace that allows everyone else to keep up comfortably and makes sure the crew travels in the proper direction. The sweep, or end canoe, calls a halt when anyone needs to stop or is having difficulty. This is done by passing the word to the canoe in front of you until everyone gets the message. Staying together is safer, avoids anyone becoming lost, promotes teamwork and looks sharp. The crew leader is responsible for making sure it happens. Normally the crew leader should be positioned about midway in the group, to monitor the progress and morale of everyone else. The crew leader decides when to take a rest stop, where to eat lunch, when to seek shelter from bad weather and when to stop or turn back with the counsel of the Interpreter and advisor. Traveling in a canoe or portaging after dark is not recommended except in an emergency.

- **SELECTING A CAMPSITE**

- Do you know what to look for? Consider the three W's: wood, water and widow-makers. Water will definitely be convenient to your campsite. Wind can cause great difficulty, particularly if you pitch your tents too close to a large body of water where they are vulnerable. Choose a location that is sheltered by trees, shrubs, large boulders or a geographical feature. Before you pitch your tent, look up for anything that might come crashing down. If you build a fire, check for overhead limbs that may catch flame and locate your fire away from them. Remember, the best campsites are found, not made.

- **MEALS ON THE TRAIL AND OFFERING THANKS**

- All meals, starting with lunch on the day you start canoeing through lunch on the day you return to base, will be carried on the trail and cooked/prepared by you and your crew members. Crews are encouraged to give thanks before eating meals on the trail. The Wilderness Grace is particularly appropriate.

WILDERNESS GRACE

For food, for raiment, for life and opportunity,
For sun and rain, for water and portage trails,
For friendship and fellowship,
We thank Thee, Oh, Lord.
Amen.



- **FISHING ON THE TRAIL**

- Some of the most spectacular game fishing in North America is available in the waters covered by Northern Tier. Fishing can highlight your high adventure experience and supplement your trail food menu. Decide if you are going to fish before you leave home so you can prepare for it. Bring your rod and reel, a small plastic tackle box, fillet knife, sharpener, pliers with a side cutter and a pocket knife. For those crews that do not have

their own fishing gear, a small amount of equipment is available to borrow from Northern Tier. The *Tips for Fishing By Canoe and Canoe Country Nature Guidebook*, written for Northern Tier by Bob Cary, will describe the types of fish you can fish for, the types of lures to use, the types of equipment to bring, how to fillet a fish, knots for fishing and information on catch and release. You can download a copy at www.ntier.org. Whether you are in Minnesota, Ontario or Manitoba, fishing licenses are available for purchase either in the trading post, ranger station, resort or store. **Remember the most efficient way to get your fishing license is to purchase it online prior to your arrival. The types and prices of fishing licenses for Minnesota, Ontario and Manitoba can be found online at these websites:**

Minnesota Fishing Licenses: <http://www.dnr.state.mn.us/>

Ontario Fishing Licenses: <http://www.mnr.gov.on.ca/>

Manitoba Fishing Licenses: <https://www.gov.mb.ca/>

- Many crews come to canoe country to fish. If you are planning to fish while on your canoe trip, we want you to do it safely. If fishing from a canoe, only have 2 people in the canoe. The buddy system of 2 canoes must be followed as well as BSA Youth Protection Policies. If fishing from shore, be careful with casting in the vicinity of other people. When not fishing, make a policy concerning the storage of hooks and lures while in camp. Enforcing such policies will prevent an injury to someone walking by a lure and getting snagged, or by stepping or sitting on a lure.
- **LEAVE NO TRACE**
 - The wilderness areas used by Northern Tier National High Adventure crews are all on public lands managed by federal or provincial government agencies. The campsites in these areas are all open to the public to use and are strictly on a first come first served basis. Wherever your crew camps, you are responsible for maintaining the wild character of the wilderness area you are camping in.
 - Keep your impact to a minimum and leave each site cleaner than you found it. Carry out all garbage and trash that you carried into the wilds.
 - Crews also help by cleaning up sites littered by other campers. This helps Northern Tier High Adventure and the Boy Scouts of America maintain the respect of the government agencies and represents a service project in keeping with the BSA principle of good citizenship and our own slogan: “Do a good turn daily.”
 - The crew leader makes sure your fire is extinguished, using the “white ash and cold to the touch test”. **Thoroughly police your campsite before you depart.**
 - Help preserve the beauty of the North Woods and respect others using the wilderness by pledging to conduct yourself in an exemplary manner by following the principles of Leave No Trace. If you want to know more detail you can purchase the Lakes Region Leave No Trace booklet from the Northern Tier Trading Post or visit the LNT website at www.lnt.org.

KEEPING YOURSELF HEALTHY AND SAFE ON THE TRAIL

Strict adherence to proper health and safety practices is crucial. You are responsible to yourself to keep safe and healthy, but this is also a crew responsibility. Failure to purify water or to thoroughly rinse dishes may affect everyone in the crew. Read these trail practices to keep you and your crew strong, safe and healthy. KNOW WILDERNESS FIRST AID SKILLS and CPR. Every Northern Tier crew MUST have an adult advisor trained in Wilderness First Aid and CPR. Ailments most commonly requiring treatment are: sunburn, cuts (all types), sprains, blisters, burns, headache, stomachache, constipation, diarrhea and embedded fish hooks. Stock your first aid kit with supplies to handle these problems. Be aware of anyone in the crew who has a medical condition. Every injury or illness must be recorded in the base first aid log. While on the trail, your Interpreter will fill out a report to be posted in the base medical log.

- Practice good personal hygiene.
- Care for your feet:
 - While you are canoeing and portaging, sound, healthy feet are a must. Cut your toenails short and square; don't round the corners. We recommend wearing two pairs of socks in your boots to help prevent blisters. Your feet will be wet throughout the day while you're paddling due to the Wet Foot technique but be sure to dry them thoroughly, air them out and apply foot powder liberally to prevent trench foot and other problems. Put on your dry camp socks and your camp shoes as soon as you can when you get to your campsite. Due to the sharp rocks, lost fishing tackle and the potential for broken glass - **DO NOT WALK AROUND THE CAMPSITE OR GO SWIMMING BAREFOOT**. The only time you should be barefoot is in your sleeping bag.
- Know and be prepared to practice First Aid for the following ailments:
 - Bugs, bee stings and other insect bites.
 - Hypothermia
 - Sunburn
 - Heat Exhaustion
 - Heat Stroke
 - Dehydration
- Prevent Accidents
 - Most Accidents involve horseplay. Fatigue, hunger and mild hypothermia or dehydration may impair a crew member's performance and judgment. Common causes of accidents include rock throwing, improper use of knife and axe, getting snagged by a fish hook, running through campsites barefoot and carelessness around fires. Maintain crew discipline and practice safety at all times to avoid injuries from accidents. Always use the principle of the Safe Swim Defense when swimming and Safety Afloat when on the water. Always wear your wet boots and PFD while swimming, and always wear shoes in camp.
- Avoid Storms and Lightning
- Stay Put if Confused or Lost
- Purify All Drinking Water
- Wash and Rinse Dishes Thoroughly

NORTHERN TIER POLICIES

- **Whitewater**
 - The running of rapids, whitewater or waterfalls is prohibited. All Northern Tier crews will portage around all falls, rapids, fast water, etc. During times of unusually high water it will be necessary to be very careful and watchful while traveling.
- **Solo Canoeing**
 - There will be no solo canoeing. There must be a minimum of two canoes in case one canoe swamps then the other canoeist(s) can assist the people in the swamped canoe.
- **Swimming**
 - All swimming and water activities must be done in accordance with the BSA Safe Swim Defense policy. Your wet boots, a PFD, and a swimsuit or shorts must be worn by all swimmers while on a Northern Tier trek.
- **Diving and Cliff Jumping**
 - Are not permitted.
- **Climbing and Rappelling**
 - Are not permitted.
- **Rock Throwing**

- No rock throwing on Northern Tier trips. This has caused many serious injuries, some requiring medical evacuations.
- **Boots and Shoes**
 - You must wear boots while canoeing, swimming, portaging, fishing, and etc. Dry shoes must be worn at all times while in a campsite. Bare feet and under-protected feet are a major cause of foot injuries.
- **Tobacco**
 - Our Scout Oath reminds us to keep ourselves physically strong. The use of smokeless or smoking tobacco adversely affects the body and causes cancer. No smoking is permitted in any Northern Tier building or vehicle. Smoking must never be done in line of sight of youth and all smoking tobacco products must be fully extinguished and any waste product packed out.
- **Alcohol and Drugs**
 - Possession or use of alcoholic beverages, illegal drugs or misuse of prescribed drugs is expressly prohibited. Groups or individuals found in violation of this national policy of the Boy Scouts of America will be sent home immediately, as arranged with the council office or parent.
- **Firearms and Fireworks**
 - Shooting firearms are not allowed at Northern Tier. Do not bring firearms or archery equipment with you. Trying to enter Canada with firearms will greatly interfere with your entry into Canada. Fireworks are a safety hazard and are prohibited by Northern Tier National High Adventure. Leave them at home.
- **Youth Protection Policy and Abuse**
 - Boy Scouts of America's Youth Protection Policies must be adhered to. No one-to-one activities between youth and adults are allowed. The BSA two-deep leader policies must be followed. No youth and adults are allowed in the same tents (except parent and child). Physical, sexual or emotional abuse (including hazing) of a camper by his or her peers or by an adult advisor is unacceptable anywhere. Reporting of abuse is the law. The local, county, state or provincial authorities as well as the BSA council representatives will be contacted if abuse is suspected.

WRAP UP YOUR ADVENTURE

Plan to return to base in the afternoon (between 1 and 4pm) of your final day. Atikokan and Bissett return time may vary due to vehicle shuttle and float plane arrangements. Crews are encouraged to spend their last night on base to get a good night's sleep before traveling. You will be assigned to a cabin or a campsite depending on the base you are attending.

- **CLEAN AND CHECK IN CREW EQUIPMENT**
 - At your last campsite scrub your pots and pans to get all the black off and clean other equipment thoroughly. Upon arrival back at base you will check all your gear in to the Bay Post or equipment issue area. The staff will check each item for damages other than normal wear and you will be charged for any damages and for lost items before your departure. Your advisor will also be able to pick up the car keys and valuables while in the equipment area (Ely) or shortly thereafter at the Canadian bases. After equipment check-in, you will have time to take a hot shower and sauna and change clothes before dinner.
- **VISIT TRADING POST**
- **EVALUATE YOUR TRIP**

- Your crew leader and advisor are asked to complete a written evaluation form. Many constructive suggestions are implemented as a result of these post trip evaluations. Your medical forms will be returned to you with the blank evaluation forms.
- **RECEIVE AWARDS**
 - Meeting the challenge of a Northern Tier National High Adventure experience is worthy of recognition. An emblem is awarded to every successful participant to wear on the right pocket of the Scout uniform. These awards are not for sale, they can only be earned. Be sure to complete the application for any other award that you worked on while you were on the trail. The awards can be purchased in the trading post.
- **DINNER AND EVENING PROGRAM**
 - After eating dinner there will be a closing campfire program. The type of program will vary depending on the base attended. After the program and/or another visit to the Trading Post it will be time to get a good night's sleep for the trip home.
- **HEAD FOR HOME**
 - A hot breakfast will be served to you, after which you are ready to begin your journey home. Hopefully your crew has an interesting itinerary planned en route.

UP NORTH

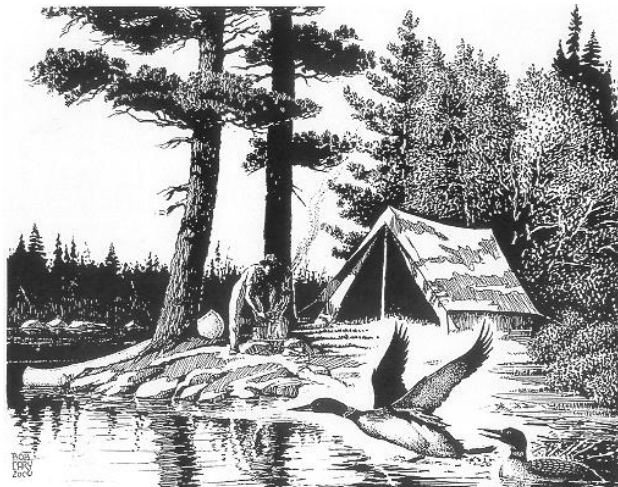
Up North is a certain way the wind feels on your face and the way an old wool shirt feels on your back. It's the peace that comes over you when you sit down to read one of your old trip journals, or the anticipation that bubbles inside when you start sorting through your tackle box in the spring.

Up North is the smell of a Duluth pack hanging in your basement and the sound of pots clinking across the lake. It's a raindrop clinging to a pine needle and the dancing light of a campfire on the faces of friends.

Up North is a lone set of cross-country ski tracks across a wilderness lake and wood smoke rising from a cabin chimney. It's bunchberries in June, blueberries in July and wild rice in September.

Each of us has an Up North. It's a time and place far from the here and now. It's a map on the wall, a dream in the making, a tugging at one's soul. For those who feel the tug, who make the dream happen, who put the map in the packsack and go, the world is never quite the same again.

We have been Up North. And part of us always will be.



Northern Tier Dietary Restriction Notification Card

We must receive this card **45 days** prior to your trek in order to make the necessary substitutions. If this card is not received within the specified time, we cannot guarantee the substitutions. We will do our best to accommodate your needs, but for certain severe allergies or for a person with an allergy to more than 2 types of food, we may ask you to bring your own trail food. Please bring your own medication (ex. EpiPen).

Please fill out **ONE CARD PER INDIVIDUAL** with a dietary restriction. **ALL FIELDS ARE REQUIRED.**

Crew #: _____ Name of person with restriction: _____

Phone # and Email (of parent if preferred): _____

Restriction type (i.e. peanut allergy, vegetarian etc.): _____

Northern Tier Dietary Restriction Notification Card

We must receive this card **45 days** prior to your trek in order to make the necessary substitutions. If this card is not received within the specified time, we cannot guarantee the substitutions. We will do our best to accommodate your needs, but for certain severe allergies or for a person with an allergy to more than 2 types of food, we may ask you to bring your own trail food. Please bring your own medication (ex. EpiPen).

Please fill out **ONE CARD PER INDIVIDUAL** with a dietary restriction. **ALL FIELDS ARE REQUIRED.**

Crew #: _____ Name of person with restriction: _____

Phone # and Email (of parent if preferred): _____

Restriction type (i.e. peanut allergy, vegetarian etc.): _____