

PLANNING YOUR TRIP TO ELY, MN
NORTHERN TIER ADVISOR'S PLANNING GUIDE PART 2

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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 to have a few more individuals recruited then 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
 can be found in this document or at www.ntier.org/TripPlanning.

9 MONTHS PRIOR TO TRIP (SEPTEMBER - DECEMBER):

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

6 MONTHS PRIOR TO TRIP (JANUARY AND FEBRUARY):

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

3 MONTHS PRIOR TO TRIP (MARCH - JUNE):

- Keep your eyes peeled for a Spring Mailing Package in your mailbox. Please review materials with your crew members.
- Final Payments are due in the Spring:
- For Crews arriving in June, the Final Payment is due March 1
- For Crews arriving in July, the Final Payment is due April 1
- For Crews arriving in August, the Final Payment due May 1
- Double check that all of your check in paperwork is together (see appendix B).
- Complete and Submit your Crew Roster.
- Double Check that all Certifications (WFA, CPR and BSA E-Certifications) are complete
- Double Check that all participants have current BSA Health and Medical Records
- Make sure that you have a completed BSA Swim Test for all participants (See appendix F)
- Pack a full and thorough First Aid Kit to take with you on your trek. (See appendix H)
- 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 WE CHOOSE WHICH PARK TO ATTEND?

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

There are a few distinct differences between the Boundary Waters Canoe Area Wilderness (BWCAW) in Minnesota and the Quetico Provincial Park in Ontario.

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

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

BOUNDARY WATERS CANOE AREA WILDERNESS

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



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

QUETICO PROVINCIAL PARK

Quetico Provincial Park is the superlative canoe-expedition wilderness. Almost all human traces have been removed, crews are allowed to camp anywhere they choose. The park's 1.2 million acres include over 600 lakes with well over 2,000 remote campsites. Quetico is considered the finest canoe park in the world. Paddling in Quetico requires a permit



(Permit cost is set by Ontario Parks and may change prior to your arrival. In 2017 permit costs were \$21.47/adult/night and \$8.48/youth/night CND- in addition to your Northern Tier fees and crews are responsible for the Interpreter's permit fees).

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

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

- as going west, further north, or back down to the border. Agnes makes for an easier Ely to Atikokan Trip.
- Carp Lake (62) Entering at Carp lake allows a crew to enter the Quetico close to home. Approximately 10 miles from the base on Moose Lake, Carp allows the crew to have access to the southeast portion of the Quetico. Possible loops range from shorter and simpler to longer and more strenuous. The number of possible loops is limited to a handful however. Carp provides the most difficult Ely to Atikokan routes.

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

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

IMPORTANT!

Remote Area Border Crossing (RABC)

Each person entering Quetico Provincial Park from the Ely Base must have a Remote Area Border Crossing Permit - to learn more about applying for an RABC, please visit http://cbsa-asfc.gc.ca/publications/forms-formulaires/bsf386-eng.pdf for the most up to date RABC application and instructions. The cost for an RABC was \$30 CND per adult in 2017. Youth RABC's have no cost, but youth are still REQUIRED to have an RABC to cross the border. This fee is set by Canada Border Services and updated information can be found at http://cbsa-asfc.gc.ca/prog/canpass/rabc-pfre/menu-eng.html.

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

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

Passports

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

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

CROSSING THE CANADIAN BORDER IN THE WILDERNESS

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

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

ARE THERE ANY SPECIAL TRIP OPTIONS?

ELY TO ATIKOKAN TRIPS

Particularly adventurous crews can choose to paddle across the entirety of Quetico from the Ely Base in Minnesota to the Atikokan Base in Ontario or vice versa. These trips range between 90 and 150 miles (9-10 day trip length is required), include crossing the US-Canadian border remotely, and feature some of the best wilderness paddling around.

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

GRAND PORTAGE TRIPS

This trip is among the highest of adventures and intended only for crews with previous Northern Tier experience. The trip is approximately 130 miles from the Ely base culminating with an 8.5 mile portage (the Grand Portage) to Lake Superior and the Grand Portage National Monument. If your crew is interested in embarking on an historical Grand Portage trip you will need to notify Northern Tier - crews will have to be approved by Northern Tier management to embark on this expedition. This trip also requires a shuttle reservation as it is not possible to complete a loop.

PERMIT APPLICATIONS:

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

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

Permit Fees:

BOUNDARY WATERS CANOE AREA WILDERNESS (BWCAW) FEES

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

QUETICO PROVINCIAL PARK FEES

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

Quetico South Entry Points (Ely Crews) - Quetico Fees (fees paid at Prairie Portage upon entry to park) – 2017 fees are listed below and are subject to change.

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



ARRIVAL AND DEPARTURE INFORMATION

Crews should arrive at Northern Tier **between 1:00 and 2:00 PM** on the arrival date provided in your confirmation details. This date is also noted in your crew number. For example, if you are crew E060118A, you would arrive at Northern Tier on June 1, 2018. Lunch should be eaten enroute to the base as it will not be available for your crew upon arrival.

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

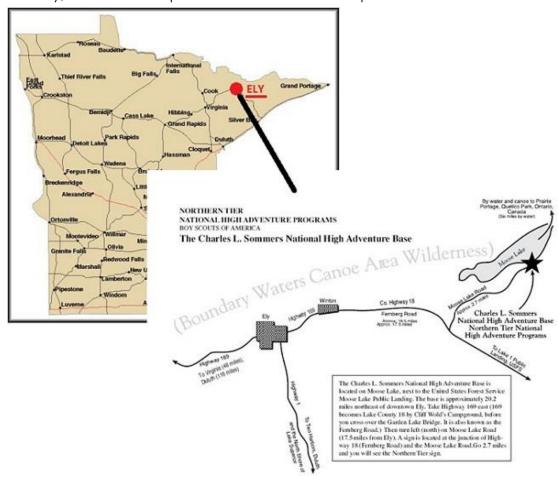
Example: E060118A - 6 Night Trip

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

HOW DO I GET TO THE BASE?

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



<u>Transportation Options</u>

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

transportation to the Base.

Ely Shuttle	LCS Coaches	Voyageur Bus CO/ MN Coaches
Ely, MN 55731 218.349.1383 elyshuttle@gmail.com	Cloquet, MN 55720 888.743.3527 218.879.3391 jack@lcscoaches.com	Duluth, MN 55803 218.724.1717 218.724.5489 www.voyageurbus.com
Shubat's Transportation	Spirit of the Wilderness	Northern Lights Van
INC.		Shuttle Service
Hibbing, MN 557546 888.874. 8228 218.262. 1042 www.shubat.com	Ely, MN 55731 218.365.3149 800.950.2709 www.elycanoetrips.com	Biwabik, MN 55708 218-290-2722 218-749-9278 Northernlights.shuttle.lodging @gmail.com
Blue Sky Adventures	Voyageur Charter	
	Coach	
www.blueskyadventures.net/ BSA/MN_No_Frills.html.	International Falls, MN 56649 218.377.4343 877.406.9342 www.voyaguercharter.com rld@frontiernet.net	

Where can I stay en route to base?

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

What can we see along the way?

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

FISHING LICENSES

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

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

REQUIRED!

<u>Social Security Number</u>

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

ONTARIO FISHING LICENSES (Quetico Crews) - All individuals 18 years of age and older need to obtain a fishing license and Outdoors Card to fish in Ontario. These should be purchased over the phone at 1-800-288-1155 or online at http://www.mnr.gov.on.ca/. The Northern Tier Ely Base DOES NOT sell Ontario Fishing Licenses. NOTE: There are several regulations in Canada that may be different than what you are used to in the US. Make sure to review these regulations when you purchase your license.

WHAT GEAR IS NEEDED?

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



WHAT HAPPENS WHEN I ARRIVE AT BASE?

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

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

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

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

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

WHEN DO I PLAN MY ROUTE?

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

Months prior to your arrival, you booked a permit for your trip. Once arriving at Northern Tier, your Interpreter will help your crew plan a route that best meets their overall needs, desires, hopes and dreams. In fact, one of the most beautiful aspects of Northern Tier trips is that your crew has complete control over what your route will be. Easy, difficult, short, long, remote or staying close to base are all possibilities and they are



endless. As the wilderness areas in which we paddle are ever changing due to weather, fires and human intervention, we have no set routes that must be adhered to. Rather our Interpreters are trained in how to select destinations and loops in the wilderness and are knowledgeable about current route conditions.

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

- How many days is our trip?
- How far do we want to paddle each day?
 - o The average crew paddles/portages approximately 2 to 3 mph
 - o Easy days will encompass 8 to 12 miles
 - o Moderate days will be 13 to 19 miles
 - o 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?
 - o 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?

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

WHERE CAN WE STORE OUR ITEMS WHILE ON THE WATER?

For crews parking vehicles on base, Northern Tier requests that personal gear be stored in the locked vehicle. For crews that are dropped off at base without a vehicle, each crew will be issued one locker for storing personal gear that is not going on the water. The dimensions of the locker are 22" wide, 24" deep and 45" high with locks provided by Northern Tier. Northern Tier suggests packing in duffel bags for an easier fit in the locker. Please note that these lockers are NOT available for crews that have personal vehicles that will be staying in the base parking lot during their trip. If this is the case for your crew, please plan on locking your non-trail gear in your vehicle. A lock box is available for all crews to store keys, wallets and other valuables.

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

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

There are shower/sauna buildings with toilet facilities. Crews are encouraged to wait to take a shower or sauna until the afternoon they return from their trip in



order to save on water resources. Plus, nothing attracts mosquitoes better than a freshly bathed person.

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

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

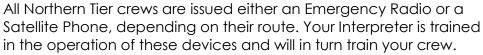
Remember that you will be embarking on a Wilderness Canoe Trek. Crews are strongly encouraged to leave connections to the urban world on base when out on the trail. Cell phones are discouraged while in the wilderness. Northern Tier provides a reliable means of emergency communication to each crew. Please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

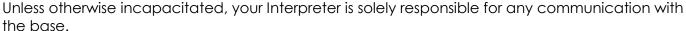
While on base, limited cell phone coverage exists and some service providers are better than others. Due to the remote location of the bases, we cannot guarantee any cell phone coverage. Similarly, the bases do not have any internet connectivity available to crews. Our internet bandwidth is extremely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

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

WHAT IF THERE IS AN EMERGENCY WHILE ON THE TRAIL?

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







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

PARENT/LEGAL GUARDIAN NOTIFICATION - IN THE CASE OF INJURY OR ILLNESS

Posted at www.ntier.org

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

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

WHAT HAPPENS WHEN WE RETURN TO BASE?

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

CUSTOMS

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

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

TRADING POST (RETAIL STORE)

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

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

WHAT ABOUT OUR FOOD? WHAT DO WE EAT?

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

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

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

We make every effort to accommodate special diet requests. The key to success is communication – the staff at Northern Tier needs to know about Special Diet needs. They will communicate directly with the individual or individual's parents regarding those needs. Please fill out a dietary restrictions form on each participant with special diet needs. This form is available at www.ntier.org/Food/SpecialDiet. 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 2017

Appendix and Important Documents

APPENDIX A

NORTHERN TIER INDVIDUAL 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.

APPENDIX B

Required Check-In Documents

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

WILDERNESS FIRST AID AND CPR CERTIFICATION – Each Crew must present proof that one adult leader is currently certified in CPR and one adult leader is currently certified in Wilderness First Aid.
BSA E-CERTIFICATIONS – The following trainings can be found at www.myscouting.org. Each Crew must present proof that at least one adult leader has training in each of the following:
 BSA Safety Afloat BSA Safe Swim Defense BSA Weather Hazards
BSA YOUTH PROTECTION – All Adult Leaders must present proof of current Youth Protection Training. This training can be found at www.myscouting.org.
SWIMMING CLASSIFICATION RECORD - All participants (both youth and adult) must successfully complete the BSA Swimmers' Test.
BSA HEALTH AND MEDICAL FORMS – All participants must submit complete and current (within 1 year) Medical Forms and meet Height/Weight Requirements.
PARENTAL RELEASE FORM – To be used by any crew crossing the border into Canada.
PERMIT INFORMATION – Crews travelling in the BWCAW and Quetico should bring their permit information with them.
In addition, Crews will be asked: o If they have a complete and thorough FIRST AID KIT o 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 <u>BSA Health and Medical Record</u> will be accepted upon arrival. The reason for this is that Northern Tier poses unique risks that your doctor needs to be aware of prior to completing your form. Make sure your scouts take the current form to the doctor at the time of their physical.

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

APPENDIX D

Height and Weight Requirements

The following table shows the recommended weights for each height, as well as the maximum weight for that height.

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

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

APPENDIX E

NORTHERN TIER HIGH ADVENTURE BASES SWIM CLASSIFICATION RECORD

This form indicates the individual's swim classification as of the date listed below. The date the swim test was conducted must be within 12 months of the starting date of your expedition. Crew Number _____ Date of Swim Test _____ The following crew members (including adults) have all passed the test indicated on the next page and are classified as "Swimmers" Full Name (print) 1 2 3 4 5 6 7 8 9 10 11 12 Name of Person Conducting Test (print) Signature of Person Conducting Test Qualification of Person Conducting Test _____ Aquatics Instructor, BSA _____ BSA Lifeguard _____ Swimming Instructor _____ Cub Scout Aquatics Supervisor ____ Certified Lifeguard ____ Swim Coach ___ Adult supervisor who is familiar with the basic swimming strokes and abides by the guidelines in the Aquatics Supervision manual Unit Leader or Contingent Leader Name (print) Unit Leader or Contingent Leader Signature __ This record is to be presented at check-in at Northern Tier. It must be filled out and signed at the time of

the swim classification testing

APPENDIX F

Swim Classification Procedures

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

Northern Tier requires this classification be completed prior to arrival.

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

SWIMMER'S TEST:

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

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

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

APPENDIX G

REQUIRED PERSONAL GEAR

	Clothing					
Quantity	ity Item Special Notes					
1	Pair of Boots**	All participants are required to wear boots that have full ankle coverage, a rugged stitched or vulcanized sole and drainage at the instep. Boots should not be waterproof. If you are unsure if the boots you are planning to bring meet this requirement please feel free to contact us prior to your arrival. Crews arriving with inadequate footwear will be asked to purchase boots in the trading post prior to departure on water. The health and safety of our participants is of utmost importance to us, for this reason there are no exceptions to the boot requirement.				
1	Pair 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	Hat**	Broad Rimmed or Baseball Style				
1	Jacket**	Lightweight Fleece				
1	Hat**	Knit/Stocking Cap				
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				
1	Uniform	BSA field or activity uniform for wear on base				

REQUIRED Personal Gear Other Personal Gear All participants should bring a sleeping bag that is compact, synthetic, 1 Sleeping Bag lightweight and rated to 35°F with a compression style stuff sack. 25-30 Liter dry bag for clothing and other gear – this will be packed in our gear Waterproof stuff 1 packs sack** Sleeping Pad** Closed Cell or self-inflating foam 1 1-2 "Camp Towel"** Bandanna, Buff or Synthetic Camp Towel 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 1 Whistle Lip Balm** 1 Sunglasses** 1 With keeper strap 2 **Prescription Glasses** IF needed with keeper strap If needed – 2 supplies to carry in separate locations 2 Personal Personal Toiletries 1 Bathing Towel For on base showering needs **OPTIONAL Personal Gear** 1 Camera With extra batteries and waterproof box 1 Head Net** For mosquitos 1 Long Underwear** For cool nights and mornings 1 Rain Pants** Could double as second pair of pants 1 Book ** For Reading For personal reflection 1 Journal**

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

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	1 Bottle per crew is recommended
1	Crew First Aid Kit	Complete list is outlined in Appendix
OPTIOI	NAL Crew Geo	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	Multi-tool, duct tape, small sewing kit
1	Repair Kit Binoculars	Multi-tool, duct tape, small sewing kit

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

	$\otimes \otimes$	\otimes What Not to Bring $\otimes \otimes \otimes$
8	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.
8	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.
8	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 H

CREW FIRST AID KIT

Adhesive bandages (assorted sizes)	Antihistamine - tablets and liquid form
Knuckle and fingertip bandages	Steroid cream
Steri strips	Anaphylaxis-Kit (if needed)
Moleskin/molefoam	Throat lozenges
Second skin	Cold caplets
Gauze pads - 3" x 3"	Small bar soap
Adhesive tape – 1" x 15'	Lip balm
1" or 2" roll of gauze	Thermometer
4" elastic bandage	Scissors
Oval eye patch	Tweezers
Antibiotic ointment	Safety pins
Disposable alcohol wipes	Side cutters
Triangular bandage	Nitrile or Latex gloves
Acetaminophen	Barrier Device for Resuscitation
Ibuprofen tablets	Sunscreen
Antacids	First Aid Manual

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

- <u>Secure Your Food:</u> 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.
- <u>Purify All Drinking Water:</u> 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.
- <u>Wash and Rinse Dishes Thoroughly:</u> 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.
- <u>No Climbing Allowed:</u> 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.
- <u>Swimming and Diving:</u> All swimming and water activities must be done in accordance with the <u>BSA Safe Swim Defense</u> 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 <u>BSA Safe Swim Defense</u> 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.
- <u>Cliff Jumping:</u> 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.

 <u>Solo Canoeing:</u> There will be no solo canoeing. There must be a minimum of two canoes at all times with 2 canoeists in each canoe.

- <u>Boots and Shoes:</u> 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.
- <u>Tobacco:</u> 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.
- <u>Alcohol and Drugs:</u> 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.
- <u>Firearms and Fireworks:</u> 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.
 - 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.
- <u>Forest Fires:</u> 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.
- <u>Fires on Base:</u> 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.



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



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

Northern Tier Lake Monitoring Program

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



BSA National Historic Trails Award

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



the greater community about the trail. All of these requirements can be accomplished at Northern Tier.

Northern Tier Duty To God Program

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



Trail of Courage

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

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

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

Triple Crown of High Adventure Award

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



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

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

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

PARENTAL	. RELEASE FORM	٨	
Participant's Name:			
Date of Birth:			
Dates of Travel: From Location:			
Adult Leader's Name:Leader's Position:	Unit Nu	ımber:	
We certify that we are the parent(s) or legal guardic that my child has permission to attend and particip. High Adventure program under the supervision of t above named participant has my permission to trav and/or from the expedition location as warranted be Scout Troop or venturing Crew contracts this service	ate in the Boy Scoot the above named a vel in shuttle vehicl by the expedition it	uts of America, I dult leader. I fu es or small com	Northern Tier National rther certify that the mercial aircraft to
In the event of emergency or accident, Northern Tid and Medical Record" form if deemed necessary by to make decisions regarding emergency medical ca	Northern Tier man	agement. We a	uthorize Northern Tier
Signed:		Date:	
Name Printed:			
Address:	City:		State:
Relationship to Child:			
I am accompanying my child on this trip:	Yes 🗆 No		
Signed:		Date:	
Name Printed:			
Address:	City:		State:
Relationship to Child:			

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.

□ No

I am accompanying my child on this trip: \square Yes