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Welcome!

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 2019 would enter the lottery in January of 2018. 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 your location, 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.
- 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 to each base can be found on page 8 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.
- 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)
• Campership applications are due by January 31st.
• Check Passport Expiration and/or apply for Passports.
• Begin making float plane reservations.

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.
• 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.
• Pack a full and thorough First Aid Kit to take with you on your trek.
• Finalize all Transportation Plans. Double check to make sure that your Float Plane shuttles are correct. If you have any questions, please contact Northern Tier!
• Fill out and submit a Dietary Restriction Notification form 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 form may be found online at http://www.ntier.org/Food.
  o 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 ATTEND?

Most Bissett crews paddle exclusively in Atikaki Provincial Park. However, crews have the option of paddling out of the Atikaki into Woodland Caribou Provincial Park (in Ontario), a trip that requires a permit and a small additional fee. Please note, all crews paddling in Woodland Caribou Provincial Park, will also spend part of their trip in Atikaki Provincial Park.

ATIKAKI PROVINCIAL PARK
Atikaki Provincial Park of Manitoba is the true home of the Northern Expeditions program. The Atikaki (meaning “country of the caribou” in Saulteaux-Ojibwe) is only accessible by charter aircraft or canoe. Very few people travel through the Atikaki region. Several of the River systems that traverse the park are quite famous (particularly the Bloodvein and Pigeon Rivers) and are travelled by only a handful of serious expedition canoeists each summer. In addition, Northern Tier crews in the Atikaki Provincial Park are limited to a size of 11 people. No permits are required for travel in the Atikaki.

WOODLAND CARIBOU PROVINCIAL PARK
Woodland Caribou Provincial Park lies directly adjacent to the Atikaki, separated only by the Manitoba/Ontario border (Atikaki in Manitoba, Woodland Caribou in Ontario). Crews can choose to paddle into
Woodland Caribou in order to see several famous pictographs (Ojibwe cave paintings) on Artery Lake.

Groups of 12 may travel through Woodland Caribou, but they may not camp there. Groups of nine or smaller may camp in the park. Permits are required for traveling in Woodland Caribou. Permits can be acquired by phone during business hours – most crews wait to get them until they reach Bissett. If you plan on traveling through Woodland Caribou, it is helpful to let the base know in advance and to arrive to the base on time (between 1 and 2 PM).

The prices for permits are the following (subject to change):
- Day Use Fees (no camping): $10.75/canoe
- Camping Fees (overnight): $15.00/adult, 6.50/youth
- Only one type of permit is required: Day Use OR Camping

**WHAT OTHER TRIP OPTIONS DO I HAVE?**

Because of the Bissett Base’s small size and remote location, no other trip options are available. Only aluminum canoes are used in outfitting due to the rugged terrain. Because the base is difficult to get to, crews are encouraged to take longer trips. A trip to Bissett is truly the adventure of a lifetime and it makes sense for crews to maximize their time in the wilderness.

**HOW DO I RESERVE MY CREW’S FLOAT PLANE?**

Bissett trips require a float plane shuttle to and from the wilderness canoe cache. The cost and the scheduling of the float plane(s) is the responsibility of the crew. The crew must also cover the cost of the flight of the interpreter.

Float Plane shuttles to the Canoe Cache are provided by Bluewater Aviation. The round-trip cost for a flight to the canoe cache was about $285.00/person US currency in 2017. Bluewater typically offers a discount to crews who pay in full by March 1.

Please Note: Northern Tier does not control the scheduling or promptness of your flights! Weather and other safety concerns may require the float plane schedule to change causing your fly-in or fly-out to be delayed. This does not happen often, but it is a possibility you should be aware of.

Crews should contact Bluewater Aviation directly to arrange their flights. The company’s year round number is 204.367.2762. Their website is [www.bluewateraviation.ca](http://www.bluewateraviation.ca)

**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 B060118A, you would arrive at Northern Tier on June 1, 2018. Lunch should be eaten en route 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: B060118A - 6 Night Trip**

<table>
<thead>
<tr>
<th>June 1</th>
<th>June 2</th>
<th>June 3</th>
<th>June 4</th>
<th>June 5</th>
<th>June 6</th>
<th>June 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrive at Northern Tier between 1:00 and 2:00</td>
<td>Hit the Trail!</td>
<td>On Water</td>
<td>On Water</td>
<td>On Water</td>
<td>Return to Base after 1:00</td>
<td>Depart for Home After Breakfast</td>
</tr>
</tbody>
</table>

**HOW DO I GET TO THE BASE?**

The arrival time at the Bissett Base is between 1-2 pm CST on the first day of a crew’s trip. Make sure to eat lunch in Pine Falls prior to your arrival. Crews should expect to leave after breakfast on the last day of their trip.

You are responsible for your own transportation to Northern Tier. There are many options for travel to and from Bissett. The town of Bissett is located 150 miles (3.5 hours of driving time) northeast of Winnipeg, Manitoba. Winnipeg is served by commercial air, rail and bus.

Most traveling to Bissett fly to Winnipeg. Delta Airlines has regular service to Winnipeg through Minneapolis, Chicago and Denver. Other airlines may connect with Air Canada or West Jet in Toronto, Ontario.

If you are planning flights, please consider the option of spending a night en route. Keep in mind that while it is possible to arrange an early flight to Winnipeg, you will arrive at the base after an already long day to begin 6 hours of intensive trip preparation. In addition, Winnipeg is a great city with a lot to see and do.
TRANSPORTATION OPTIONS (IN CANADA):

Crews arriving by public transportation will need to arrange charter transportation to Bissett. A few of the more popular options are listed below:

<table>
<thead>
<tr>
<th>Transportation Option</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vital Transit</td>
<td>Winnipeg, MB</td>
</tr>
<tr>
<td>Winnipeg, MB</td>
<td>204.633.2022</td>
</tr>
<tr>
<td><a href="mailto:s.paull@vitaltransitservice.com">s.paull@vitaltransitservice.com</a></td>
<td></td>
</tr>
<tr>
<td>Northern Soul Wilderness Adventure</td>
<td>Winnipeg, MB</td>
</tr>
<tr>
<td>Winnipeg, MB</td>
<td>866.425.9430</td>
</tr>
<tr>
<td><a href="mailto:adventure@northernsoul.ca">adventure@northernsoul.ca</a></td>
<td>204.878.3570</td>
</tr>
<tr>
<td>Budget Rent A Car</td>
<td>Winnipeg International Airport</td>
</tr>
<tr>
<td>Winnipeg, MB</td>
<td>204.989.8510</td>
</tr>
<tr>
<td>Five Star Bus Lines</td>
<td>Winnipeg, MB</td>
</tr>
<tr>
<td>Winnipeg, MB</td>
<td>204.261.7698</td>
</tr>
<tr>
<td><a href="mailto:starfive@mts.net">starfive@mts.net</a></td>
<td></td>
</tr>
</tbody>
</table>

CROSSING THE CANADIAN BORDER

Travel into Canada with a group of youth requires careful planning. The documentation required to travel outside the US (passports and passport cards) may take several months to acquire.

Please read the following information carefully. If you have any additional questions, please consult the US State Departments webpage on travel to Canada (http://travel.state.gov/content/passports/english/country/canada.html) as well as the Canada Border Services Agency’s website (http://www.cbsa-asfc.gc.ca/menu-eng.html).

Please follow these steps to ensure safe and conflict-free border crossings:

- **All participants who are US citizens must bring an original proof of citizenship (Passport or Passport Card) to cross the border.** Passport cards cannot be used for some methods of crossing the border (i.e., by plane). Naturalized citizens should bring their naturalization certificate. Getting a passport can take several months – if you need a passport, start this process well in advance of your trip.
  - Non-US Citizen participants should contact a US Immigrations Office and a Canadian Customs office to make sure their documentation is in order. Permanent non-US Citizens are advised to bring their Alien Registration Receipt Card. Non-US Citizens must have a multiple entry Visa to return to the United States.
- **All youth age 17 and under must have a Parental Release Form allowing them to travel internationally.** This form can be found on the Northern Tier website www.ntier.org/tripplanning or in appendix L.
  - 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.
- **Anyone with a criminal record should review this Canadian Immigration website (http://www.cic.gc.ca/english/information/applications/guides/5312ETOC.asp#overview) to ensure that they will be allowed to cross the border.** In some cases, individuals may apply for a waiver to have their border crossing approved. Certain violations (ex. DUIs and Reckless Driving) can be significant obstacles in crossing the border.
What are the roads like when driving to Bissett?
Some crews (especially those in the Great Plains states) drive themselves to Bissett. Keep in mind that the roads for the last two hours of the drive are unpaved and can be very rough.

Highway 304 is a remote gravel road, please be careful. While driving to Bissett, crews may encounter gravel trucks and road graders that can kick up impressive clouds of dust. There are also many moose and deer in the area, not all of whom understand the danger of fast-moving vehicles.

WHERE CAN I FILL UP ON GAS? EAT LUNCH? VISIT AN ATM? PURCHASE FISHING LICENSES?

There are several places to eat in Pine Falls / Powerview. Charlie Biggs, just across the Winnipeg River on Highway 304, offers a sit down lunch. There is a Subway and a grocery store (Dancy’s) in downtown Pine Falls on Highway 11. Clarks Corner, a gas station at the corner of Highway 11 and Highway 304, has take-out Fried Chicken. They ask that crews call ahead so they can be prepared to serve them 204.367.2238.

There is a park on the south bank of the Winnipeg River just to the North of the intersection of Highways 11 and 304. There are also campgrounds on the banks of the Manigotagan River (70 km/49 miles past Pine Falls on Highway 304) and the English Brook (9 km/5.6 miles past Manigotagan). All are terrific places to eat a picnic lunch and stretch the legs.

The last place to fill up your gas tank is in Pine Falls. While there is a gas station in Bissett, inconsistent scheduling, high prices and the potential for a general power outage make it a sub-optimal option.

Similarly, should you need to acquire Canadian cash (the Bissett Trading Post does not accept US Currency) or use an ATM, the Royal Bank of Canada in Pine Falls is the best place to stop. The RBC has a 24-hour ATM that accepts some American Debit Cards. The ATM systems that it uses are posted next to the machine.

Finally, if events beyond your control cause your crew to be delayed, please call so that the Bissett Base can accommodate for your late arrival. Over the past three years, luggage has been lost, flights have been cancelled and cars have broken down. Nevertheless, all crews have departed for the wilderness on time. If you run into any problems or have any questions while travelling, please contact the Bissett Base at 204.277.5261.

Where can I stay en route to Bissett?
Crews arriving in Winnipeg, Manitoba prior to their scheduled arrival date should not plan on staying at the Bissett base. Winnipeg has many hotels at a variety of prices to choose from.

In Bissett, the only hotel is the Hotel San Antonio 204.277.5250. Please call ahead if you wish to stay here – at many points during the summer all of the rooms will be filled with miners making it difficult to get a room.

WHAT CAN I SEE ALONG THE WAY?
There are a number of interesting sites and activities in Northwestern Ontario and Southern Manitoba. For more information, check out our “Things to See” page on the Northern Tier website.

FISHING LICENSES
MANITOBA FISHING LICENSES – All individuals 16 years of age or older need to obtain a license to fish in Manitoba. Crews are encouraged to pre-purchase a license through paper application well in advance of their trip (2 months). Licenses can be bought in Manitoba from private vendors but are not sold at the Bissett base. For more information, visit the Manitoba Conservation website: https://www.gov.mb.ca/.

WHAT GEAR IS NEEDED?
Appendix G contains a complete checklist of gear needed 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. Very little gear is available on site in the Bissett Trading Post – please plan ahead with your gear needs. 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. 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)
- Gear and food outfitting
- Route Planning
- An Interpreter led shake-down of group and personal gear
- Dinner
- 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 and thus may need to adjust their flight schedule.

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

- Food Check Out
- Final Gear Check Out
- Store personal items in lockers or vehicles

After you are ready you will portage down to the float plane dock for departure.

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.

Once you have arrived 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. We call these ten questions the Ten Point Plan.

- 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 6 to 10 miles
  - Moderate days will be 10 to 15 miles
  - Difficult days will be 15 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?

**MAPS**

Northern Tier requires that a set of Maps be carried in each canoe. In Bissett, maps cost approximately $18.00 and an estimated 2-4 maps are needed for each canoe. Map cases are also recommended for each set of maps and cost approximately $18.00 each.
WHERE CAN WE STORE OUR PERSONAL ITEMS WHILE WE ARE 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.

WHERE DO WE SLEEP? 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 a rustic Northwoods cabin. Each cabin is outfitted with beds and mattresses. Crew members of a different gender than the majority of the crew will be assigned to a different cabin.

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 FAMILY AND FRIENDS WHILE AT NORTHERN 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 WE ARE ON 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 in Bissett are issued a satellite phone. Your Interpreter is trained in its operation 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 ILLNESS OR INJURY

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 THE 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 and then you may depart. The Check Out process must be completed the day you get off the water, NOT the morning you leave for home.

HOW DO I CONTACT THE BISSETT BASE?

The Bissett Base is operated seasonally from about June 10 – August 15. During that period the base can be contacted at 204.277.5261. For the rest of the year, any questions about the Bissett Base should be directed to Northern Tier’s administrative headquarters in Ely, Minnesota at 218.365.4811.

WHAT IS MEDICAL SERVICE LIKE IN THE AREA?

The nearest hospital, Pine Falls Health Complex, is located in Pine Falls, Manitoba – it is used very rarely. They do not accept American Insurance, but do provide paperwork for you to make a claim upon your return home. They expect payment in cash or credit card.

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.

Certain gear, such as boots, that is required for Northern Tier treks are not sold in the Trading Post. It is doubly important that crews make sure all participants have these gear items before they leave home.

The Trading Post only accepts Canadian Currency Cash. Please plan accordingly. In addition, the Trading Post accepts Visa and MasterCard. Typically, US Debit Cards will have to be run as Credit Cards in Canada.

In addition, be aware that the Trading Post does not sell Fishing Licenses. Fishing Licenses should be purchased in advance or purchased en route to the Bissett Base.

WHAT ABOUT FOOD? WHAT DO WE EAT?

Your crew will eat five meals on base. The day you arrive, you will eat dinner in our dining pavilion. Uniforms are encouraged for the dinner meal. The next morning before you hit the water, breakfast will be served in the dining pavilion. 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 eat lunch and 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 – located here: ntier.org/Food/SpecialDiet.aspx. 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 stated, 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 2018-19

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.
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.my.scouting.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 (APPENDIX M)** – To be used by any crew crossing the border into Canada.

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.*

<table>
<thead>
<tr>
<th>Height</th>
<th>Recommended Weight (pounds)</th>
<th>Maximum Weight (pounds)</th>
</tr>
</thead>
<tbody>
<tr>
<td>5' 0''</td>
<td>100 - 138</td>
<td>166</td>
</tr>
<tr>
<td>5' 1''</td>
<td>101 - 143</td>
<td>172</td>
</tr>
<tr>
<td>5' 2''</td>
<td>104 - 148</td>
<td>178</td>
</tr>
<tr>
<td>5' 3''</td>
<td>107 - 152</td>
<td>183</td>
</tr>
<tr>
<td>5' 4''</td>
<td>111 - 157</td>
<td>189</td>
</tr>
<tr>
<td>5' 5''</td>
<td>114 - 162</td>
<td>195</td>
</tr>
<tr>
<td>5' 6''</td>
<td>118 - 167</td>
<td>201</td>
</tr>
<tr>
<td>5' 7''</td>
<td>121 - 172</td>
<td>207</td>
</tr>
<tr>
<td>5' 8''</td>
<td>125 - 178</td>
<td>214</td>
</tr>
<tr>
<td>5' 9''</td>
<td>129 - 185</td>
<td>220</td>
</tr>
<tr>
<td>5' 10''</td>
<td>132 - 188</td>
<td>226</td>
</tr>
<tr>
<td>5' 11''</td>
<td>136 - 194</td>
<td>233</td>
</tr>
<tr>
<td>6' 0''</td>
<td>140 - 199</td>
<td>239</td>
</tr>
<tr>
<td>6' 1''</td>
<td>144 - 205</td>
<td>246</td>
</tr>
<tr>
<td>6' 2''</td>
<td>148 - 210</td>
<td>252</td>
</tr>
<tr>
<td>6' 3''</td>
<td>152 - 216</td>
<td>260</td>
</tr>
<tr>
<td>6' 4''</td>
<td>156 - 222</td>
<td>267</td>
</tr>
<tr>
<td>6' 5''</td>
<td>160 - 228</td>
<td>274</td>
</tr>
<tr>
<td>6' 6''</td>
<td>164 - 234</td>
<td>281</td>
</tr>
<tr>
<td>6' 7'' +</td>
<td>170 - 240</td>
<td>295</td>
</tr>
</tbody>
</table>

**Maximum Allowed Weight**
***No participants weighing more than 295 pounds will be allowed to participate.***

295 pounds
**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".

<table>
<thead>
<tr>
<th>Full Name (print)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
</tr>
<tr>
<td>2</td>
</tr>
<tr>
<td>3</td>
</tr>
<tr>
<td>4</td>
</tr>
<tr>
<td>5</td>
</tr>
<tr>
<td>6</td>
</tr>
<tr>
<td>7</td>
</tr>
<tr>
<td>8</td>
</tr>
<tr>
<td>9</td>
</tr>
<tr>
<td>10</td>
</tr>
<tr>
<td>11</td>
</tr>
<tr>
<td>12</td>
</tr>
</tbody>
</table>

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.
### REQUIRED PERSONAL GEAR

**Clothing**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Special Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Pair of Boots**</td>
<td>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.</td>
</tr>
<tr>
<td>1</td>
<td>Pair of Camp Shoes</td>
<td>All participants are required to bring closed-toe/closed-heel camp shoes with hard soles, such as lightweight sneakers.</td>
</tr>
<tr>
<td>1</td>
<td>Rain Jacket**</td>
<td>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.</td>
</tr>
<tr>
<td>2</td>
<td>Shirts**</td>
<td>Long-sleeved, Lightweight</td>
</tr>
<tr>
<td>2</td>
<td>Pants**</td>
<td>Quick Dry – recommend Zip Off Legs</td>
</tr>
<tr>
<td>3</td>
<td>Pair of Socks**</td>
<td>Synthetic or Wool – NO Cotton</td>
</tr>
<tr>
<td>2</td>
<td>Pair of Underwear**</td>
<td>Recommend Synthetic, Quick Dry</td>
</tr>
<tr>
<td>1</td>
<td>Hat**</td>
<td>Broad Rimmed or Baseball Style</td>
</tr>
<tr>
<td>1</td>
<td>Jacket**</td>
<td>Lightweight Fleece</td>
</tr>
<tr>
<td>1</td>
<td>Hat**</td>
<td>Knit/Stocking Cap</td>
</tr>
<tr>
<td>1</td>
<td>Clean/Dry Clothes</td>
<td>For wearing on base and to and from Northern Tier for Travel</td>
</tr>
<tr>
<td>1</td>
<td>Bathing Suit</td>
<td>For wear in the Sauna</td>
</tr>
<tr>
<td>1</td>
<td>Flip Flops/Sandals</td>
<td>For wear in the shower – these are NOT permitted on trail</td>
</tr>
<tr>
<td>1</td>
<td>Uniform</td>
<td>BSA field or activity uniform for wear on base</td>
</tr>
</tbody>
</table>

**OTHER PERSONAL GEAR**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sleeping Bag</td>
<td>All participants should bring a sleeping bag that is compact, synthetic, lightweight and rated to 35°F with a compression style stuff sack.</td>
</tr>
<tr>
<td>1</td>
<td>Waterproof stuff sack**</td>
<td>25-30 Liter dry bag for clothing and other gear – this will be packed in our gear packs.</td>
</tr>
<tr>
<td>1</td>
<td>Sleeping Pad**</td>
<td>Closed Cell or self-inflating foam</td>
</tr>
<tr>
<td>1-2</td>
<td>&quot;Camp Towel***</td>
<td>Bandanna, Buff or Synthetic Camp Towel</td>
</tr>
<tr>
<td>1</td>
<td>Belt or Suspenders**</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Toothbrush**</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Mess Kit**</td>
<td>Plastic or Metal: 12 oz Bowl, 8-12 oz Cup/Mug, spoon/spork</td>
</tr>
<tr>
<td>1</td>
<td>Water Bottle**</td>
<td>1 Liter, wide mouthed with Carabiner Style Clip</td>
</tr>
<tr>
<td>1</td>
<td>Headlamp**</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Whistle</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Lip Balm**</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Sunglasses**</td>
<td>With keeper strap</td>
</tr>
<tr>
<td>2</td>
<td>Prescription Glasses</td>
<td>If needed with keeper strap</td>
</tr>
<tr>
<td>2</td>
<td>Personal Medications</td>
<td>If needed – 2 supplies to carry in separate locations</td>
</tr>
<tr>
<td></td>
<td>Personal Toiletries</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Bathing Towel</td>
<td>For on base showering needs</td>
</tr>
</tbody>
</table>

**OPTIONAL PERSONAL GEAR**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Camera</td>
<td>With extra batteries and waterproof box</td>
</tr>
<tr>
<td>1</td>
<td>Head Net**</td>
<td>For mosquitos</td>
</tr>
<tr>
<td>1</td>
<td>Long Underwear**</td>
<td>For cool nights and mornings</td>
</tr>
<tr>
<td>1</td>
<td>Rain Pants**</td>
<td>Could double as second pair of pants</td>
</tr>
<tr>
<td>1</td>
<td>Book/Journal**</td>
<td>For Reading and Personal Reflection</td>
</tr>
</tbody>
</table>

**Items marked with a double asterisk are available at [www.northerntiertradingpost.org](http://www.northerntiertradingpost.org)**
REQUIRED CREW GEAR

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
<th>Special Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Small Pocket Knife**</td>
<td>1 Knife per Canoe (3-4 total)</td>
</tr>
<tr>
<td>1</td>
<td>Small Compass**</td>
<td>1 Compass per Canoe (3-4 total)</td>
</tr>
<tr>
<td>1</td>
<td>Map Case**</td>
<td>1 Map Case Per Canoe (3-4 total)</td>
</tr>
<tr>
<td>1</td>
<td>Set of Maps**</td>
<td>1 Set of Maps Per Canoe – Do not purchase your maps prior to arrival – we help you pick the best set of maps for your route upon arrival.</td>
</tr>
<tr>
<td>1-2</td>
<td>Sunscreen**</td>
<td>1-2 bottles per crew – SPF 15 or greater – no aerosol cans please</td>
</tr>
<tr>
<td>1-2</td>
<td>Bug Repellent**</td>
<td>1-2 bottles per crew – High Deet content recommended – no aerosol cans please</td>
</tr>
<tr>
<td>1</td>
<td>Toothpaste**</td>
<td>1 Tube per crew is recommended</td>
</tr>
<tr>
<td>1</td>
<td>Medicated Foot Powder**</td>
<td>1 Bottle per crew is recommended</td>
</tr>
<tr>
<td>1</td>
<td>Crew First Aid Kit</td>
<td>Complete list is outlined in Appendix??</td>
</tr>
</tbody>
</table>

OPTIONAL CREW GEAR

- Fishing Poles: Fishing Equipment is available to check out. Crews are allowed 1-2 poles per crew.
- Fishing Tackle**: Limited fishing tackle is available to check out for each crew. You may want to bring some of your favorite. Make sure it is lightweight and compact.
- Repair Kit: Multi-tool, duct tape, small sewing kit
- Binoculars
- Fillet Knife**:

** Items marked with a double asterisk are available to purchase at www.northerntiertradingpost.org

What Not to Bring

- SPOT Satellite Messengers or 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!

Cell Phones: Northern Tier provides an emergency communication device for each crew on trail, it is unnecessary for crews to bring cell phones for use as a communication device (virtually no cell reception). However, we do recognize that many people use their cell phones as their cameras and this is permitted. We would request that you leave them in airplane mode and enjoy the Wilderness for what it is. We would still recommend using a crew camera over a cell phone.
# Appendix H

## 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
APPENDIX I

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).
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](https://www.scouts.org/Youth-Protection) 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.
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.
APPENDIX L

NORTHERN TIER HIGH ADVENTURE
BOY SCOUTS OF AMERICA
For Trips Crossing International Borders

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.