

Northern Tier

Planning for your trip to Ely, MN



Welcome!

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How should I schedule my trip planning (18 month planning calendar)?

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](#).

14 Months Prior to Trip (April – August):

Start training for your Northern Tier Expedition – make sure that the other members of your crew are training as well. Training should include:

- Engaging in physical activity for at least 30 minutes 5 days each week
- Develop basic camping skills: cooking, building fires, pitching a tent and hanging a bear bag.
- Canoeing and Backpacking: learn the J-Stroke, carry a 50-lb Pack, and portage a Canoe.
- Please see Appendix C for a sample fitness program.
- Begin arranging your travel to and from Northern Tier: flights, ground transportation to and from the base and any lodging while traveling. More information on travel options can be found on page 7 or at www.ntier.org/TripPlanning.

9 Months Prior to Trip (September – December):

- Collect funds for your first payment. This payment is due October 1. Make sure to update Northern Tier of any changes to your number of crews, and your participation numbers prior to October 1st.
- Make sure your crew sets up Doctor Appointments to update their BSA Health and Medical Records. These Records must be current within a year of your trip. Make sure all members of your crew meet the physical requirements to participate in a Northern Tier trip, including the Height and Weight Requirements found in Appendix D.
- Northern Tier sends information on the different types of parks and routes to paddle through in the fall. Use this information to fill out your Permit Application. The Permit Application is due on December 1.
- Begin reviewing the personal equipment list with your crew. Gear items make great Christmas gifts and can be purchased in our trading post online at <http://www.northerntiertradingpost.org/>
- Complete [campership applications](#). Campership applications are due by January 31st.

6 Months Prior to Trip (January and February):

- Crews traveling in the Boundary Waters Canoe Area Wilderness and Quetico Provincial Park should expect reservation confirmation e-mails in January, February and March. If you have not received your reservation confirmation by February, please contact the Northern Tier Registrar.
- Campership applications are due by January 31st.
- Ely Quetico Crews submit your RABC applications to Canadian Border Service Agency.
- Check Passport Expiration and/or apply for Passports if traveling in Canada.

3 Months Prior to Trip (March – June):

- Keep your eyes peeled for a Spring Mailing Package in your mailbox. Please review materials with your crew members.
- Final Payments are due in the Spring:
- For Crews arriving in June, the Final Payment is due March 1
- For Crews arriving in July, the Final Payment is due April 1
- For Crews arriving in August, the Final Payment due May 1
- Double check that all of your check in paperwork is together (see appendix B).
- Complete and Submit your Crew Roster.
- Submit your [BSA Tour and Activity Plan](#) to your local Council office. You will need to travel with a copy to Northern Tier.
- Double Check that all Certifications ([WFA](#), [CPR](#) and [BSA E-Certifications](#)) are complete
- Double Check that all participants have current [BSA Health and Medical Records](#)
- Make sure that you have a completed [BSA Swim Test](#) for all participants (See appendix F)
- Pack a full and thorough [First Aid Kit](#) to take with you on your trek. (See appendix G)
- Finalize all Transportation Plans. If you have any questions, please contact Northern Tier!
- Fill out and submit a [Dietary Restriction Notification card](#) for each crew member that has a restriction. These cards MUST BE RECEIVED by Northern Tier no later than 45 days prior to your trek. The card may be found online at <http://www.ntier.org/Food> or in Appendix K.
 - Please keep in mind that while we try to be as accommodating as possible, we will not be able to accommodate all food needs and may ask participants with certain needs to supplement the menu with their own food.

How do we choose which park to go to?

Wilderness usage is strictly limited by a permitting system which allows only so many groups to enter the wilderness at any given entry point each day. It is common 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.

There are two distinct differences between the [Boundary Waters Canoe Area Wilderness \(BWCAW\)](#) in Minnesota and the [Quetico Provincial Park](#) in Ontario.

- BWCAW is in the United States and Quetico is in Canada.
- [Quetico](#) is more primitive, rugged and has fewer visitors than the [BWCAW](#).
- The [BWCAW](#) is more maintained than Quetico with more cleared trails and established campsites.

If you can pick one over the other based on these three facts, then you are well on your way to selecting your park. The following is more specific information on each.

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.



Entry Points - The Northern Tier Reservation Team does their very best to ensure that we use Moose Lake exclusively (it's so handy). While we cannot ensure that we will always, 100% of the time, get a Moose Lake permit for your crew, we will get one that is either a portage or a quick shuttle ride away. While it is possible for your crew to select a different entry point, it is strongly discouraged as it will cut in to your overall time on the water and will add a shuttle fee to your overall cost.

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 in the [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).



Entry Points - For trips out of the Ely Base, we exclusively use the 5 entry lakes a crew can get to from Prairie Portage (the closest [Quetico](#) Ranger Station to our base on Moose Lake). You will be asked to rank these five entry points in order of your preference when you make your reservation with us:

- Kahshahpiwi Lake (53) – This entry point is the most difficult to reach and should be chosen by experienced crews or crews that want to push miles on their trip. Once there, many route options exist provided the trip length is 8 days or longer, or the crew travels at a faster speed than average. Kahshahpiwi makes for an easier Ely to Atikokan Trip.
- Sarah Lake (52) – Sarah is very close to Kahshahpiwi and therefore has very similar pros and cons. Great for 6 to 7 day trips. Sarah is good for a moderate Ely to Atikokan Trip.
- Basswood River (51) – The Basswood River is fairly easy to get to within the 48 hour window. It is a beautiful paddle on a large border lake (Basswood Lake) to reach it. Once there, crews get to view two of the largest waterfalls in the Superior/Quetico area. Some crews may find it difficult to complete a loop on a shorter trip however, and may end up returning the way they came. The Basswood River is good for a moderate Ely to Atikokan Trip.
- Agnes Lake (61) – Though Agnes is rarely reached on the first day of the trip, an entry here provides perhaps the most potential route options for the crew. There is an opportunity to visit and swim in one of the most breathtaking water falls in the Quetico (Louisa Falls). The crew has access to the central part of the Quetico as well as going west, further north, or back down to the border. Agnes makes for an easier Ely to Atikokan Trip.
- Carp Lake (62) – Entering at Carp lake allows a crew to enter the Quetico close to home. Approximately 10 miles from the base on Moose Lake, Carp allows the crew to have access to the southeast portion of the Quetico. Possible loops range from shorter and simpler to longer and more strenuous. The number of possible loops is limited to a handful however. Carp provides the most difficult Ely to Atikokan routes.

NOTE: If you are going to travel into the [Quetico](#), you will depart from the base on your first day and paddle directly to the Prairie Portage Ranger Station (6 miles away). You **MUST** pay your [Quetico Park Fees](#) at the Ranger Station. Please be prepared to take two (2) credit cards with you on the water. One to pay with and one as a backup. Visa, MasterCard and American Express are accepted.

SPECIAL NOTE: You should call your credit card company ahead of time to let them know you will be using your card for this purchase. Sometimes cards are declined because the credit card company is not expecting their customer to make a purchase in Ontario.

IMPORTANT!

Remote Area Border Crossing (RABC)

Each person entering Quetico Provincial Park from the Ely Base must have a [Remote Area Border Crossing Permit](#) - to learn more about applying for an RABC, please visit <http://cbsa-asfc.gc.ca/publications/forms-formulaires/bsf386-eng.pdf> for the most up to date RABC application and instructions. The cost for an RABC was \$30 CAD per adult in 2014. Youth RABC's have no cost, but youth are still REQUIRED to have an RABC to cross the border. This fee is set by Canada Border Services and updated information can be found at <http://cbsa-asfc.gc.ca/prog/canpass/rabc-pfre/menu-eng.html>.

ALL MEMBERS OF THE CREW MUST CARRY THEIR APPROVED RABC ON THE WATER.

It is IMPOSSIBLE to make last-minute change of crew members and leaders because of the RABC regulation.

Passports

It is imperative that every member of the crew come prepared with a Passport, Pass Card or identification approved by US Customs and Border Patrol, to present to customs officials. See the link found at <http://www.ntier.org/TripPlanning.aspx> for more details.

NOTE: Canada has very strict guidelines regarding certain criminal violations. DUIs, Reckless Driving as well as various other convictions can be significant obstacles in crossing the border. Persons with a criminal record may not be granted an RABC and will therefore not be permitted to enter Canada. If you have questions, please contact the [Canadian Border Services Agency](#) at 807.624.2162.

CROSSING THE CANADIAN BORDER IN THE WILDERNESS

Travel into Canada with a group of youth requires careful planning. The documentation required to travel outside the US (passports, passport cards and RABC's) may take several months to acquire. **All youth age 17 and under must have a [Parental Release Form](#) allowing them to travel internationally.** This form can be found in appendix L or on the Northern Tier website www.ntier.org/tripplanning

- The Parental Release Form must be signed by both parents and have both parents' contact information. Children with special circumstances (death of a parent, legal guardian, etc.) should bring proof of their custody arrangement.
- The Canadian government is very concerned about the trafficking of children across the border. They require these documents to ensure that all children are crossing the border with the consent of all legal guardians. While currently, the [Parental Release Form](#) does not require notarization, rules may change in the future to become stricter.

Are there any special trip options?

ELY TO ATIKOKAN TRIPS

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 (9-10 day 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.

GRAND PORTAGE TRIPS

This trip is among the highest of adventures and intended only for crews with previous Northern Tier experience. The trip is approximately 130 miles from the Ely base culminating with an 8.5 mile portage (the Grand Portage) to Lake Superior and the [Grand Portage National Monument](#). If your crew is interested in embarking on an historical Grand Portage trip you will want to apply for a [BWCAW](#) permit and indicate your desire on the form. Crews will have to be approved by Northern Tier management to embark on this expedition. This trip also requires a significant shuttle fee as it is not possible to complete a loop. In 2014 the shuttle fee was \$320 and is subject to change.

Permit Applications:

Each individual crew attending the Ely Base must complete a permit application to notify Northern Tier of their park choice. If you have registered more than one crew, an application must be completed for each crew in your reservation. Your permit applications will be made available to you in November of the year prior to your attendance. Permits are reserved in the name of the advisor who will be on the trip, so it is important that you provide very accurate information at the time of application. You will need the following information to complete your permit application:

- Adult Leader's Full Name (this adult must accompany this crew)
- Adult Leader's Mailing Address
- Adult Leader's Phone Number
- Adult Leader's Email Address
- Alternate Adult Name(s), email address and phone number
- Which Park (BWCAW or Quetico) you plan to travel in.

Permit Fees:

BOUNDARY WATERS CANOE AREA WILDERNESS (BWCAW) FEES

All crews at the Ely base who will be staying in the United States will need a [BWCAW](#) Permit. All BWCAW Fees are included in the cost of your trip. Any permit change or cancellation fees will be assessed to the crew.

QUETICO PROVINCIAL PARK FEES

Northern Tier will reserve your Quetico permit for you. The initial permit deposit is included in your total fees for Northern Tier. **The remainder of your Quetico fees will be paid to Quetico Provincial Park:**

Quetico South Entry Points (Ely Crews) - Quetico Fees (fees paid at Prairie Portage upon entry to park) – 2014 fees are listed below and are subject to change.

- \$8.48 CND per person, per night - Under Age 18
- \$21.47 CND per person, per night - Age 18 and up - the crew is responsible for the interpreters camping fees.



Arrival and Departure Information

Crews should arrive at Northern Tier **between 1:00 and 2:00 PM** on the arrival date provided in your confirmation details. This date is also noted in your crew number. For example, if you are crew E060115A, you would arrive at Northern Tier on June 1, 2015. Lunch should be eaten enroute to the base as it will not be available for your crew upon arrival.

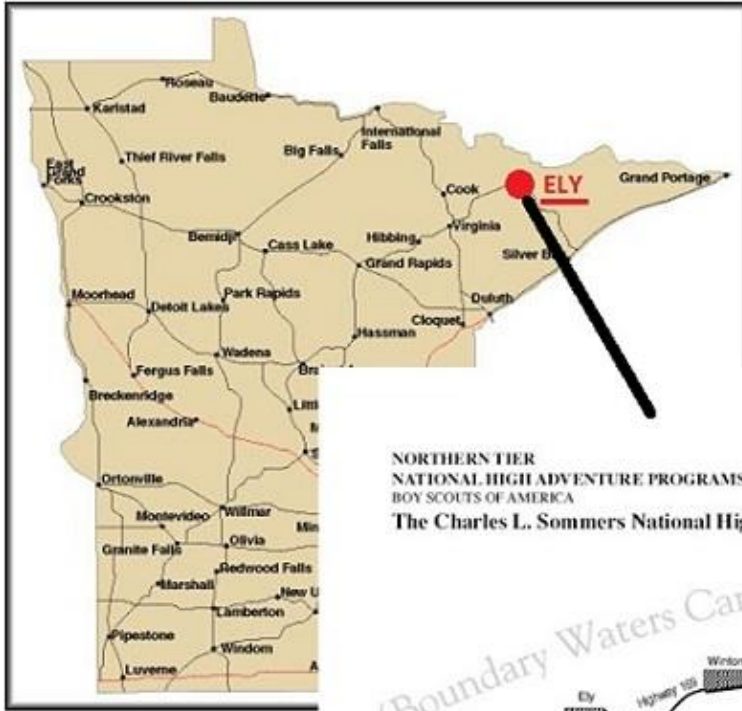
Crews should plan to depart Northern Tier by 9:00 AM on the departure date provided in your confirmation details. You will come off water the afternoon before your departure date.

Example: E060115A - 6 Night Trip

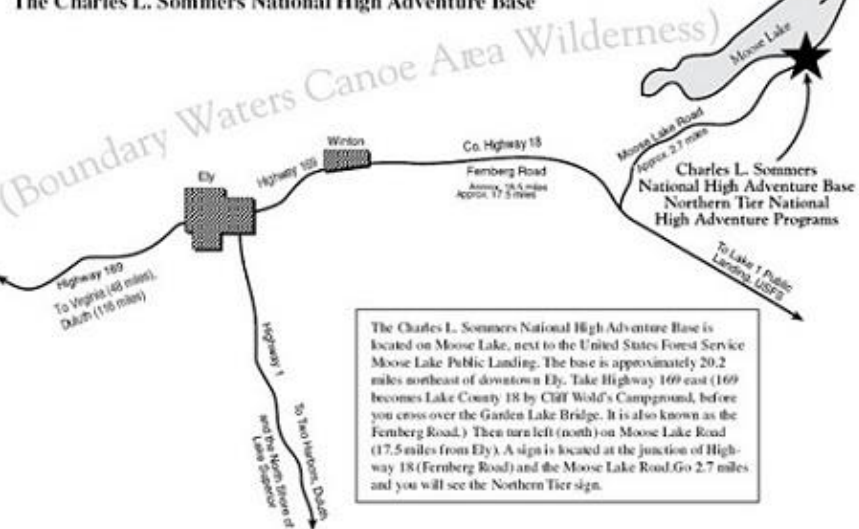
June 1	June 2	June 3	June 4	June 5	June 6	June 7
Arrive at Northern Tier between 1:00 and 2:00	Hit the Trail!	On Water	On Water	On Water	Return to Base after 1:00	Depart for Home After Breakfast

HOW DO I GET TO THE BASE?

You are responsible for your own transportation to Northern Tier. The Ely base is located 20 miles east of Ely, Minnesota. A printable version of the map below is available at ntier.org.



**NORTHERN TIER
NATIONAL HIGH ADVENTURE PROGRAMS
BOY SCOUTS OF AMERICA**



TRANSPORTATION OPTIONS

The Ely Canoe Base is 130 miles from Duluth, 270 miles from Minneapolis, 100 miles from Hibbing, and 20.2 miles northeast of Ely. Crews using public transportation will need to arrange charter transportation to the Base.

GROUND TRANSPORTATION OPTIONS

Shubat's Transportation INC.

Hibbing, MN 557546
888.874. 8228
218.262. 1042
FAX 218.263.7182

LCS Coaches

Cloquet, MN 55720
888.743.3527
218.879.3391
FAX 218.879.2020

Voyageur Bus CO/ MN Coaches

Duluth, MN 55803
218.724.1717
218.724.2432
www.voyageurbus.com

Ely Yellow Cab

Ely, MN 55731
218.365.6006

Ely Cab & Shuttle Service

Ely, MN 55731
218.349.1383
elyshuttle@gmail.com

Spirit of the Wilderness

Ely, MN 55731
218.365.3149
800.950.2709

Voyageur Charter Coach

International Falls, MN 56649
218.377.4343
877.406.9342
www.voyagercharter.com

Northern Lights Van Shuttle Service

Biwabik, MN 55708
800.688.7669 ext. 8024
<http://www.giantsridge.com/scout-groups-transportation.html>

Where can I stay en route to base?

- Crews traveling through Minneapolis or Duluth may plan to overnight at Giants Ridge Ski Resort in Biwabik, MN. Giants Ridge offers lodging, food service, and recreation for scouting groups at very reasonable rates. Call 800.688.7669 for more information or www.giantsridge.com.
- Blue Sky Adventures offers a tour package to Northern Tier. The logistics of getting here are complicated and Blue Sky Adventures can make the planning process much easier for your crew. For more information, please see their website at www.blueskyadventures.net/BSA/MN_No_Frills.html.
- The International Wolf Center in Ely, MN offers overnight accommodations, with unique educational experiences. You can find more information at www.wolf.org. Call 218-365-4695 to make reservation.
- For other lodging opportunities in the Ely area go to www.ely.org/lodging.

What can we see along the way?

Minnesota is full of fascinating historical sites, terrific museums, and beautiful scenery. Check out our list of “Places to Visit” at <http://www.ntier.org/tripplanning/elyattractions>.

Fishing Licenses

Northern Tier recommends that all Fishing Licenses be purchased online in advance of your trip. If youth under the age of 16 (for fishing in Minnesota) or under the age of 18 (for fishing in Ontario) would like to fish, they can fish under the license of a single adult. However, their catch will be restricted to this adult’s limit.

MINNESOTA FISHING LICENSES (BWCAW Crews)- All individuals, 16 years of age and older need to obtain a license to fish in the Boundary Waters Canoe Area Wilderness (BWCAW), licenses can be purchased in advance over the phone by calling **1-888-665-4236**, or [online](http://www.dnr.state.mn.us). For current pricing and license information visit [http://www.dnr.state.mn.us/](http://www.dnr.state.mn.us) NOTE: Regulations in Minnesota may be different than what you are used to at home. Make sure to review these regulations when you purchase your license.

REQUIRED!

Social Security Number

Each person purchasing a Minnesota Fishing License must provide a Social Security Number at the time of application. If you plan to purchase your fishing licenses at Northern Tier make sure each participant has their Social Security Number with them.

ONTARIO FISHING LICENSES (Quetico Crews) - All individuals 18 years of age and older need to obtain a fishing license and Outdoors Card to fish in Ontario. These should be purchased over the phone at 1-800-288-1155 or online at <http://www.mnr.gov.on.ca/>. **The Northern Tier Ely Base does not sell Ontario Fishing Licenses.** NOTE:

There are several regulations in Canada that may be different than what you are used to in the US. Make sure to review these regulations when you purchase your license.

WHAT GEAR IS NEEDED?

The following checklist is 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.

WHAT HAPPENS WHEN I ARRIVE AT BASE?

The afternoon of your arrival will be busy! Please make sure that you arrive on base between 1 and 2 PM. Be prepared for the following:

- Meet your Interpreter
- Complete your first portage! Carry personal and group gear to your crew's assigned cabin or tent (may be up to a ¼ mile hike). Do not pack in roller luggage, it is a rugged trail to your cabin. Pack in a backpack or duffel bag. If you plan to store your gear in a Northern Tier locker, make sure you use a frameless pack so they collapse into the locker.
- Medical Screening of each individual
- Crew Check In (presentation of paperwork, health forms, and copies of your certifications) – see appendix...
- Gear and food outfitting
- Route Planning
- An Interpreter led shake-down of group and personal gear
- Dinner at 5:30 PM
- Orientation presentation
- Visit the [Trading Post](#)



Check-in will be completed the afternoon of your arrival. Crews arriving after 2:00 will not be able to complete these tasks and will be delayed in getting on the water the next day. We cannot accommodate early arrivals at Northern Tier, if your crew arrives before the 1:00 check in time, we ask that you wait in the parking lot and your staff will be there by 1:00 to greet you.

Breakfast will be served at 7:15 AM the next morning. Your Interpreter will lead you through any additional preparations which will include:

- Canoe Check Out
- Food Check Out
- Final Gear Check Out
- Store personal items in lockers or vehicles
- The efficient crew will be on water by 10:00 am.

WHEN DO I PLAN MY ROUTE?

Northern Tier expeditions traverse nearly 6 million acres of wilderness where contiguous lakes, rivers, streams and portages offer some of the best canoeing and fishing country to be found in the world.

Months prior to your arrival, you booked a permit for your trip. Once arriving at Northern Tier, your Interpreter will help your crew plan a route that best meets their overall needs, desires, hopes and dreams. In fact, one of the most beautiful aspects of Northern Tier trips is that your crew has complete control over what your route will be. Easy, difficult, short, long, remote or staying close to base are all possibilities and they are endless. As the wilderness areas in which we paddle are ever changing due to weather, fires and human intervention, we have no set routes that must be adhered to. Rather our Interpreters are trained in how to select destinations and loops in the wilderness and are knowledgeable about current route conditions.



To sum it up, your crew should arrive with answers to certain questions to enable your Interpreter to best be able to help you plan your route.

- How many days is our trip?
- How far do we want to paddle each day?
 - The average crew paddles/portages approximately 2 to 3 mph
 - Easy days will encompass 8 to 12 miles
 - Moderate days will be 13 to 19 miles
 - Difficult days will be 20 miles and above
- Do we want to have a layover day (stay in a campsite 2 nights and a full day)?
- Do we want to fish a lot?
- Which of Northern Tier's special awards do we want to earn?
 - Which one(s)? What's the priority?
- Do we want to try to avoid portages or embrace their amazing existence and challenge ourselves to overcome as many as possible?
- Do we want to go on big lakes, small lakes, rivers or a combination?
- Do we want to see waterfalls?
- Do we want to see pictographs/petroglyphs?
- Do we want to really get away from others, or embrace the other wilderness visitors?

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. Map cases are also recommended for each set of maps and cost approximately \$17.00 each.

WHERE CAN WE STORE OUR ITEMS WHILE ON THE WATER?

For crews parking vehicles on base, Northern Tier requests that personal gear be stored in the locked vehicle. For crews that are dropped off at base without a vehicle, each crew will be issued one locker for storing personal gear that is not going on the water. The dimensions of the locker are 22" wide, 24" deep and 45" high with locks provided by Northern Tier. Northern Tier suggests packing in duffel bags for an easier fit in the locker. Please note that these lockers are NOT available for crews that have personal vehicles that will be staying in the base parking

lot during their trip. If this is the case for your crew, please plan on locking your non-trail gear in your vehicle. A lock box is available for all crews to store keys, wallets and other valuables.

WHERE DO WE SLEEP ON BASE? SHOWER? DO LAUNDRY?

The night you arrive at Northern Tier and the night before you return home, you will be sleeping on base. Each crew will be assigned either a rustic Northwoods cabin or a spacious outfitter tent. Each cabin and tent is outfitted with 8 beds and/or cots. Crew members of a different gender than the majority of the crew will be assigned to a different cabin or tent.



There are shower/sauna buildings with toilet facilities. Crews are encouraged to wait to take a shower or sauna until the afternoon they return from their trip in order to save on water resources. Plus, nothing attracts mosquitoes better than a freshly bathed person.

Northern Tier does NOT have laundry facilities available. Please come prepared with clean clothes to change into after getting off the water. Uniforms are encouraged for the evening programs.

HOW DO WE STAY IN TOUCH WITH OUR FAMILY AND FRIENDS WHILE WE'RE AT NOTHERN TIER?

Remember that you will be embarking on a Wilderness Canoe Trek. Crews are strongly encouraged to leave connections to the urban world on base when out on the trail. Cell phones are discouraged while in the wilderness. Northern Tier provides a reliable means of emergency communication to each crew. Please leave your cell phones behind.

While on base, limited cell phone coverage exists and some service providers are better than others. Due to the remote location of the bases, we cannot guarantee any cell phone coverage. Similarly the bases do not have any internet connectivity available to crews. Our internet bandwidth is extremely limited as we are quite literally at the end of the road. Because of this, our internet connection is reserved solely for our business operations. *This makes the necessity of completing all [E-Certifications](#) ahead of time and bringing paper documentation absolutely IMPERATIVE.*

If there is an emergency at home while you're on trail, Northern Tier may be called at 218.365.4811 and we will get the message to you as soon as we are able. Please note that this means we will not be able to get the message to you until after you get off the water. We do not maintain regular contact with our crews. Remember, you're in the wilderness. Enjoy it!

WHAT IF THERE IS AN EMERGENCY WHILE ON THE TRAIL?

Before we discuss emergency communications, it is important to note that Northern Tier treks are true High Adventure experiences and your crew will be in a vast wilderness area. Northern Tier does NOT maintain regular communication with our crews as it is not necessary and is a drain on resources. If an emergency does happen while on the trail, your Interpreter should immediately contact the base and our management team will work with the Interpreter and Crew to determine the best possible solution.

All Northern Tier crews are issued either an Emergency Radio or a Satellite Phone, depending on their route. Your Interpreter is trained in the operation of these devices and will in turn train your crew. Unless otherwise incapacitated, your Interpreter is solely responsible for any communication with the base.



Northern Tier has an amazing safety record and we rarely have to evacuate someone. When we do have to make that decision, please realize that evacuations can take several hours and potentially multiple days as our primary method of evacuation is by canoe. While float planes are a possibility, the use of them is considered high-risk and therefore they are only used for exceptional emergencies. Also, please note that float planes are not always an immediate option. Even in cases where it is determined a float plane must be utilized it may still be several hours before the evacuation can occur depending on weather and time of day. This is why it is absolutely imperative that every crew have an advisor certified in [Wilderness First Aid](#), [CPR](#), [Weather Hazards](#), [Safety Afloat](#) and [Safe Swim Defense](#) AND every crew must have a WELL STOCKED [First Aid kit](#).

Parent/Legal Guardian Notification – In the case of injury or illness

Posted at www.ntier.org

The adult crew advisors are responsible for communicating to parents any notification of illness or injury while attending the Northern Tier High Adventure programs. There will be times when an emergency happens in the wilderness and the adult advisor won't be able to communicate with the parents. In this case the General Manager or the person operating on his behalf will contact the parent. The General Manager or the person operating on his behalf will:

- Contact the parent or legal guardian, noted as the emergency contact, on the participant's medical form. It will be noted on the incident report form with time, date and person spoken.
- A representative from the crew's home Council will be notified with time, date and person spoken.
- If the person is transported by air, a copy of the medical form will be delivered to the hospital for parent contact or be given to EMS by a Base staff member.
- All information will be given on an as needed basis to keep participant confidentiality.

WHAT HAPPENS WHEN WE RETURN TO BASE?

All good things must come to an end, so it is important to plan for your departure. Breakfast will be served on your final day at 7:15am and then you may depart. **The Check Out process must be completed by 8:00pm the day you get off the water, NOT the morning you leave for home.**

CUSTOMS

Any person who has been in [Quetico](#) Park and enters (or returns to) the United States, must check in at a [US Customs](#) office. Failure to check back into the US could result in a \$5,000.00 fine per person. Therefore it is imperative that every member of the crew come prepared with a Passport or Pass Card to present to the customs officials after your trip is complete. Current US Customs regulations may be found online. Just follow the link found on our website at: <http://www.ntier.org/TripPlanning.aspx>.

When planning your departure from Northern Tier please take in to account that the hours of operation are 8:30-4:30pm for the [US Customs](#) station in Ely. Shuttles are available from Northern Tier for an additional price of \$75 per crew. If you will need a shuttle to Customs, please notify the check in office at the time of check in.

Trading Post (retail store)

Northern Tier's Trading Post sells a large supply of gear, souvenirs and snacks.

Each participant spends on average \$150 at the Trading Post. For more information go to www.northerntiertradingpost.org.



WHAT ABOUT OUR FOOD? WHAT DO WE EAT?

Your crew will eat four meals on base. The day you arrive, you will eat dinner in our dining hall. Uniforms are encouraged for the dinner meal. The next morning before you hit the water, breakfast will be served in the dining hall. You should plan on wearing your trail clothes to breakfast, in order to expedite your departure on the trail.

After you get off the water, you will again eat dinner in the dining hall and breakfast the morning before you leave.

While on the water your crew will partake in some of the best trail food in the business. Our commissary is stocked according to an expertly crafted menu. Your Interpreter spends the morning before you arrive at base packing your food. After you arrive, your Interpreter will go through the trail food with you and explain what is included. This also allows you and the Interpreter to double check and make sure everything is packed. You will pick up the trail food in the morning before hitting the water. **Don't forget your fresh meals!**

We make every effort to accommodate special diet requests. The key to success is communication – the staff at Northern Tier needs to know about Special Diet needs. They will communicate directly with the individual or individual's parents regarding those needs. Please fill out a dietary restrictions form on each participant with special diet needs. It is important that you provide us with a direct email and phone number for that individual, so we can communicate with them. As previously state, we make every effort to accommodate special diet requests, but in some situations it is not possible. In those situations we will let the individuals know what we can provide and ask them to supplement additional food on their own.

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.
 - 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

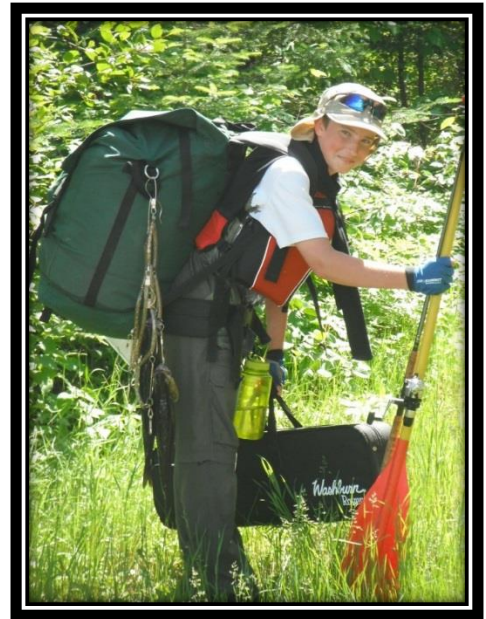
To insure safety, all participants must be physically prepared to enjoy a rugged canoe trip. On a canoe trip, you may be paddling 10 miles a day or more in windy conditions and may carry as much as 85 pounds across a portage. You will be using your arms and upper body for paddling and your back and legs 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>		100 pounds
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>		295 pounds

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.



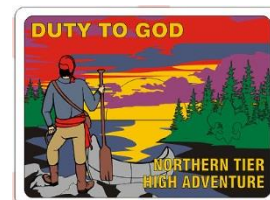
BSA National Historic Trails Award

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. All information will be given on an as needed basis to keep participant confidentiality.