



AUTUMN ADVENTURES PLANNING GUIDE - 2020

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

Sigurd Olson, Of Time and Place

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WELCOME TO NORTHERN TIER...

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

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

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

HOW DOES A NORTHERN TIER TRIP WORK?

The Crew

All Northern Tier participants belong to a crew. All Autumn Adventures must be a crew size of 6-8 participants. They must consist of at least two adult leaders, a youth crew leader and a majority of youth participants. A Northern Tier Interpreter accompanies all crews.

The Crew Leader

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

The Advisor

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



The Interpreter

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

The Wilderness

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

WHAT ARE NORTHERN TIER'S AUTUMN PROGRAMS?

Autumn is one of the best times of the year to visit North America's Canoe Country. The weather is (usually) wonderful and the summer crowds fade away. The changing color of the leaves - the Aspens turning gold and the Maples red - are beautiful. Best of all: There are no Bugs!



Wilderness Canoe Trips

Northern Tier offers its traditional program of wilderness canoeing through the fall. Paddle along the border route as the leaves change in the beautiful BWCAW. Trip lengths are 6-nights in length. All participants must be 14 years of age or have completed the 8th grade at the time of the trip. Trips will arrive at Northern Tier on a Sunday Afternoon and depart on Saturday Morning after Breakfast. See Appendix A for a full schedule and planning details.

Fishing Trips

A traditional wilderness canoe trip with a twist! Focus on Fishing. Catch Walleye, Northern Pike, Small-Mouth Bass and others on a customized fishing expedition. Northern Tier will provide lures/bait and poles. All participants must be 14 years of age or have completed the 8th grade at the time of the trip. Trips will arrive at Northern Tier on a Sunday Afternoon and depart on Saturday Morning after Breakfast. See Appendix B for a full schedule and planning details.

Get Your Feet Wet

Interested in a Wilderness Canoe Trip but don't know where to start? Don't have a full week to invest in the program? Have younger Scouts that want to give it a try? This is your program! Open to all Scouts age 11 and older. This weekend program is available only in the fall and is exactly as it sounds, and introduction to Wilderness Canoeing. See Appendix C for a full schedule and planning details.

WHAT ARE THE RISKS? (RISK ADVISORY)

Northern Tier National High Adventure Programs have an outstanding safety record. The Boy Scouts of America and Northern Tier emphasize safety through education and strict adherence to established policies and procedures. The safety of your group is dependent upon your attention to these procedures as well as being physically fit, properly equipped and trained for the rigors of remote wilderness canoeing.

The policies and procedures of Northern Tier and the Boy Scouts of America, if followed, will minimize these risks as much as possible. Parents, leaders and participants should be advised that despite our best attempts at risk management, it is not possible to remove ALL risk from a wilderness expedition.

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

Weather in the fall can be variable and one day very different from the next. Fall days can be warm and sunny, cloudy and cool, rainy or snowy. Crews will need to be prepared for all variables and it only adds to the adventure!

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

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

Other General Information:

Insurance

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

EMERGENCY PHONE NUMBER

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

WHAT ARE THE REQUIREMENTS TO ATTEND?

Each Crew must have:

- Two registered adult leaders 21 years of age or over are required at all Scouting activities, including meetings. There must be a registered female adult leader over 21 in every unit serving females. A registered female adult leader over 21 must be present for any activity involving female youth. Notwithstanding the minimum leader requirements, age- and program-appropriate supervision must always be provided.
 - 1 adult leader trained in the following (visit myscouting.org to complete):
 - Wilderness First Aid (16 hour course) – visit ntier.org/wfa for more information
 - CPR – ntier.org/wfa for more information
 - Weather Hazards
 - Safe Swim Defense
 - Safety Afloat
- All Scouts and adult leaders, age 18 and over, must be trained in **Youth Protection**



All participants:

- Must meet the age requirements as set for the program they are participating in:
 - Wilderness Canoe Trips: Age 14 or have completed 8th grade.
 - Fishing Trips: Age 14 or have completed 8th grade
 - Get Your Feet Wet: Age 11 and older
- Must fall below the maximum (295 pounds) allowed weight for participation and it is strongly recommended that no participant weigh less than 100 pounds. See Appendix D.
- Must have a current (within 12 months) and complete BSA Health and Medical Record. The form may be found at ntier.org/Resources/MedForm
- Must be classified as a BSA swimmer. See appendix E.
- Must be a registered within a BSA program.

WHAT ARE THE FEES TO ATTEND AND PAYMENT SCHEDULE?

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

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

Autumn Adventures Fees and Payment Schedule				
	Crew Fee	Deposit		Final Payment
Wilderness Canoe Trips	\$ 3,000.00	\$ 800.00	due within 3 weeks of registration	\$ 2,200.00
Fishing Trips	\$ 3,000.00	\$ 800.00		\$ 2,200.00
Get Your Feet Wet	\$ 1,000.00	\$ 400.00		\$ 1,100.00
				Due 30 days prior to attendance

All fees (deposit, first payment and final payment) are non-refundable and non-transferable in event of cancellation. Exercise caution in making reservations or paying fees for anyone who has not made a financial commitment.

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

HOW DO I PAY FOR MY TRIP?

Payments can be made by check or credit card. When your registration is completed you will receive a payment link allowing you to pay by credit card. If you prefer to send a check, please make checks out to the BSA and send to:

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



Camperships

Camperships are available to youth members with special financial needs who are participating in the Northern Tier program. The campership application can be found on our website at www.ntier.org/resources. The completed required documents must be returned to Northern Tier as soon as possible by no later than May 31 of the year your crew attends. The camperships will be reviewed in February with notification going to the crew advisor prior to the due date of the final crew payment.

WHAT IS INCLUDED IN MY NORTHERN TIER CAMPING FEES?

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



Other Costs of Northern Tier Trips:

- **MAPS:** Northern Tier requires that a set of Maps be carried in each canoe. In Ely, maps cost approximately \$8.00 and an estimated 2-4 maps are needed for each canoe. Map cases are also recommended for each set of maps and cost approximately \$17.00 each.
- **CREW PHOTOGRAPHS:** When you arrive at Northern Tier each crew has a photograph taken. You can order copies of pictures - 5x7- \$6.00 or 8x10- \$8.00 - prices subject to change.
- **LOST AND DAMAGED GEAR:** Crews will be responsible for any fees assessed for loss or damages incurred while on your trip.
- **FISHING LICENSES:** Fishing licenses are required to fish and can be purchased ahead of time by visiting <https://www.dnr.state.mn.us/licenses/fishing/index.html?type=fishing>. Northern Tier does not have the ability to sell you licenses, so you will need to have one when you arrive.

WHAT GEAR IS NEEDED?

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

HOW SHOULD I SCHEDULE MY TRIP PLANNING?

8 MONTHS PRIOR TO TRIP (JAN/FEB):

- Collect funds for your first payment. This payment is due within 3 weeks of registration.
- 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 F.
- 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/>
- 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 E 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 in this document or at www.ntier.org/TripPlanning.
- Arrange to complete your required Adult Leader Trainings and Certifications.

5 MONTHS PRIOR TO TRIP (APRIL/MAY):

- If you have any Scouts with Financial need, consider submitting a campership application. www.ntier.org/resources

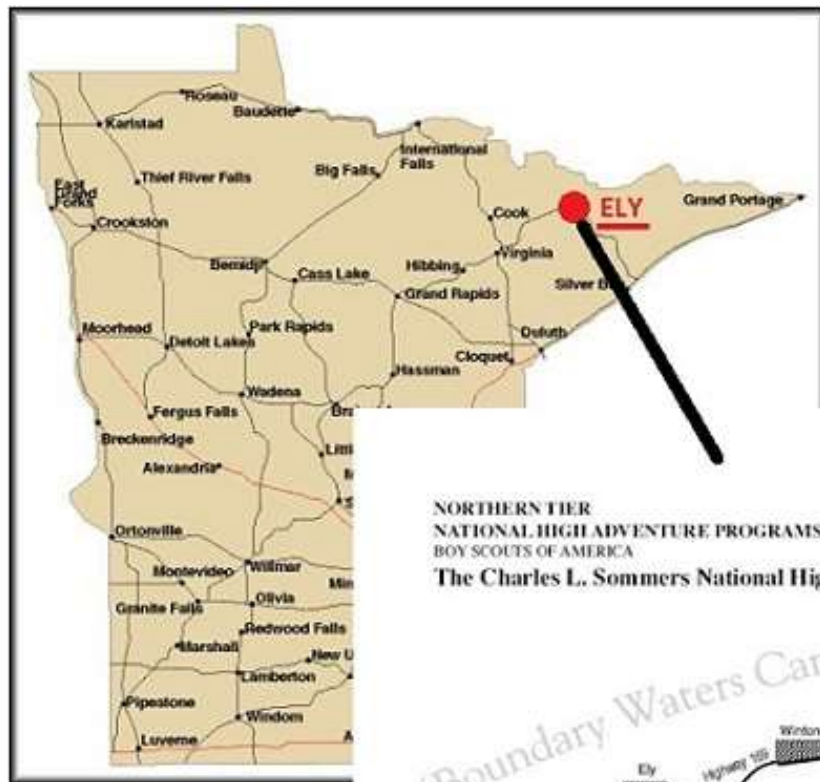
2 MONTHS PRIOR TO TRIP (JULY/AUG):

- Final Payments are due 30 days prior to your arrival – make sure you have collected fees from all your participants and are ready for this payment.
- Double check that all of your check in paperwork is together (see appendix D).
- 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 (See appendix G)
- Pack a full and thorough First Aid Kit to take with you on your trek. (See appendix J)
- Finalize all Transportation Plans. If you have any questions, please contact Northern Tier!
- Notify Northern Tier of any special diet needs by filling out the form located at: <http://www.ntier.org/Food>.
 - 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.

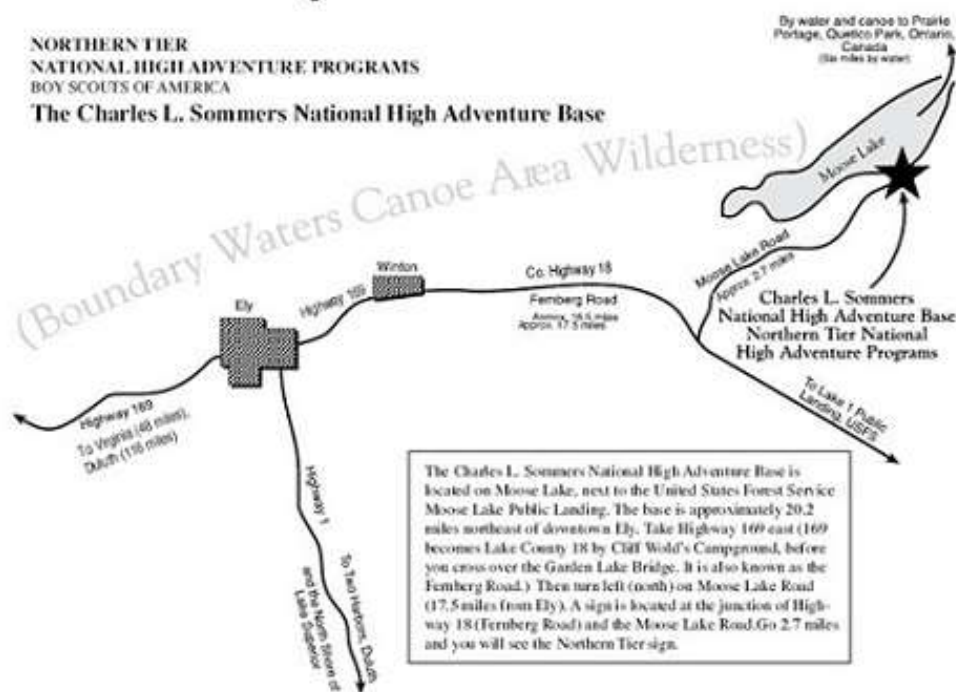
HOW DO I GET TO NORTHERN TIER?

Crews should arrive at Northern Tier between 1:00 and 2:00 pm on their first day. Lunch should be eaten en route to the base as it will not be available for your crew upon arrival.

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
The Charles L. Sommers National High Adventure Base



The Charles L. Sommers National High Adventure Base is located on Moose Lake, next to the United States Forest Service Moose Lake Public Landing. The base is approximately 20.2 miles northeast of downtown Ely. Take Highway 169 east (169 becomes Lake County 18 by Cliff Wild's Campground, before you cross over the Garden Lake Bridge. It is also known as the Fernberg Road.) Then turn left (north) on Moose Lake Road (17.5 miles from Ely). A sign is located at the junction of Highway 18 (Fernberg Road) and the Moose Lake Road. Go 2.7 miles and you will see the Northern Tier sign.

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 D
- 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 may 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 7:30 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?

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 to a rustic Northwoods cabin. Each cabin 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.

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?

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. There is wireless internet for crews available in our Program Center.

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 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 ABOUT OUR FOOD? WHAT DO WE EAT?

Your crew will eat 3-4 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, wilderness canoe trips and fishing trips will eat dinner and breakfast in the dining hall before they depart. Get your feet wet participants will eat lunch in the dining hall on their last day.

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. This form is available at www.ntier.org/Food. 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 2020

APPENDIX AND IMPORTANT DOCUMENTS

APPENDIX A

WILDERNESS CANOE TRIPS

Session Dates:

- Sept 13-19, 2020
- Sept 20-26, 2020
- Sept 27-Oct 3, 2020
- Oct 4-10, 2020
- Oct 11-17, 2020
- Oct 18-24, 2020

How does an Autumn Wilderness Canoe Trip Work?

Day 1(Sunday):

Crews should plan to arrive at Northern Tier between 1:00 and 2:00 pm on Sunday of your arrival week. This is the first day of your trip. Lunch should be eaten en route as Northern Tier will not have lunch available for you that day. You will spend your day checking in, shaking down and getting fully outfitted for your trip. You will enjoy dinner in our dining hall before participating in a first night orientation.

Day 2:

Crews will wake up, enjoy a hot breakfast in the dining hall before checking out their canoes and hitting the water. They will be on water and paddling through day 6.

Day 6:

Crews will return to Northern Tier after lunch. They will check in their gear, enjoy a sauna and hot shower and then a hot dinner in the dining hall before a closing program that evening.

Day 7(Saturday):

A hot breakfast will be served in the dining hall before crews depart for home.

Autumn Wilderness Canoe Trip Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arrive at Northern Tier between 1:00 and 2:00 pm	Hit the Trail!	On Water!			Return to Base after 1:00	Depart for Home After Breakfast

APPENDIX B

FISHING TRIPS

Session Dates:

- Sept 13-19, 2020
- Sept 20-26, 2020
- Sept 27-Oct 3, 2020
- Oct 4-10, 2020
- Oct 11-17, 2020
- Oct 18-24, 2020

How does an Autumn Fishing Trip Work?

Day 1(Sunday):

Crews should plan to arrive at Northern Tier between 1:00 and 2:00 pm on Sunday of your arrival week. This is the first day of your trip. Lunch should be eaten en route as Northern Tier will not have lunch available for you that day. You will spend your day checking in, shaking down and getting fully outfitted for your trip. You will enjoy dinner in our dining hall before participating in a first night orientation.

Day 2:

Crews will wake up, enjoy a hot breakfast in the dining hall before checking out their canoes and hitting the water. They will be on water and paddling through day 6.

Day 6:

Crews will return to Northern Tier after lunch. They will check in their gear, enjoy a sauna and hot shower and then a hot dinner in the dining hall before a closing program that evening.

Day 7(Saturday):

A hot breakfast will be served in the dining hall before crews depart for home.

Autumn Fishing Trip Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arrive at Northern Tier between 1:00 and 2:00 pm	Hit the Trail!	On Water – Lots of Fishing!			Return to Base after 1:00	Depart for Home After Breakfast

APPENDIX C

GET YOUR FEET WET PROGRAM

Session Dates:

- Thursday – Sunday Options:
 - Sept 17-20, 2020
 - Oct 1-4, 2020
 - Oct 15-18, 2020
- Friday – Monday Options:
 - Sept 11-14, 2020
 - Sept 25-28, 2020
 - Oct 9-12, 2020
 - Oct 23-26, 2020

How does a Get Your Feet Wet Program Work?

Day 1:

Crews should plan to arrive at Northern Tier between 1:00 and 2:00 pm on your arrival day. Lunch should be eaten en route as Northern Tier will not have lunch available for you that day. You will spend your day checking in, shaking down and getting fully outfitted for your trip. You will enjoy dinner in our dining hall before participating in a first night orientation.

Day 2:

Crews will wake up, enjoy a hot breakfast in the dining hall before checking out their canoes and hitting the water. They will be on water and paddling through day 4.

Day 4:

Crews will return to Northern Tier around 11:00 am. They will check in their gear, enjoy a hot lunch in the dining hall, shower, sauna and head for home by midafternoon.

Get Your Feet Wet Schedule

Day 1	Day 2	Day 3	Day 4
Arrive at Northern Tier between 1:00 and 2:00 pm	Hit the Trail and enjoy your trip!		Return to Northern Tier by 11:00 am – depart for home after lunch.

APPENDIX D

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.my.scouting.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.

- 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 E

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 F

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 requires that each participant not exceed the maximum weight on the table for their height. Northern Tier requires that you fall below the maximum (295 pounds) allowed weight for participation. Additionally, Northern Tier strongly recommends that no participant weigh less than 100 pounds. Smaller participants will have a very difficult time due to the strenuous nature of the trek and the heavy weight of items to portage.

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

APPENDIX G

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

___ Cub Scout Aquatics Supervisor

___ BSA Lifeguard

___ Certified Lifeguard

___ Swimming Instructor

___ 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 H

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 I

REQUIRED PERSONAL GEAR – AUTUMN TRIPS		
Clothing		
Quantity	Item	Special Notes
1	Pair of Boots**	For fall trips we recommend a Muck or Rubber boot that will protect the foot and lower leg from the cold water. Our goal is to minimize the cold water touching the skin as drying out in the fall can be difficult. The boot should still have a rugged sole for stability on the portage trails.
1	Pair of Camp Shoes	All participants are required to bring closed-toe/closed-heel camp shoes with hard soles, such as lightweight sneakers.
1	Rain Jacket**	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	Shirts**	Long-sleeved, Lightweight
2	Pants**	Quick Dry – recommend Zip Off Legs
3	Pair of Socks**	Synthetic or Wool – NO Cotton
2	Pair of Underwear**	Recommend Synthetic, Quick Dry
1	Pair of Long Underwear	Base Layer – top and bottoms – something to add a little extra warmth on those cold nights and mornings.
1	Hat**	Broad Rimmed or Baseball Style
1	Jacket**	Warm fleece jacket and extra sweatshirt in case day travel is cool.
1	Hat**	Knit/Stocking Cap – evenings and mornings can be cold during the fall – something to keep your head warm
1	Gloves/Mittens	Evenings and mornings can be cold during the fall – something to keep you warm
1	Clean/Dry Clothes	For wearing on base and to and from Northern Tier for Travel
1	Bathing Suit	For wear in the Sauna
1	Flip Flops/Sandals	For wear in the shower – these are NOT permitted on trail
REQUIRED Personal Gear		
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	Waterproof stuff sack**	25-30 Liter dry bag for clothing and other gear – this will be packed in our gear packs
1	Sleeping Pad**	Closed Cell or self-inflating foam
1-2	“Camp Towel”***	Bandanna, Buff or Synthetic Camp Towel
1	Belt or Suspenders**	
1	Toothbrush**	
1	Mess Kit**	Plastic or Metal: 12 oz Bowl, 8-12 oz Cup/Mug, spoon/spork
1	Water Bottle**	1 Liter, wide mouthed with Carabiner Style Clip
1	Headlamp**	
1	Whistle	
1	Lip Balm**	
1	Sunglasses**	With keeper strap
2	Prescription Glasses	IF needed with keeper strap
2	Personal Medications	If needed – 2 supplies to carry in separate locations
	Personal Toiletries	
1	Bathing Towel	For on base showering needs
OPTIONAL PERSONAL GEAR		
1	Camera	With extra batteries and waterproof box
1	Rain Pants**	Could double as second pair of pants
1	Book **	For Reading
1	Journal**	For personal reflection

REQUIRED CREW GEAR		
Quantity	Item	Special Notes
1	Small Pocket Knife**	1 Knife per Canoe (3-4 total)
1	Small Compass**	1 Compass per Canoe (3-4 total)
1	Map Case**	1 Map Case Per Canoe (3-4 total)
1	Set of Maps**	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.
1-2	Sunscreen**	1-2 bottles per crew – SPF 15 or greater – no aerosol cans please
1-2	Bug Repellent**	1-2 bottles per crew – High Deet content recommended – no aerosol cans please
1	Toothpaste**	1 Tube per crew is recommended
1	Medicated Foot Powder**	1 Bottle per crew is recommended
1	Crew First Aid Kit	Complete list is outlined in Appendix???
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.
1	Repair Kit	<i>Multi-tool, duct tape, small sewing kit</i>
1	Binoculars	
1	Fillet Knife**	
<p align="center">** Items marked with a double asterisk are available to purchase at www.northerntiertradingpost.org</p>		

⊗ ⊗ ⊗ 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.
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APPENDIX J

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 K

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 L

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 M

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 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.



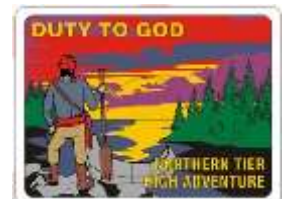
BSA National Historic Trails Award

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 America (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 N

SPECIAL DIET REQUEST

Complete and submit this form online at: www.ntier.org/Food