

Northern Tier National High Adventure Programs Boy Scouts of America Advisor's Planning Guide 2015-16



“We ran the same rapids, knew the waves on the same big lakes, and suffered the same privations. Though ours was a modern age, we knew the winds still blew as they had then; the dim horizons looming out of the distance were no different from the mirages [the Voyageurs] had known. In the mornings we saw the same mists, resembling white horses galloping out of the bays. We knew all this, but most important was the deep companionship together. We had been most everywhere, and for us the North was much more than just terrain. We were part of its history.”

- Sigurd Olson, *Of Time and Place*

WELCOME TO NORTHERN TIER...

Founded in 1923, Northern Tier is the oldest High Adventure Program in the Boy Scouts of America. For over 90 years, Scouts at Northern Tier have paddled pristine lakes, sweated over rugged portages and explored the untrammled wilderness of the Great North American Canoe Country.

Though there have been many changes since 1923 (wood-canvas canoes giving way to aluminum canoes giving way to Kevlar canoes), the basic program of Northern Tier has remained the same. A massive wilderness area combined with the expertise and leadership of a trained staff member (called an “Interpreter”) provide a challenging and meaningful program for youth. The program is simple, and it works.

The goal of a Northern Tier canoe trip is to have each participant have a wilderness adventure that lasts a lifetime. Through the experience of the rugged wilderness, Scouts learn physical fortitude and mental strength; through the isolated interactions within their crew, Scouts learn lessons in leadership, in the importance of doing their share of the work and in the necessity of teamwork to accomplish difficult tasks. Northern Tier facilitates this through a youth led experience. Northern Tier provides all necessary crew gear, an emergency communication device and a trained staff member to facilitate the experience. To insure a positive and safe trip that is focused on the further development of Scouts, some methods we employ are: use of lifejackets while on water, single trip portaging, three people to a canoe, use of boots while travelling in the wilderness and careful practice of Leave No Trace Wilderness Ethics. Through the completion of their trip, Scouts gain confidence in their abilities to overcome tough challenges.

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How does a Northern Tier trip work?

The Crew

All Northern Tier participants belong to a crew. Crews vary in size (at the Ely Base they are limited to 8 people; at the Canadian bases they are limited to 11 people), but all crews consist of at least two adult leaders, a youth crew leader and a majority of youth participants. A Northern Tier Interpreter accompanies all crews.

Larger troops will be divided into “sister” crews. Though sister crews may know each other, they will have independent experiences while at Northern Tier to maintain the integrity of the wilderness program. Sister crews will not see each other in the wilderness.

The Crew Leader

The Program of the Boy Scouts of America is specifically designed to develop youth leadership. A well-qualified Scout or Venturer should be selected as the Crew Leader early in the planning of each Northern Tier Expedition. The Crew Leader is responsible for leading the discussion of the Crew’s [route selection](#), organizing the pace of travel during the day and establishing the Crew duty roster for camp chores.

The Advisor

The Crew Advisor serves as a counselor and coach to the Crew Leader. The Crew Advisor is also responsible for ensuring the safety of everyone in the crew: all Crews are required to have an adult with training in [Wilderness First Aid and CPR](#). Finally, the Crew Advisor addresses crew conflicts that may require appropriate discipline.



The Interpreter

The Interpreter is a Canoe Country Counselor who serves as a teacher and resource for the Crew Leader and Crew. The Interpreter has received special training in the best practices for canoe country travel. The Interpreter aids the Crew Advisor in insuring the safety of the crew. Finally, the Interpreter is responsible for imparting the unique flavor, history, culture and adventurous spirit of the North Country to the crew.

The Wilderness

Northern Tier crews paddle through massive wilderness areas, where solitude allows for deeper meditation and the rugged terrain and mercurial elements provide for physical challenge. The wilderness is part-classroom and part-instructor in the Northern Tier experience.

What are Northern Tier's programs?

Northern Tier consists of three Wilderness Canoe Bases located in Ely, Minnesota; Atikokan, Ontario; and Bissett, Manitoba. Each base has its own personality and specific characteristics that make it more appealing to certain crews. In addition, certain bases have specialty programs that may be of interest to your Scouts.

Ely, Minnesota [Charles L Sommers Canoe Base]

Northern Tier's oldest base, the Ely base outfits over 4,000 participants every year for wilderness canoeing. Northern Tier has hosted trips out of the Ely base since 1941.



Located outside of Ely, MN, crews leaving from the base can choose to paddle the [Boundary Waters Canoe Area Wilderness \(BWCAW\)](#) in Minnesota or cross the border (only a 6-mile paddle away) into the southern portion of Ontario's [Quetico Provincial Park](#). Crew size is limited to 8-people at the Ely Base.

Wilderness usage is strictly limited by a permitting system that allows only so many groups to enter the wilderness at any given point each day. It is likely to see other groups if a crew chooses to stay closer to the entry point; however the expeditious crew may get away from all contact with others by planning a longer route.

BOUNDARY WATERS CANOE AREA WILDERNESS

Nestled in the Superior National Forest in Northern Minnesota, the [BWCAW](#) – at 1.1 million acres – is the largest federally designated wilderness area in the contiguous United States. Extending nearly 150 miles along the Ontario Border, the [BWCAW](#) is known worldwide as a premier wilderness canoeing destination with over 250,000 visitors every year. Camping is restricted to designated campsites which contain a US Forest Service fire grate and a pit toilet.

QUETICO PROVINCIAL PARK

[Quetico Provincial Park](#) is the superlative canoe-expedition wilderness. Almost all human traces have been removed, crews are allowed to camp anywhere they choose. The park's 1.2 million acres include over 600 lakes with well over 2,000 remote campsites. [Quetico](#) is considered the finest canoe park in the world. Paddling [Quetico](#) requires a permit (Permit cost is set by Ontario Parks and may change prior to your arrival. In 2014 permit costs were \$21.47/adult/night and \$8.48/youth/night CND- in addition to your Northern Tier fees and crews are responsible for the Interpreter's permit fees).

See appendix A for additional information on programs for individual Scouts.

[Atikokan, Ontario \[Donald Rogert Canoe Base\]](#)

Located on beautiful Perch Lake outside of the community of Atikokan, Ontario. Atikokan base outfits over 1500 participants every summer. Crews at the base paddle in two distinct regions, the Quetico Provincial Park and the Canadian Crown Lands (part of which is the Turtle River – White Otter Provincial Park).

FISHING EXPEDITIONS

For crews interested specifically in fishing, the Atikokan Base offers intensive fishing trips, complete with fishing gear and specifically trained fishing interpreters. Fishing crews are limited to a maximum of 8 participants. For more information, see the Atikokan planning guide.

KAYAK TREKS

Specialized kayaking trips are available for those who want to try their hand at a different type of wilderness travel. Kayaking crews are limited to a maximum of 8 participants and must travel in the Crownlands. For more information, see page the Atikokan planning guide.



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Crownlands

Crews paddling in the Crown Lands can expect to find old trappers cabins, abandoned gold mines, and rotting logging sluices in addition to a gorgeous wilderness area. Roughly equivalent to National Forest or Bureau of Land Management regions in the United States, the Canadian Crown Lands are designed for multiple users: logging, mining, and tourism all coexist in the massive area of land owned and leased by the Canadian government (89% of Canada are the Crown Lands). A rich human history coexists within a wonderful natural area. No permits are needed for the Crown Lands; crews are limited to 11 or less participants.

Base to Base Trips (Ely, MN and Atikokan, ON)

Particularly adventurous crews can choose to paddle across the entirety of [Quetico](#) from the Ely Base in Minnesota to the Atikokan Base in Ontario or vice versa. These trips range between 90 and 150 miles (9-day or longer trip length is required), include crossing the US-Canadian border remotely, and feature some of the best wilderness paddling around.

This is one of the coolest trips out there, but there are a few more logistical issues to resolve. Typically base to base crews will have a sister crew doing a trip in the opposite direction, each crew leaves a car at the base they started from, allowing for a simple departure. Northern Tier does not provide shuttling services to base to base crews. If you are interested in this type of trip, contact Northern Tier as soon as possible.

[Bissett, Manitoba \(Northern Expeditions Canoe Base\)](#)

The most remote High Adventure opportunity in the Boy Scouts of America, the Bissett Base offers an unparalleled wilderness adventure opportunity for those Scouts who desire a greater challenge.



Second Season Opportunities- Ely, MN

All trips begin and end with a float plane trip to a canoe cache that Northern Tier maintains in the heart of the 1.5 million acre [Atikaki Provincial Park](#). The 500-600 Northern Tier participants that use the park every year form the majority of users for the area – the region is very wild and very beautiful, and the fishing is excellent.

Bissett crews are typically older and have prior High Adventure experience. The area is very remote and travel can be quite strenuous – if you find these facts exciting, you may be well suited for a trip through Bissett.

AUTUMN ADVENTURES

A plethora of opportunities are available for adventures in the fall. Northern Tier has a very flexible fall program that can be customized to fit a crew's desire. If you have a crew interested in an autumn adventure, please contact Northern Tier.

[OKPIK COLD WEATHER CAMPING](#)

Northern Tier's OKPIK Cold Weather Camping Program is one of the most unique programs in scouting. OKPIK runs from December 27 through the first weekend in March. Details on the OKIPK program are available at ntier.org.

[TRAINING CENTER AND CONFERENCES](#)

Northern Tier hosts training events throughout the year: Leave No Trace Master Educator, Wilderness First Responder, Cold Weather Leader Training, Wilderness First Aid, etc. In addition, Northern Tier facilities are available for conference use throughout the fall.



What are the risks? (Risk Advisory)

Northern Tier National High Adventure Programs 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.

The policies and procedures of Northern Tier and the Boy Scouts of America, if followed, will minimize these risks as much as possible. 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.

Possible risks include (but are not limited to) motor vehicle accidents; severe weather conditions such as hail, lightning, heat or cold and high winds; forest fires; medical conditions such as heart attack, appendicitis, hypothermia, severe allergies and asthma or diabetes related conditions; insect borne diseases such as the West Nile Virus and Lyme Disease; accidents such as cuts, embedded fish hooks, burns or falls; risks associated with being on large, cold lakes; and encounters with wildlife.

Medical evacuations and rescue services are coordinated by Northern Tier in close coordination with local authorities.

Please carefully read the information in this Planning Guide and share it with your crew(s), leaders, parents and youth. If you have any further questions about risk management, contact Northern Tier by phone 218.365.4811 or e-mail at info@ntier.org.

OTHER GENERAL INFORMATION:

Insurance

Northern Tier fees include accident and sickness insurance coverage. This applies for your travel to and from the Northern Tier base as well as your Northern Tier Expedition. This policy is secondary to a family policy. All participants with family insurance should include the insurance company name and policy number on their BSA Health and Medical Record form and should also submit a copy of the insurance card with the medical form.

EMERGENCY PHONE NUMBER

If there is a home emergency while your crew is attending Northern Tier, **please contact Northern Tier at 218.365.4811.**

What are the requirements to attend?

Each Crew must have:

- A minimum of two adults (one of which must be at least 21 years of age and registered with the BSA). There are no gender restrictions for leadership except for co-ed Venturing crews, which must have both male and female leadership 21 years old or older.
 - 1 adult leader trained in the following (visit myscouting.org to complete):
 - [Wilderness First Aid](#) (16 hour course) – visit ntier.org/wfa for more information
 - [CPR – ntier.org/wfa for more information](#)
 - [Weather Hazards](#)
 - [Safe Swim Defense](#)
 - [Safety Afloat](#)
- All adult leaders must be trained in [Youth Protection](#)

All participants:

- Must be 14 years of age or have completed 8th Grade upon arrival at Northern Tier.
- Must fall below the maximum (295 pounds) allowed weight for participation and it is strongly recommended that no participant weigh less than 100 pounds. See Appendix D.
- Must have a current (within 12 months) and complete [BSA Health and Medical Record. The form may be found at ntier.org/Resources/MedForm](#)
- Must be classified as a [BSA swimmer](#). See appendix E.
- Must be a registered Boy Scout, Varsity Scout or Venturer.

How do I make a reservation?

You are ready to book your trip when the following questions have been answered:

1. Which base do we want to attend? Ely? Atikokan? Bissett? See pg. 5 for more information on the bases.
2. What day do we want to arrive? Crews can arrive any day between June 8 and August 14th, an availability chart is located at ntier.org/Reservations.
3. How long of a trip do we want? We offer 6-14 night trips (7-14 nights in Bissett). The first and last nights are spent in a cabin on base; all other nights are spent camping in the wilderness. Longer trips are available upon request.
4. How many crews will we need? Groups are a minimum of 6 people and maximum of 8 in Ely and 11 in Atikokan and Bissett.
5. Do you know your BSA membership ID number? You will need this number to make your reservation.

Once you have answered all of the above questions, visit www.ntier.org to make your reservation or call Northern Tier 218-365-4811. After reserving your trip, you will have 3 weeks to turn in your \$800 deposit per crew (note: if making reservation after October 1, we require an \$800 deposit and the first payment per crew).

WHAT IS MY CREW NUMBER?

In your confirmation email, you will be given a crew number. This number should be referenced in any correspondence with Northern Tier. Your crew number is assigned to you based upon which base you are attending, the date you are arriving and the number of crews that you have. For example crew number E060115ABC is compiled of:

- E represents the base you are attending:
 - E is for Ely
 - A is for Atikokan
 - B is for Bissett
- 060115 is the date this crew will arrive at Northern Tier (June 1, 2015)
- ABC indicates that this group consists of 3 crews: Crew A, Crew B and Crew C



What is the crew payment schedule and policy?

Fee Payment Schedule	
Deposit	Summer \$800.00 <i>within 3 weeks of reservation</i>
1st Payment	<i>1/2 remaining Balance</i> 1-Oct
Final Payment	<i>Balance Due</i> June Crews: March 1 July Crews: April 1 August Crews: May 1 <i>OR</i> <i>within 3 weeks of reservation</i>

ALL FEES (Deposit, First Payment and Final Payment) ARE NON-REFUNDABLE AND NON-TRANSFERABLE IN EVENT OF CANCELLATION. EXERCISE CAUTION IN MAKING RESERVATIONS OR PAYING FEES FOR ANYONE WHO HAS NOT MADE A FINANCIAL COMMITMENT.

Northern Tier High Adventure Programs must commit financial resources to employ staff, purchase food and supplies, and prepare for base operations. Participants are, therefore, also required to make a financial commitment to attend. Be conservative in making reservations to avoid losing fees due to cancellations.

Any potential refunds that fall outside of these policies must be requested in writing within 30 days of the crew's arrival date at Northern Tier. All refund requests must be made prior to September 1 of the year of attendance.

How do I pay for my trip?

We are currently only able to accept checks for your crew payments. Please make checks out to the BSA. Please send payments to:

Northern Tier High Adventure
 Attn: Registrar
 PO BOX 509
 Ely, MN 55731



Camperships

[Camperships](#) are available to youth members with special financial needs who are participating in the Northern Tier program. The campership application can be found on our website at www.ntier.org/tripplanning. The completed required documents must be returned to Northern Tier by January 31 of the year your crew attends. The camperships will be reviewed in February with notification going to the crew advisor prior to the due date of the final crew payment.

WHAT ARE THE FEES TO ATTEND?

A detailed budget worksheet can be found on our website at www.ntier.org/tripplanning (click on the next steps page which is appropriate to the base in which you are attending).

Fees are all inclusive of charges you will incur when attending Northern Tier. The fees listed below are per crew for one night.

Crews travelling in Quetico Provincial Park will need to pay their camping fees when entering the park. Crews attending Bissett will need to book and pay for their float plane reservation.

Northern Tier Camping Fees:

Crew Daily Fees - All Taxes Included			
Summer Fees (per crew, per night)	2015	2016	
Ely Trips (6-8 participants)	\$605.00	\$620.00	**
***Atikokan/Bissett Trips (6-8 participants)	\$660.00	\$665.00	**
***Atikokan/Bissett Trips (9-11 participants)	\$870.00	\$915.00	
***Fishing/Kayak Expedition - up to 8 participants for 6 days	\$4,475.00	\$4,610.00	

** Quetico Camping fees are additional to be paid to Quetico Provincial Park at the time of entry - Crews should budget a minimum of \$1000 for Quetico Camping Fees

*** All HST/GST is included in fees

Budget Planning Example: E060115ABC - 6 Night Trip						
June 1 – Night 1	June 2 Night 2	June 3 Night 3	June 4 Night 4	June 5 Night 5	June 6 Night 6	June 7
Arrive at Northern Tier	Hit the Trail!	On Water	On Water	On Water	Return to Base	Depart for Home
	Canoe Rental Day 1	Canoe Rental Day 2	Canoe Rental Day 3	Canoe Rental Day 4	Canoe Rental Day 5	

What is included in my Northern Tier camping fees?

- Group Gear - Over \$5,000 in trail equipment is issued to your crew: stoves, tents, rain fly, cook set, packs, and more.
- All Food while on the trail and two nights on base.
- Lodging the night you arrive and the night before you leave.
- Aluminum Canoes (upgrades are available for additional fee), paddles and lifejackets.
- Trained Staff Member (Interpreter) who will accompany you for your entire trip.
- Emergency communications device (radio or satellite phone)
- Special Participant Emblem
- Camper’s Accident Insurance
- **Please note fees will be assessed for any loss or damages incurred while on your trip.**

Other Costs of Northern Tier Trips:

MAPS

Northern Tier requires that a set of Maps be carried in each canoe. In Ely, maps cost approximately \$8.00 and an estimated 2-4 maps are needed for each canoe. In Canada, maps cost approximately \$15.00 and an estimated 2-4 maps are needed for each canoe. Map cases are also recommended for each set of maps and cost approximately \$17.00 each.

FLOAT PLANES

A Float Plane Shuttle is required at the Bissett Base. While the cost of a Float Plane cost will not be announced until January, \$210/Person would be a good budgetary guess.

Crews are responsible for paying for their Interpreter’s Float Plane ride.

LIGHTWEIGHT CANOES

Lightweight Canoes (Kevlar or Duralite) are available at both the Atikokan and Ely bases for \$30/Canoe/Day. An availability chart for Lightweight Canoes can be found online at

www.ntier.org/tripplanning. To reserve the canoes we will need to know your crew number and length of trip. You will need to pay a \$50 deposit per canoe.



CREW PHOTOGRAPHS

When you arrive at Northern Tier each crew has a photograph taken. You can order copies of pictures - 5x7- \$6.00 or 8x10- \$8.00 - prices subject to change.

PERMITS

Additional costs are required for crews travelling in Quetico Provincial Park. Please see your base planning guide for more details.

LOST AND DAMAGED GEAR

Crews will be responsible for any fees assessed for loss or damages incurred while on your trip.

FISHING LICENSES

Fishing licenses are required to fish at any of the bases. Please see your base planning guide for more details.

WHAT GEAR IS NEEDED?

There is a complete checklist for you and your crew to help you ensure that you have everything you need for an enjoyable and successful Northern Tier Trek. Most items may be purchased through the Northern Tier Trading Post Store at www.northerntiertradingpost.org. See appendix G for full gear list.

How should I schedule my trip planning?

18 Months Prior to Trip (December-March):

- Northern Tier opens the lottery in early January for crews making reservation for the following year. For example, a crew wishing to reserve a trip for summer of 2016 would enter the lottery in January of 2015. Start planning your trip prior to this date so that you can make a reservation as soon as possible.
- You will need to recruit individuals to attend your trek (if you have not done so already). It is recommended having a few more individuals recruited than needed so that you can continue to maintain full crews as individuals drop out.
- We have promotional material available for download at <http://www.ntier.org/Resources>
- Depending on the area that you are in we may be able to send out a previous staff member or crew that has attend Northern Tier before to help in your recruitment efforts.
- You will then need to collect a [deposit](#) from these individuals to secure your spot.
- Lightweight Canoes are limited, consider reserving at the time of entering the lottery.
- Arrange to complete your required Adult Leader [Trainings and Certifications](#).

A more detailed planning schedule is available in each base specific guide.

Northern Tier 2015-16

Appendix and Important Documents

APPENDIX A

NORTHERN TIER INDIVIDUAL PROGRAMS

ORDER OF THE ARROW: WILDERNESS VOYAGE

The Ely base is also host to the award-winning Order of the Arrow Program for 16-20 year old individual Scouts, the *OA Wilderness Voyage*. The program lasts two weeks featuring a service week of strenuous trail work for the US Forest Service or the Ontario Ministry of Natural Resources and a second week of paddling. The program emphasizes leadership, cheerful service and character development. For more information visit our [website](#).

FOREST CORPS

Based off of the highly successful Order of the Arrow program, Forest Corps is a coeducational wilderness experience focused on conservation and leadership development. The program features a week of wilderness volunteer work within the BWCAW followed by a week of canoe tripping. Participants are young men and women between the ages of 14-20. For more information visit our [website](#).

LONE VOYAGUER

The *Lone Voyageur* program allows for individual scouts or troops who cannot reach the minimum number of scouts required for a trip to meet each other and form their own crew. These 6 day trips are offered throughout the summer. For more information visit our [website](#).

NAYLE

National Advanced Youth Leadership Experience (NAYLE) is an exciting program where young men and women enhance their leadership skills. Participants will expand upon the team building and ethical decision making skills learned in National Youth Leadership Training (NYLT). NAYLE emphasizes leadership, teamwork, and selfless service using the core elements of NYLT to make these skills intuitive. For more information visit our [website](#).

APPENDIX B

Required Check-In Documents

If you want your crew to be prepared for a smooth and efficient check-in, prepare all of the following documents prior to arrival and place in a folder or binder. Bring this binder with you through the check-in process.

- WILDERNESS FIRST AID AND CPR CERTIFICATION** – Each Crew must present proof that one adult leader is currently certified in [CPR](#) and one adult leader is currently certified in [Wilderness First Aid](#).
- BSA E-CERTIFICATIONS** – The following trainings can be found at www.myscouting.org. Each Crew must present proof that at least one adult leader has training in each of the following:
 - [BSA Safety Afloat](#)
 - [BSA Safe Swim Defense](#)
 - [BSA Weather Hazards](#)
- BSA YOUTH PROTECTION** – All Adult Leaders must present proof of current Youth Protection Training. This training can be found at www.myscouting.org.
- SWIMMING CLASSIFICATION RECORD** - All participants (both youth and adult) must successfully complete the BSA Swimmers' Test.
- BSA HEALTH AND MEDICAL FORMS** – All participants must submit complete and current (within 1 year) Medical Forms and meet Height/Weight Requirements.
- PARENTAL RELEASE FORM** – To be used by any crew crossing the border into Canada.
- Copy of a submitted application for a **TOUR AND ACTIVITY PLAN**
- PERMIT INFORMATION – Crews travelling in the BWCAW and Quetico should bring their permit information with them.
- In addition, Crews will be asked:
 - If they have a complete and thorough [FIRST AID KIT](#)
 - If they have arranged a FLOAT PLANE SHUTTLE
 - If they have any SPECIAL DEPARTURE PLANS (Early Breakfast, etc.)

APPENDIX C

Recommended Physical Fitness Plan

To insure safety, all participants must be physically prepared to enjoy a rugged canoe trip. On a canoe trip, you may be paddling 10 miles a day or more in windy conditions and may carry as much as 85 pounds across a portage. You will be using your arms and upper body for paddling and your back and legs for portaging. It is important that everyone be in very good condition so that both youth and adults can participate in the level of adventure that they deserve.

A regular program of physical conditioning for at least six months prior to the trip is very strongly recommended. Plan some type of aerobic exercise for 30 to 60 minutes a session, three to five times a week. Jogging, running up and walking down hills or flights of stairs, and hiking with a full pack are excellent methods of physical preparation. How fast you can run or how far you go is not as important as regular exercise. Other aerobic exercises such as swimming, bicycling, stationary cycling and aerobic exercise classes can supplement your training. Start slowly and gradually increase the duration and intensity of your exercises.

You should also do some upper body exercises such as push-ups, weight training, pull-ups or best of all, paddling. Remember; the first step is to check with your physician before starting any physical fitness program.

You must get a physical examination from your physician within 12 months (ideally 30 days) of your High Adventure expedition. No other form other than the [BSA Health and Medical Record](#) will be accepted upon arrival. The reason for this is that Northern Tier poses unique risks that your doctor needs to be aware of prior to completing your form. Make sure your scouts take the current form to the doctor at the time of their physical.

Anyone with significant hypertension (150/95 or higher) should be treated before coming to Northern Tier to reduce their blood-pressure and bring it as close as possible to normal (135/90). They should continue on blood-pressure medication while participating in the expedition. Hypertension can increase the risk of angina or stroke. While we do not operate at high altitudes participants will be carrying heavy loads over steep and rocky trails and will experience strenuous activity in remote areas.



APPENDIX D

Height and Weight Requirements

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 below the maximum (295 pounds) allowed weight for participation.

Additionally, Northern Tier strongly recommends that no participant weigh less than 100 pounds. Smaller participants will have a very difficult time due to the strenuous nature of the trek and the heavy weight of items to portage.

Weight-to-Height Table Northern Tier National High Adventure Programs		
Height	Recommended Weight (pounds)	Maximum Weight (pounds)
<i>Minimum Allowed Weight</i> <i>***Participants weighing less than 100 pounds will have a very difficult time and are discouraged from attending.</i>		<i>100 pounds</i>
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
<i>Maximum Allowed Weight</i> <i>***No participants weighing more than 295 pounds will be allowed to participate.</i>		<i>295 pounds</i>

APPENDIX E

NORTHERN TIER HIGH ADVENTURE BASES

SWIM CLASSIFICATION RECORD

This form indicates the individual's swim classification as of the date listed below. The date the swim test was conducted must be within 12 months of the starting date of your expedition.

Crew Number _____ Date of Swim Test _____

The following crew members (including adults) have all passed the test indicated on the next page and are classified as "Swimmers"

	Full Name (print)
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

Name of Person Conducting Test (print) _____

Signature of Person Conducting Test _____

Qualification of Person Conducting Test:

____ Aquatics Instructor, BSA

____ BSA Lifeguard

____ Swimming Instructor

____ Cub Scout Aquatics Supervisor

____ Certified Lifeguard

____ Swim Coach

____ Adult supervisor who is familiar with the basic swimming strokes and abides by the guidelines in the *Aquatics Supervision* manual

Unit Leader or Contingent Leader Name (print) _____

Unit Leader or Contingent Leader Signature _____

This record is to be presented at check-in at Northern Tier. It must be filled out and signed at the time of the swim classification testing

APPENDIX F

Swim Classification Procedures

The swim classification of individuals participating in a Boy Scouts of America aquatic activity is a key element in both *Safe Swim Defense* and *Safety Afloat* plans. The swim classification test should be renewed annually, preferably at the beginning of each outdoor season. Traditionally, swim classification tests have only been conducted upon arrival at a summer camp. However, there is no restriction that this is the only place the test can be conducted.

Northern Tier requires this classification be completed prior to arrival.

As indicated in the *Safety Afloat Plan*, all persons participating in BSA canoeing activities are required to be “swimmers.”

SWIMMER’S TEST:

- Jump feet first into water over the head in depth, level off, and begin swimming.
- Swim 75 yards in a strong manner using one or more of the following strokes: Sidestroke, breaststroke, trudgen or crawl.
- Swim 25 yards using an easy, resting backstroke.
- The 100 yards must be completed in one swim without stops and must include at least one sharp turn.
- After completing the swim, rest by floating.

This swim classification test can be done at the unit level by one of the following resource people: Aquatics Instructor, BSA; Cub Scout Aquatics Supervisor; BSA Lifeguard; certified lifeguard; swimming instructor; swim coach; or Adult supervisor who is familiar with the basic swimming strokes and abides by the guidelines in *Aquatics Supervision* manual.

NOTE: You may use a council approved swim classification list other than this form. Please make sure to copy it for each crew, write the crew number on each sheet, and circle the youth on the record that are in that particular crew. The minimum standards listed above for the person doing the swim classification must be met.

APPENDIX G

PERSONAL GEAR

- Clothing
- The following is an inclusive list of all clothes. All trail clothing should be non-cotton and made of synthetics and/or natural non-cotton fibers.
- 1 pair Boots (*REQUIRED*)
- All participants are required to wear boots that have full ankle coverage, a rugged stitched or vulcanized sole and drainage at the instep. Boots should not be waterproof. If you are unsure if the boots you are planning to bring meet this requirement please feel free to contact us prior to your arrival. Crews arriving with inadequate footwear will be asked to purchase boots in the trading post prior to departure on water. The health and safety of our participants is of utmost importance to us, for this reason there are no exceptions to the boot requirement.*
- 1 pair Shoes (*REQUIRED*)
- All participants are required to bring closed-toe/closed-heel camp shoes with hard soles, such as lightweight sneakers.
- THE FOLLOWING ARE NOT PERMITTED: Sandals, Water Slippers, some Vibram Five Fingers® models, Crocs™ and some KEEN styles.
- 1 Rain Jacket w/Hood (*REQUIRED*)
- All participants are required to pack a quality rain jacket with a hood. Ensure 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.*
- 2 Long-sleeve lightweight shirts
- 2 pair Pants with zip-off legs
- 3 pair Socks (wool or wool/synthetic blend)
- 2 pair Underwear
- 1 Broad Brimmed Hat or Baseball Cap
- 1 Lightweight fleece jacket or vest
- 1 Knit hat
- 1 set of Clean, Dry clothes (including shoes) for travel to and from Northern Tier
- 1 Bathing Suit (for use in the sauna)
- Flips-flops for shower
- BSA Field Uniform or Unit Activity Uniform
- Other Personal Gear
- 1 Sleeping Bag
- All participants should bring a sleeping bag that is compact, synthetic, lightweight and rated to 35°F with a compression style stuff sack.*
- 1 25-30 liter water proof stuff sack or dry bag for clothing and other gear
- 1 Sleeping Pad – closed cell or self-inflating foam
- 1 to 2 Bandannas, Buffs or small synthetic camp towel
- 1 Belt or 1 pair of Suspenders
- 1 Toothbrush
- 1 Bowl, plastic or metal – 12oz
- 1 Cup, plastic or metal – 8 to 12oz
- 1 Spoon/Spork, plastic or metal
- 1 Water bottle, 1 liter, wide-mouthed with Carabiner style clip.
- 1 small Headlamp
- 1 Whistle
- 1 stick of Lip Balm with SPF 15 or greater
- 1 Pair of Sunglasses with keeper strap
- 2 Pair personal prescription glasses as needed, with keeper strap
- Personal medications as needed (2 supplies to carry in 2 locations)
- Personal Toiletries
- 1 Bathing Towel
- Optional Personal Gear
- 1 Camera with extra batteries and waterproof box (e.g., OtterBox® or Pelican Case™)
- 1 Head net for mosquitoes
- 1 pair Long Underwear
- 1 pair rain pants (can double as one pair of pants)
- 1 Book for reading
- 1 Personal Journal and Pen/Pencil

CREW GEAR

Required

- 1 small Pocket Knife per canoe
- 1 small Compass per canoe
- 1 Map Case per canoe
- 1 set of Maps per canoe
- Please do not purchase maps prior to your arrival. Your crew will plan your route, with the help of your Interpreter, after your arrival to Northern Tier. Maps may then be purchased from the Trading Post.
- Sunscreen (1-2 bottles per crew) SPF 15 or greater
- Bug Repellent (1-2 bottles per crew) *NO aerosol cans.*
- Toothpaste (1 small tube per crew)
- Medicated Foot Powder (1 bottle per crew)
- Crew First Aid Kit
 - Adhesive bandages (assorted sizes)
 - Knuckle and fingertip bandages
 - Steri strips
 - Moleskin/molefoam
 - Second skin
 - Gauze pads – 3" x 3"
 - Adhesive tape – 1" x 15'
 - 1" or 2" roll of gauze
 - 4" elastic bandage
 - Oval eye patch
 - Antibiotic ointment
 - Disposable alcohol wipes
 - Triangular bandage
 - Acetaminophen
 - Ibuprofen tablets
 - Antacids
 - Antihistamine - tablets and liquid form
 - Steroid cream
 - Anaphylaxis-Kit (if needed)
 - Throat lozenges
 - Cold caplets
 - Small bar soap
 - Lip balm
 - Thermometer
 - Scissors
 - Tweezers
 - Safety pins
 - Side cutters
 - Nitrile or Latex gloves
 - Barrier Device for Resuscitation
 - Sunscreen
 - First Aid Manual

Optional

- 1 small Repair Kit (multi-tool, duct tape, small sewing kit)
- 1 pair Binoculars
- 1 Fillet Knife
- 2-Piece or Collapsible Fishing Poles and Tackle – 2 to 4 per crew. Minimal equipment is available to check out at the Ely Base.
- 1 Lightweight Fish Stringer
- A compact, compressible string bag may be brought by the crew to carry items on a side hike.
- Daypacks or Fanny Packs are unnecessary in Canoe Country. Items that need to be gotten to quickly in case of weather, photogenic moments or other reasons, should be kept near the top of the portage pack.

WHAT NOT TO BRING ON YOUR TREK

- ⊗ Cell Phones. Northern Tier provides all necessary Emergency Communications devices and manages all emergencies in conjunction with local authorities. All crews will be asked to lock cell phones up with their valuables prior to departure on water. There is very limited cell phone service in the wilderness and cell phones are not permitted on the trail.
- ⊗ SPOT Satellite Messengers or any other Emergency Beacon Devices. Northern Tier provides all necessary Emergency Communications devices and manages all emergencies in conjunction with local authorities. All crews will be asked to lock any such devices up with their valuables prior to departure on water. These devices are not permitted on the trail.
- ⊗ Canoe chairs that clip or strap into canoes. These damage factory canoe seats and make portaging difficult. Standard Crazy Creek style camp chairs may be brought for use in camp sites and can double as a sleeping pad.
- ⊗ Electronic Music, Game or Video Devices. The beautiful wilderness of Northern Minnesota, Southern Ontario and Manitoba are the reason you're at Northern Tier, right? Enjoy it!

GEAR PROVIDED BY NORTHERN TIER

- Portage Packs w/Liner Bags (1 for every 3 people)
- Food Box(es) and Pack(s) w/Liner Bag(s)
- 1 Crew Equipment Box and Pack
- Tents (2-, 4- and 5-man as needed)
- 1 Dining Fly w/Ridge Line and Stakes
- Parachute Cord
- 1 Shovel
- 1 Folding Saw
- 2 Bear Ropes and 1 Pulley/Ring
- 1 Fire Grate
- 1 5-gallon collapsible Water Bucket
- 2 Stoves, fuel bottles, fuel funnel and fuel
- 1 Paddle/person
- 1 Life Jacket/person
- 1 Seat Cushion for middle passenger/canoe
- 1 Emergency Radio or Satellite Phone w/waterproof box
- 1 Utensil Kit
- 1 Slotted Spoon
- 1 Regular Spoon
- 1 Metal Spatula
- 1 Nylon Spatula
- 1 Spreader Knife
- 1 Whisk
- 1 Pair Hot Pot Pliers
- 1 Soap Kit
- Dish Soap, Sanitizer Tablets and Scrubbies
- Hand Sanitizer
- Stove Oil
- Strike Anywhere Matches
- 1 Polar Pure bottle/canoe (for water purification)
- Cooking Equipment
- Cooking Pots (8, 6, 4, 3 and 1 quart sizes, percolator, griddle available)
- 1 Bakepacker and Baking Liner Pans
- 1 Measuring Cup
- 1 Cutting Board
- Canoes (one canoe per three people). Lightweight canoes are available in Ely and Atikokan by reservation (extra fees apply).
- Full Trail Food Outfitting - 3 balanced meals per day and:
 - Spice Kit with a wide variety of spices and seasonings available.
 - Condiments
 - Variety of hot and cold drink mixes
 - Supplemental Baking/Cooking Items (Bannock, Fish Fry, Sugar, Popcorn)
 - Toilet Tissue
 - Fishing Equipment (Ely only, available on a first-come first served basis).
 - Fishing treks in Atikokan are fully outfitted with the necessary fishing equipment).
 - GPS Units (available on a first-come first served basis).

APPENDIX H

Northern Tier Policies

- Secure Your Food: Bears, chipmunks, mice and other rodents are fond of trail food. Hanging your food and 'smellables' at night is necessary. Remember, perfumed items (toothpaste, soaps, chapstick, etc.) may smell like food. Your Interpreter will advise you on what to do and how to do it. Whether on the trail or on base, do not take food into any tent or cabin.
- Respect Wildlife: We are visitors in the wilderness – please be responsible and courteous guests. Do not bother or provoke wildlife. Animals should be enjoyed from a distance and should never be fed.
- Purify All Drinking Water: All water from all natural sources - including springs, streams and lakes must be purified by bringing it to a rolling boil, treated with chemical purifier or filtered.
- Wash and Rinse Dishes Thoroughly: Protect the health of your crew by thoroughly washing, rinsing and sanitizing dishes. Let dishes and utensils air dry. The dirty dishwater should be disposed of at least 200 feet behind the campsite and at least 200 feet from any water source.
- No Climbing Allowed: Rock climbing, rappelling and tree climbing are not permitted. BSA regulations require advanced training and equipment which is not available for use on your trek.
- Swimming and Diving: All swimming and water activities must be done in accordance with the [BSA Safe Swim Defense](#) policy. In addition, wet boots, a lifejacket and a swimsuit or shorts must be worn by all swimmers at all times.
- Diving is prohibited at Northern Tier per the [BSA Safe Swim Defense](#) policy. Therefore, all entry into the water must be feet first or by wading into the water. Jumping feet first into the water is allowed from rocks or ledges no greater than five feet above the surface of the water, if the water is clear and the depth of the water is 10-12 feet deep. Lifejackets must be worn at all times.
- Cliff Jumping: Jumping into the water from any height greater than 5 feet above the surface of the water is prohibited.
- Whitewater Policy: 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.
- Rock Throwing: Rock throwing is prohibited.
- Solo Canoeing: There will be no solo canoeing. There must be a minimum of two canoes at all times with 2 canoeists in each canoe.



- Boots and Shoes: You must wear boots or shoes in all wilderness trail campsites, while canoeing, swimming, fishing, etc. Bare feet and under-protected feet are a major cause of foot injuries.
- Tobacco: The use of tobacco is never permitted within the line of sight of youth. No smoking is permitted in any Northern Tier building or vehicle. Each base has a single established tobacco use area.
- Alcohol and Drugs: Possession or use of alcoholic beverages, illegal drugs or misuse of prescribed drugs is 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. 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-on-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 family members). Physical, sexual or emotional abuse (including hazing) of a camper by his or her peers or by adult leaders 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.
- Forest Fires: Our forests are a beautiful and valuable heritage. If you spot a fire or think you have, report it to your Interpreter, who will report it to the base director by radio or phone. Your crew should not attempt to fight wildfires and should quickly leave the area. Because of the wilderness status, some of the areas which have naturally occurring fires may be left to burn naturally. Other man-caused fires may be extinguished. Trained fire fighters will monitor or extinguish the fires accordingly.
- Fires on Base: A fire on any of the Northern Tier program base facilities needs to be reported to the base director or staff person immediately. If the fire alarm is activated, all crews are to report to the parking area of the base facility. Each base has a fire guard plan posted.

APPENDIX I

Northern Tier Awards

Northern Tier offers a wide variety of patches that can be earned over the course of your trek. A brief synopsis of each patch or program is offered here.

Mileage Awards

At the heart and soul of Northern Tier's mileage award program is the BSA's national 50-Miler Award. All crews participating in a Northern Tier expedition should try to earn this award. What better time than during a BSA National High Adventure program?

- The 50-Miler Award is presented to each qualifying individual for satisfactory participation in an approved trip.
- In addition, special Northern Tier Mileage Awards are available for subsequent miles – in 25 mile increments up to 200 – traveled while on your trip. Patches and plaques are available from the Trading Post.



Northern Tier GEO Cacher Award

Every participant at Northern Tier should be capable of navigating canoe country by the end of their trip. Our GEO CACHER Program provides an extra challenge to navigating using a GPS unit. GEO Caching at Northern Tier is a little bit different than what most think of when considering the activity. Due to the nature of the wilderness area in which we travel we must utilize natural and historical points of interest as our "caches." One might think of the activity at Northern Tier as more of a navigational scavenger hunt.



Through completing this program your crew will be able to visit sites of historical interest such as locations mentioned in Alexander McKenzie's diary, a 1926 Buick Roadster, pictographs and logging era points of interest as well as sites of geographical and natural interest such as rock formations and the oldest cedar tree in Minnesota.

Northern Tier Lake Monitoring Program

Our Lake Monitoring Program provides your crew with an experience to learn about the water quality in the lakes of Northern Minnesota and Northwestern Ontario and how it changes. It also provides a community service opportunity for your Scouts as the data collected is used by government agencies and scholars to monitor water clarity and provide an assessment of suspended material in the water (often algae). Long term monitoring provides scientists with valuable data to detect trends in water quality and detect signs of degradation to a lake.



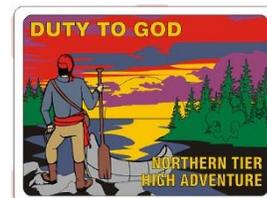
BSA National Historic Trails Award

Due to the rich historical significance of canoe country, Northern Tier expeditions are a great time to earn this National BSA award. To earn the award, members of your unit must plan and participate in a historic activity. A unit historic activity requires members to locate a historical trail (which are plentiful in the areas Northern Tier paddles), hike or camp 2 days or 1 night along the trail, and plan or stage a historic pageant or public event to instruct the greater community about the trail. All of these requirements can be accomplished at Northern Tier.



Northern Tier Duty To God Program

While at Northern Tier, you will encounter divine handiwork on many occasions. The Duty to God program will help you reflect on these special moments. This popular program requires an on base religious service, participation in at least three devotionals while on your trek, and the leading of grace at a campfire meal.



Trail of Courage

The program allows conversations to take place within each crew. These conversations focus on the seven parts of the program: Become personally fit, Eat a nutritious diet, Exercise, Be tobacco free and not smoke or use smokeless products, Live free of drug and alcohol habits, Learn the seven cancer danger signs, Live the Scout Oath and Law.



Each Interpreter is asked to coach the Crew Leader to guide conversations during the crew's trek that focus on each of the seven parts of the program. On the last night of the trek the Crew Leader will encourage the crew to take the pledge and committing to the seven parts of the program.

The recognition for making the pledge and participating in the program includes a Trail of Courage patch and the Boys' Life Personal Pledge Card. These items are available to the crew free of charge and can be picked up at the Northern Tier Store by submitting your crew pledge card.

Triple Crown of High Adventure Award

Scouts and Scouters who have participated in at least one program at each of the three national high-adventure bases operated by the Boy Scouts of American (Northern Tier, Philmont, and Florida Sea Base) can earn the Triple Crown patch and certificate. To qualify, you must earn a high-adventure program participant emblem (patch) from each of the three national high-adventure bases.



An application must then be submitted with fees for the patch and certificate. The application may be found on the Northern Tier website at <http://www.ntier.org/TripleCrown.aspx>.

Note: To earn the Triple Crown, you must complete each high adventure through the Scouting program. For example, canoeing the Boundary Waters Canoe Area Wilderness or Quetico through another outfitter other than Northern Tier will not qualify.

APPENDIX L

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.**

Northern Tier Expedition Number #: _____

Name of person with restriction: _____

Phone # and Email (of parent if youth or individual if adult): _____

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

Please circle all that apply: If an allergy is it by? Ingestion Contact Airborne
Other _____

Severity of Allergy (i.e. anaphylactic): _____

Is Allergy controlled or treated by medication? _____

If so, will individual have this medication on the trip? _____ **What is the medication?** _____

Symptoms Experienced (i.e. vomiting): _____

Substitution Ideas: _____

Any other information you think would be useful to the food service staff at Northern Tier:

<p>Office Use Only: Contacted Date: _____ Initials: _____ Accommodations Made: _____ Bringing Own Food: _____</p>
--

Return this form to Northern Tier at: 218.365.3112 or info@ntier.org

APPENDIX M

NORTHERN TIER HIGH ADVENTURE
BOY SCOUTS OF AMERICA

Parental Release Form

Participant's Name: _____

Date of Birth: _____

Dates of Travel: From _____ To _____

Location: _____

Adult Leader's Name: _____

Leader's Position: _____ Unit Number: _____

We certify that we are the parent(s) or legal guardian(s) of the above named participant and further certify that my child has permission to attend and participate in the Boy Scouts of America, Northern Tier National High Adventure program under the supervision of the above named adult leader. I further certify that the above named participant has my permission to travel in shuttle vehicles or small commercial aircraft to and/or from the expedition location as warranted by the expedition itinerary. I understand that our local Scout Troop or venturing Crew contracts this service.

In the event of emergency or accident, Northern Tier will notify the emergency contact listed on the "Health and Medical Record" form if deemed necessary by Northern Tier management. We authorize Northern Tier to make decisions regarding emergency medical care for my child while in their custody.

Signed: _____ Date: _____

Name Printed: _____ Phone Number: _____

Address: _____ City: _____ State: _____

Relationship to Child: _____

I am accompanying my child on this trip: [] Yes [] No

Signed: _____ Date: _____

Name Printed: _____ Phone Number: _____

Address: _____ City: _____ State: _____

Relationship to Child: _____

I am accompanying my child on this trip: [] Yes [] No

This form must be signed by both legal guardians. Exceptions to this requirement: In the event that there is a legal custody arrangement whereby one parent has full legal rights please attach a copy of the court documents that show this. In the event that one parent is deceased please attach a copy of the death certificate of the deceased parent. If there is an informal custody arrangement whereby the legal guardian is not able to sign this form, or any other circumstance whereby both parents are not able to sign this form please contact Northern Tier High Adventure – Boy Scouts of America for more information.