

2023



NORTHERN TIER

HIGH ADVENTURE

ADVISOR'S PLANNING GUIDE
SUMMER WILDERNESS CANOE TRIPS

The way of a canoe is the way of the wilderness and of a freedom almost forgotten. It is an antidote to insecurity, the open door to waterways of ages past and a way of life with profound and abiding satisfactions.

Sigurd Olson

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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 untrammled wilderness of the Great North American Canoe Country.

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

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

WHAT ARE THE REQUIREMENTS TO ATTEND?

All Northern Tier Participants:

- Must be 14 years of age or be 13 years of age and have completed 8th Grade upon arrival at Northern Tier.
- Must fall below the maximum (295 pounds) allowed weight for participation and it is strongly recommended that no participant weigh less than 100 pounds. See Appendix D.
- Must have a current (within 12 months) and completed BSA Health and Medical Record. [The doctor completing the form must review the Northern Tier Risk Advisory included with the form.](#) The Northern Tier form can be found at <https://www.scouting.org/health-and-safety/ahmr/>
- Must be classified as a BSA swimmer, see appendix E.
- Must be a registered member of the Boy Scouts of America.

| Age | BSA/Youth Protection Policies |
|----------|--|
| Under 18 | <ul style="list-style-type: none"> • Must be registered in a Youth position |
| 18-21 | <ul style="list-style-type: none"> • Must be current in Youth Protection training • Must be registered in an Adult position |
| 21+ | <ul style="list-style-type: none"> • At least two Registered leaders are required • A Registered female adult leader 21 years of age or over must be present for any activity involving female youth • All leaders must be current in Youth Protection training |

The Boy Scouts of America and Northern Tier takes Youth Protection very seriously. Some of the Youth Protection policies that apply to participants at Northern Tier (and throughout Scouting) relate to registration and training. The complete set of Youth Protection policies may be found at <https://www.scouting.org/health-and-safety/gss/>

Northern Tier will strictly enforce Youth Protection policies, which include the *Barriers to Abuse within Scouting*

All registered adults must have current BSA Youth Protection Training (certified within the past two years). This means all participants 18 years old and older who are registered in Venturing, Exploring, Sea Scouting, or as an adult volunteer must have current Youth Protection Training. Because of the great concern the Boy Scouts of America has for the issue of child abuse in our society, the Youth Protection program has been developed to help safeguard both our youth and adult members. Adult BSA Registration requires verification of Youth Protection Training. All adults participating in a Northern Tier expedition must be registered. Youth Protection Training and documentation are available at your local council or online at <https://www.scouting.org/training/youth-protection/>.

ADULT LEADERSHIP – BSA POLICY

- As shown above, each crew MUST always have at least TWO BSA registered adults (called “Advisors”) age 21 or older.
- All adult participants are required to present proof of BSA Youth Protection training upon arrival at Northern Tier. At least one adult in each crew must have proof of current CPR, Wilderness First Aid and Weather Hazards training. Northern Tier also recommends at least one adult complete BSA paddle Craft Safety training.

CO-ED/FEMALE CREW POLICIES

- Crews with coed youth members must function under appropriate co-ed unit policies.
- Scouts BSA Troops: Scouts BSA is a single gender program and units must register and participate as single-gender units.
- Venturing Crews: The venturing program is a co-ed program and units may register and participate as a co-ed crew. All youth must have a buddy of the same gender on the crew.

Crews with female youth are required to provide two adults age 21 and over, at least one of those adults must be a female Advisor. A female adult is required, even if female youth's father is in attendance.

NORTHERN TIER CREW MAKEUP POLICIES

| Ely, MN Canoe Programs | Atikokan, ON Canoe Programs | Bissett, MB Canoe Programs |
|---------------------------------------|---------------------------------------|---------------------------------------|
| Max crew size is 8 participants | Max crew size is 11 participants | Max crew size is 11 participants |
| Min crew size is 6 participants | Min crew size is 6 participants | Min crew size is 6 participants |
| Min 2 registered adults age 21+ | Min 2 registered adults age 21+ | Min 2 registered adults age 21+ |
| Crew must be majority youth age 14-18 | Crew must be majority youth age 14-18 | Crew must be majority youth age 14-18 |

Youth Participants:

- Must be at least 14 years old OR have completed the 8th grade and be at least 13 years old prior to participation.
- Must be registered members of the Boy Scouts of America and may participate in a Northern Tier trek in one of the following ways:
 - ✓ As members of a chartered unit—Troop, Crew, Post, or Ship.
 - ✓ As members of a council contingent or district contingent with required leadership.
 - ✓ As individuals in Northern Tier's individual programs.
- Each participant must meet the health requirements as outlined in the BSA Annual Health and Medical Record.

TENTING POLICIES

Tenting arrangements at Northern Tier follow BSA's tenting requirements (<https://www.scouting.org/health-and-safety/gss/>) and must meet the requirements shown below:

- Separate tenting arrangements must be provided for male and female adults as well as for male and female youth
- Youth (14-17) cannot share tents with anyone 18 or older (including parent)
- Youth under 18 may share tents only if no more than 2 years age difference
- Spouses may share tents
- **Unregistered guests or family members are NOT permitted to camp at Northern Tier. There are no scheduled programs or available housing accommodations for family members of expedition participants.**

HOW DOES A NORTHERN TIER TRIP WORK?

The Crew

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

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

The Crew Leader

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



The Advisor

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

The Interpreter

The Interpreter is a Canoe Country Counselor who serves as a teacher and resource for the Crew Leader and Crew. The Interpreter has received special training in the best practices for canoe country travel. The Interpreter aids the Crew Advisor in 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 Interpreter works with the crew to ensure an outstanding experience for everyone. They will provide ongoing evaluation of camping and canoeing skills and coach members toward success.

The Wilderness

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

WHAT ARE NORTHERN TIER'S PROGRAMS?

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



Ely, Minnesota (Charles L. Sommers Canoe Base)

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

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

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

Boundary Waters Canoe Area Wilderness

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

Quetico Provincial Park – Crews from Ely

Quetico Provincial Park is the superlative canoe-expedition wilderness. Almost all human traces have been removed, crews are allowed to camp anywhere they choose. The park's 1.2 million acres include over 600 lakes with well over 2,000 remote campsites. Quetico is considered the finest canoe park in the world. Paddling Quetico requires a permit (Permit cost is set by Ontario Parks and may change prior to your arrival. Crews should budget at least \$1,000 for permit fees if planning to paddle in the Quetico. For more detailed information about Quetico visit

<https://www.ontarioparks.com/park/quetico/camping>

Atikokan, Ontario (Don Rogert Canoe Base)

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



Quetico Provincial Park- Crews from Atikokan

Quetico Provincial Park is the superlative canoe-expedition wilderness. Almost all human traces have been removed, crews are allowed to camp anywhere they choose. The park's 1.2 million acres include over 600 lakes with well over 2,000 remote campsites. Quetico is considered the finest canoe park in the world. Paddling Quetico requires a permit (Permit cost is set by Ontario Parks and may change prior to your arrival. Crews should budget at least \$1,000 for permit fees if planning to paddle in the Quetico. For more detailed information about Quetico visit <https://www.ontarioparks.com/park/quetico/camping>

Crownlands

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

Base to Base Trips (Ely to Atikokan or Atikokan to Ely)

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

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

Bissett, Manitoba (Northern Expeditions Canoe Base)



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

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

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

SECOND SEASON OPPORTUNITIES - ELY, MN

Autumn Adventures

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

Okpik Cold Weather Camping

Northern Tier's OKPIK Cold Weather Camping Program is one of the most unique programs in scouting. OKPIK runs from December 18 through the first weekend in March. Details on the OKIPK program are available at ntier.org.

Training Center and Conferences

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

WHAT ARE THE RISKS? (RISK ADVISORY)

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

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

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

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

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

Other General Information:

Insurance

Northern Tier fees include accident and sickness insurance coverage. This applies for your travel to and from the Northern Tier, 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.

Northern Tier strongly recommends you purchase trip insurance to aid in covering in travel related losses due to cancellations, illness or other potential issues.

18 MONTHS PRIOR TO TRIP (DECEMBER-MARCH):

- Northern Tier opens registration early January for crews making reservation for the following year. For example, a crew wishing to reserve a trip for summer of 2024 would make a reservation in January of 2023. Start planning your trip prior to this date so that you can make a reservation as soon as possible.
- A \$250 deposit is due at the time of reservation and an additional 10% of the balance is due within 30 days.
- You will need to recruit individuals to attend your trek (if you have not done so already). It is recommended having a few more individuals recruited than needed so that you can continue to maintain full crews as individuals drop out.
- We have promotional material available for download at <http://www.ntier.org/Resources>
- 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 third 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 store.ntier.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 Update with last minute planning details. Please review materials with your crew members.
- Final Payments are due on April 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 E)
- Pack a full and thorough First Aid Kit to take with you on your trek. (See appendix G)
- Finalize all Transportation Plans. If you have any questions, please contact Northern Tier!
- Bissett crews make sure your Float Plane is reserved.
- Atikokan crews traveling through the crownlands, route selections are due with final payment.
- Notify Northern Tier of any special diet needs by utilizing the appropriate form in events.scouting.org, when completing your rosters. Further instructions will be available in the spring of your participation year.
 - 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.
 - Individuals requiring special diet food, will be assessed a \$75 charge. Individuals are welcome to bring their own, keep in mind it must all be prepackaged and shelf stable. No fresh foods.

WHAT ARE THE FEES TO ATTEND?

Updated Northern Tier fees can be found on the Northern Tier website on the registration page:

ntier.org/register

- Northern Tier fees are all inclusive of charges you will incur when attending Northern Tier, except:
 - Crews choosing to travel in Quetico Provincial Park, will pay additional Park Permit Fees. Those fees are paid at the time you enter the park at the beginning of your expedition.
 - Bissett Crews will make and pay for their float plan registration separately.

HOW DO I MAKE A RESERVATION?

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

1. Which base do we want to attend? Ely? Atikokan? Bissett? See pg. 9 for more information on the bases.
2. What day do we want to arrive? Crews can arrive any day between June 5 and August 20th, a list of available sessions is located at ntier.org/register.
3. How long of a trip do we want? Detailed information on trip length by base is available on the Northern Tier website. Trips vary in length from 7-nights to 11-nights.
4. How many crews will we need?
 - a. Ely crew size: 6-8 participants
 - b. Atikokan and Bissett crew size: 6-8 participants or 9-11 participants.
5. Do you know your BSA membership ID number? You will need this number to make your reservation.

Once you have answered all of the above questions, visit www.ntier.org to make your reservation or call Northern Tier 218-365-4811.

WHAT IS THE CREW PAYMENT SCHEDULE AND POLICY?

Summer Payment Schedule

1. \$250.00 Deposit due upon registration to secure your adventure.
2. 10% of remaining fees due 30 days following registration.
3. 50% of remaining fees due October 1st of the year prior to your arrival
4. Final Payment – Balance due April 1st.

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.

What is My Crew Number?

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

For example crew number ET061123-ABC is compiled of:

- E represents the base you are attending:
 - E is for Ely, A is for Atikokan, B is for Bissett
- T represents 10 nights
 - T is for 10 nights, E is for 8 nights, S is for Seven nights
- '061123' is the date this crew will arrive at Northern Tier (June 11, 2023)
- ABC indicates that this group consists of 3 crews: Crew A, Crew B and Crew C

HOW DO I PAY FOR MY TRIP?

Payments can be made by check or ECheck (ACH). When your registration is completed, you will be able to access your registration anytime online to make future payments. If you prefer to send a check, please make checks out to Northern Tier, BSA. Include your expedition number or reservation number on the memo line of the check. 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 ntier.org/resources/parentinfo. The completed required documents must be returned to Northern Tier by January 31 of the year your crew attends. The camperships will be reviewed in February with notification going to the crew advisor prior to the due date of the final crew payment.

WHAT 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. In Canada, maps cost approximately \$15.00 and an estimated 2-4 maps are needed for each canoe. Map cases are also recommended for each set of maps and cost approximately \$17.00 each.
- **FLOAT PLANES:** A Float Plane Shuttle is required at the Bissett Base. While the cost of a Float Plane will not be announced until January, \$275 CND/Person would be a good budgetary guess. Crews are responsible for paying for their Interpreter's Float Plane ride.
- **CREW PHOTOGRAPHS:** When you arrive at Northern Tier each crew has a photograph taken. You can order copies of pictures by visiting photos.ntier.org
- **PERMITS:** Additional costs are required for crews travelling in Quetico Provincial Park. Please see your base planning guide for more details.
- **LOST AND DAMAGED GEAR:** Crews will be responsible for any fees assessed for loss or damages incurred while on your trip.
- **FISHING LICENSES:** Fishing licenses are required to fish at any of the bases.
- **SPECIAL DIET FEES:** Individual requesting a special diet will be charged an additional \$75. Our food service staff will confirm the needs can be met with you prior to assessing the fee.

FISHING LICENSES

Fishing Licenses should be purchased online in advance of your trip. Northern Tier does not have the ability to sell you a fishing license. If youth under the age of 16 (for fishing in Minnesota) or under the age of 18 (for fishing in Ontario) would like to fish, they can fish under the license of a single adult. However, their catch will be restricted to this adult's limit.

MINNESOTA FISHING LICENSES (BWCAW Crews)- All individuals, 16 years of age and older need to obtain a license to fish in the Boundary Waters Canoe Area Wilderness (BWCAW), licenses can be purchased in advance over the phone by calling **1-888-665-4236**, or online. 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.

ONTARIO FISHING LICENSES (Quetico or Atikokan 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/>. 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.

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

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.

Ely, Bissett and Atikokan Quetico Crews- 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.



If your Atikokan crew is travelling into the Crown lands, you selected a general route prior to the final payment. When you arrive, you will work with your interpreter to plan the day to day specifics from this selection.

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?

CHOOSING A PARK

Each crew travelling through the Ely, MN base or the Atikokan, ON base, will need to choose a park prior to your trip. Permits are required at both of these bases. Northern Tier will book your permit for you, but additional steps must be taken to provide that permit information.

You will receive an email from Northern Tier in late October in the year before your trip. This email will provide complete instructions for requesting your permit. Northern Tier will book all permits, but additional information is needed to do so. All permits for both BWCAW and Quetico are booked on a first come, first served basis and are time sensitive. It is important to follow the instructions provided in the email your receive and complete all steps prior to the deadline. Northern Tier cannot guarantee permits, if information is not accurate and received prior to the booking dates.

Boundary Water 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.

- BWCAW permits are available for Ely Crews Only

Quetico Provincial Park: is the superlative canoe-expedition wilderness. Almost all human traces have been removed, crews are allowed to camp anywhere they choose. The park's 1.2 million acres include over 600 lakes with well over 2,000 remote campsites. Quetico is considered the finest canoe park in the world. Paddling Quetico requires a permit (Permit cost is set by Ontario Parks and may change prior to your arrival. Crews should budget about \$1,000 for permit fees if planning to paddle in the Quetico. For more detailed information about Quetico visit

<https://www.ontarioparks.com/park/quetico/camping>

- Quetico permits are available for Ely and Atikokan Crews Only

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

- Canadian Crownlands are available for Atikokan Crews Only.

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:**

- Crews travelling out of Ely will pay their permit fees at Prairie Portage upon entry. Crews will need a credit card to charge the Quetico fees and it is recommended that you bring two just in case one does not work at the border.
- Crews travelling out of Atikokan will pay their permit fees at the Quetico Parks office in Atikokan. Crews will need a credit card to charge the Quetico fees and it is recommended that you bring two just in case one does not work.

ADDITIONAL QUETICO PARKS INFORMATION

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 2022. 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 or Passport Card, to present to customs officials.

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 <https://www.ntier.org/reservations/canoetriplanning/>

- 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.



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 x 24" deep x 45" high. Crews will need to bring a lock to secure their locker. Northern Tier does have locks available for purchase in the trading post. 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 is outfitted with 8 beds and/or cots. Crews with members of different genders will be assigned different cabins.

There is a shower building 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 have limited 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 IMPERATIVE.*

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

WHAT IF THERE IS AN EMERGENCY WHILE ON THE TRAIL?

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

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



Northern Tier has an amazing safety record and we rarely have to evacuate someone. When we do have to make that decision, please realize that evacuations can take several hours and potentially multiple days as our primary method of evacuation is by canoe. While float planes are a possibility, the use of them is considered high-risk and therefore they are only used for exceptional emergencies (or Bissett Crews). 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

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 their behalf will contact the parent.

- 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 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 <https://store.ntier.org/>. See appendix F 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 (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 everyone.
- Crew Check In – 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 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 7:15 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.

TRADING POST (RETAIL STORE)

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

Atikokan and Bissett bases only accept Canadian cash, Visa, or Mastercard so plan accordingly to make sure that nobody misses out. We encourage all participants traveling to Canada contact your bank to place a travel advisory to reduce the risk of your bank flagging transactions once you enter Canada.

Each participant spends on average \$150 at the Trading Post. For more information go to store.ntier.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. (Bissett Crews typically eat lunch on base upon returning from the wilderness)

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!**

WHAT PARTICIPANTS WITH SPECIAL DIET NEEDS?

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 and needs to know well in advance of the trip. When entering your roster information it is important that the special diet information is accurate and correct. Our food service staff will communicate directly with the individual or individual's parents regarding those needs. It is important that you provide us with a direct email and phone number for that individual, so we can communicate with them.

For those requests we can accommodate, there will be an additional \$75 fee to provide the special food. Most substitutions are significantly more expensive and Northern Tier does need to offset that increase in food cost. Individuals are welcome to provide their own food and not pay this fee. 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.

Menus and further information can be found on the Northern Tier website: ntier.org/resources/food

WHAT IS MEDICAL SERVICE LIKE IN THE AREA?

Each of the communities that Northern Tier operates in have access to medical services, however the remote nature of expedition trekking brings with it challenges when it comes to accessing care quickly. Northern Tier Staff is familiar with the local hospitals, but it is imperative that all participants and staff exercise caution and be mindful of risks throughout their trip as well as always traveling with a fully stocked first aid kit and at least one adult trained in Wilderness First Aid and CPR or above.

Ely

The Ely Community hospital is well versed in common injuries and illnesses experienced in canoe country.

Atikokan and Bissett

The nearest hospitals to Atikokan and Bissett are small rural health centers that are used very rarely. They do not accept U.S. Insurance, but do provide paperwork for you to make a claim upon your return home. They expect payment in cash or credit card.

Northern Tier 2022

APPENDIX AND IMPORTANT DOCUMENTS

NORTHERN TIER INDIVIDUAL PROGRAMS

ORDER OF THE ARROW: WILDERNESS VOYAGE

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

FOREST CORPS

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

LONE VOYAGE

The *Lone Voyager* 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.

Leave No Trace- Master Educator

The five-day Master Educator Course is our most comprehensive education course. Participants are provided with in-depth training on Leave No Trace skills and ethics through practical application during a field-based course. Participants learn Leave No Trace techniques through a variety of methods—including discussions, scenarios, demonstrations, and hands-on activities—throughout all five-days of the field-based course. The Master Educator Course is also designed to prepare participants to be the best possible teachers of Leave No Trace regardless of setting. For more information visit our website.

Wilderness First Aid

When you are faced with an injury or sudden illness in a remote location, it is essential to know what to look for and what to do. ***Wilderness First Aid: Emergency Care in Remote Locations***, is your comprehensive training. A must for outdoor recreationists and those who live, work or recreate in remote locations. This 16-hour training provides information on how to handle common injuries and illnesses when medical care is an hour or more away and meets the minimum requirements set by the BSA for High Adventure programs. Northern Tier typically offers WFA courses in December and April. For more information visit our website.

Wilderness First Responder

Wilderness First Responder (WFR) is the definitive course in medical training for outdoor educators, guides, SAR team members, and others who work or play in remote areas. The curriculum is comprehensive and practical, including all of the essential principles and skills required to assess and manage medical problems in isolated and extreme environments. For more information visit our website.

Adult Canoe Treks

- Have you ever wondered what the fun is all about?
- Do you want to be able to promote the Northern Tier program to your Scouts while speaking from experience?
- Did you attend Northern Tier as a youth and just want to do it again?
- Did you never get to attend as a youth and want the chance?

Northern Tier will be offering their traditional Wilderness Canoe Trek out of the Sommers Canoe Base in Ely, MN for adults only on select treks in the summer season. This opportunity is open to those age 18 and older. For more information visit our website.

Okpik Cold Weather Camping for Individuals

Learn the basics of winter camping. Crews will pack their gear onto sleds (or “pulks”) and head out into the wilderness, spending their nights camping on the snow and ice. Scouts will learn how to set up a winter campsite, how to build snow shelters and how to cook meals at low temperatures. In addition, they will get to try out a full array of winter activities. Participants must be at least 14 years old or currently enrolled in 8th grade. For more information visit our website

Cold Weather Leader Training

Northern Tier is the site of the Boy Scouts of America’s National Cold Weather Camping Development Center. Our Cold Weather Leadership Training program combines an on-base seminar curriculum with a hands-on, on-ice training (including two nights on the trail).

This five-day course is fun, informative and an excellent preparation for designing and leading your own troop and council level winter camping adventures. Minimum age is 18 by arrival at Northern Tier. For more information visit our website.

Kodiak

Kodiak is a BSA youth leadership opportunity centered around high adventure trekking. This exciting youth driven challenge gives participants the opportunity to advance their leadership skills through the outdoor adventure setting while completing a trek and overcoming obstacles as a group. This course takes place during Northern Tier’s Okpik season which adds an additional layer of challenge as participants will be completing this course while also learning about Winter camping at the BSA’s premier coldweather camping center. This 5 day course is packed with activity that will leave scouts better prepared to lead their units back home. 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.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. <https://www.scouting.org/health-and-safety/ahmr/> - make sure the doctor signing the form has reviewed the Northern Tier Risk Advisory included with the form.

- PARENTAL RELEASE FORM** – To be used by any crew crossing the border into Canada.

- PERMIT INFORMATION** – Crews travelling in the Quetico Provincial Park should bring their permit information with them.

- In addition, Crews will be asked:
 - Covid Pre-Screening Questions
 - If they have a complete and thorough first aid kit
 - If they have arranged a float plane shuttle (Bissett Only)
 - If they have any SPECIAL DEPARTURE PLANS (Early Breakfast, etc.)
 - If they have any dietary restrictions

RECOMMENDED PHYSICAL FITNESS PLAN

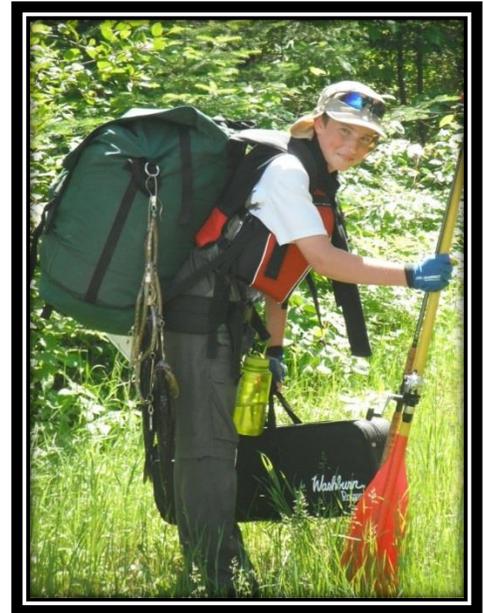
To ensure safety, all participants must be physically prepared to enjoy a rugged canoe trip. On a canoe trip, you may be paddling 10 miles a day or more in windy conditions and may carry as much as 85 pounds across a portage. You will be using your arms and upper body for paddling and your back and legs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

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

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

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

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



APPENDIX D

HEIGHT AND WEIGHT REQUIREMENTS

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

Northern Tier 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> | | 100 pounds |
| 5' 0" | 100 – 138 | 166 |
| 5' 1" | 101 – 143 | 172 |
| 5' 2" | 104 – 148 | 178 |
| 5' 3" | 107 – 152 | 183 |
| 5' 4" | 111 – 157 | 189 |
| 5' 5" | 114 – 162 | 195 |
| 5' 6" | 118 – 167 | 201 |
| 5' 7" | 121 – 172 | 207 |
| 5' 8" | 125 – 178 | 214 |
| 5' 9" | 129 – 185 | 220 |
| 5' 10" | 132 – 188 | 226 |
| 5' 11" | 136 – 194 | 233 |
| 6' 0" | 140 – 199 | 239 |
| 6' 1" | 144 – 205 | 246 |
| 6' 2" | 148 – 210 | 252 |
| 6' 3" | 152 – 216 | 260 |
| 6' 4" | 156 – 222 | 267 |
| 6' 5" | 160 – 228 | 274 |
| 6' 6" | 164 – 234 | 281 |
| 6' 7" + | 170 – 240 | 295 |
| <i>Maximum Allowed Weight</i> <i>***No participants weighing more than 295 pounds will be allowed to participate.</i> | | 295 pounds |

NORTHERN TIER HIGH ADVENTURE BASES

Swim Classification Record

(Changes and/or corrections to the following chart should be initialed and dated by the test supervisor.)

Unit Number _____ Date of Swim Test _____

| | Full Name (Print) <small>(Draw lines through blank spaces)</small> | Medical Recheck Parts A-B | Swim Classification | | |
|----|---|------------------------------|---------------------|----------|---------|
| | | | Non-Swimmer | Beginner | Swimmer |
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |
| 9 | | | | | |
| 10 | | | | | |
| 11 | | | | | |
| 12 | | | | | |
| 13 | | | | | |
| 14 | | | | | |
| 15 | | | | | |

The swim classification test performed at a unit level should be conducted by one of the following council-approved resource people: Aquatics Instructor, BSA; BSA Lifeguard; BSA Swimming & Water Rescue; or other lifeguard, swimming instructor, etc. Test administrators should utilize chapter 5 of the [BSA Aquatics Supervision Guide](#).

NAME OF PERSON SUPERVISING & FACILITATING THE SWIM TEST:

Print Name

Signature

Type of Authorization/Training
(Attach a copy of certification if required by council procedure)

Expiration Date if applicable

SWIM CLASSIFICATION PROCEDURES

The swim classification of individuals participating in a Boy Scouts of America activity is a key element in Safe Swim Defense and Safety Afloat. These swim classification tests are a foundational unit of the Aquatics Continuum.

All persons participating in BSA aquatics are classified according to swimming ability. The classification tests and test procedures have been developed and structured to demonstrate a skill level consistent with the individual's circumstances in the water.

SWIM TESTS FOR COUNCIL ACTIVITIES

Swim tests for **council activities** are conducted following procedures approved by a council-level committee, preferably the Council Aquatics Committee. The council committee should use the guidance contained in *BSA Aquatics Management Guide*. SPECIAL NOTE: When swim tests are conducted away from camp, the camp aquatics director retains the right to review or retest any or all participants to ensure that standards have been maintained.

REGARDLESS OF WHERE OR WHEN THE SWIM TEST IS GIVEN THE FOLLOWING PROCEDURES APPLY:

- **The test is given one-on-one.** The test administrator and the swimmer are buddies during the administration of the test.
- **Each component of the test is important.** The test must not be changed either to assist the Scout or to expedite the process.
- **The test must be completed without aid or support.** Aid includes lifejackets, wetsuits, fins, etc. Swim goggles may be used to avoid eye irritation.
- **Swim tests must be renewed annually,** preferably at the beginning of the outdoor season.

TO THE SWIM TEST ADMINISTRATOR

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: side stroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy resting back stroke. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.

BEGINNER'S TEST:

Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resumeswimming as before, and return to starting place.

Anyone who has not completed the beginner or swimmer tests is classified as a **nonswimmer**.

APPENDIX F

REQUIRED PERSONAL GEAR

| Clothing | | |
|------------------------|-------------------------|---|
| Quantity | Item | Special Notes |
| 1 | Pair of Boots** | <i>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.</i> |
| 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** | <i>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</i> |
| 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 |
| 2 | Facial Covering | 2 facial coverings to wear while on base at Northern Tier. |
| 1 | Flip Flops/Sandals | For wear in the shower – these are NOT permitted on trail |
| 1 | Belt or Suspenders** | |
| 1 | Uniform | BSA field or activity uniform for wear on base |
| REQUIRED Personal Gear | | |
| Other Personal Gear | | |
| 1 | Sleeping Bag | <i>All participants should bring a sleeping bag that is compact, synthetic, lightweight and rated to 35°F with a compression style stuff sack.</i> |
| 1-2 | Face Masks | <i>Face Masks are required to be worn indoors at all times and any time you are unable to socially distance from other crews. This requirement is regardless of vaccination or testing status.</i> |
| 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 | 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 | 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 |
| 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 H |
| 1 | Lock | If you choose to use one of our lockers to lock personal items while on trail. If you drove your own vehicle we recommend you keep your personal gear locked in your vehicle. |

| 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** | |

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

| ⊗ ⊗ ⊗ What Not to Bring ⊗ ⊗ ⊗ | | |
|---|---|---|
| ⊗ | SPOT Satellite Messengers or other Emergency Beacon Devices | Northern Tier provides all necessary Emergency Communications devices and manages all emergencies in conjunction with local authorities. All crews will be asked to lock any such devices up with their valuables prior to departure on water. These devices are not permitted on the trail. |
| ⊗ | Canoe Chairs that clip or strap into canoes. | These damage factory canoe seats and make portaging difficult. Standard Crazy Creek style camp chairs may be brought for use in camp sites and can double as a sleeping pad. |
| ⊗ | Electronic Music, Game or Video Devices | The beautiful wilderness of Northern Minnesota, Southern Ontario and Manitoba are the reason you're at Northern Tier, right? Enjoy it! |
| Cell Phones | | Northern Tier provides an emergency communication device for each crew on trail, it is unnecessary for crews to bring cell phones for use as a communication device (virtually no cell reception). However, we do recognize that many people use their cell phones as their cameras and this is permitted. We would request that you leave them in airplane mode and enjoy the Wilderness for what it is. We would still recommend using a crew camera over a cell phone. |

APPENDIX G

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 – 50 tablets
- Ibuprofen tablets – 50 tablets
- Antacids
- Antihistamine - tablets and liquid form
- Steroid cream
- Anaphylaxis-Kit (if needed)
- Throat lozenges
- Cold caplets
- Small bar soap
- Lip balm
- 2 Thermometers
- Scissors
- Tweezers
- Safety pins
- Side cutters
- Nitrile or Latex gloves
- Barrier Device for Resuscitation
- Sunscreen
- First Aid Manual
- Disposable face masks

APPENDIX H

GEAR PROVIDED BY NORTHERN TIER

- Portage Packs w/Liner Bags (1 for every 3 people) (all personal gear will be packed in the Portage Packs)
- 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

- Cooking Equipment:
 - Cooking Pots (8, 4 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.
 - GPS Units (available on a first-come first served basis)

- 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)

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. Physical, sexual or emotional abuse (including hazing) of a camper by his or her peers or by adult leaders is unacceptable anywhere. Reporting of abuse is the law. The local, county, state or provincial authorities as well as the BSA Council representatives will be contacted if abuse is suspected.
- Forest Fires: Our forests are a beautiful and valuable heritage. If you spot a fire or think you have, report it to your Interpreter, who will report it to the base director by radio or phone. Your crew should not attempt to fight wildfires and should quickly leave the area. Because of the wilderness status, some of the areas which have naturally occurring fires may be left to burn naturally. Other man-caused fires may be extinguished. Trained fire fighters will monitor or extinguish the fires accordingly.
- Fires on Base: A fire on any of the Northern Tier program base facilities needs to be reported to the base director or staff person immediately. If the fire alarm is activated, all crews are to report to the parking area of the base facility. Each base has a fire guard plan posted.

NORTHERN TIER AWARDS

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

Mileage Awards

Northern Tier offers mileage awards for subsequent miles starting at 50 miles, 25 mile increments up to 200 miles traveled while on your trip. Patches and plaques are also available from the Trading Post.



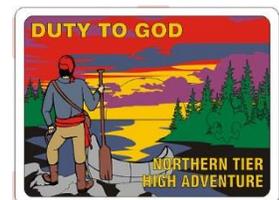
Northern Tier Lake Monitoring Program

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.



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.



Triple Crown and Grand Slam of High Adventure Awards

Scouts and Scouters who have participated in at least one qualifying program at three of the four national high-adventure bases operated by the Boy Scouts of America (Northern Tier, Philmont, the Summit, 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 three of the four national high-adventure bases.



Participants who complete a qualifying program at all four of the National High Adventure Bases qualify for the Grand Slam of High Adventure.

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

Participant's Name: _____

Date of Birth: _____

Dates of Travel: From _____ To _____

Location: _____

Adult Leader's Name: _____

Leader's Position: _____ Unit Number: _____

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

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

Signed: _____ Date: _____

Name Printed: _____ Phone Number: _____

Address: _____ City: _____ State: _____

Relationship to Child: _____

I am accompanying my child on this trip: Yes No

Signed: _____ Date: _____

Name Printed: _____ Phone Number: _____

Address: _____ City: _____ State: _____

Relationship to Child: _____

I am accompanying my child on this trip: Yes No

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

APPENDIX L – ARRIVAL AND DEPARTURE INFORMATION – ELY, MN

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 ES060122-A, you would arrive at Northern Tier on June 1, 2012. 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.

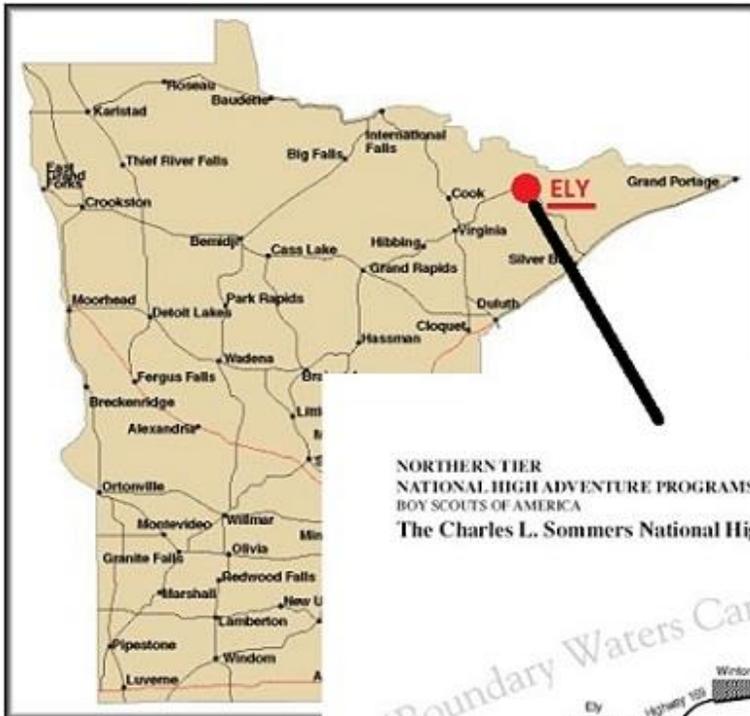
Example: ES060122-A 7-Night Trip

| June 1 | June 2 | June 3 | June 4 | June 5 | June 6 | June 7 | June 8 |
|---|----------------|----------|----------|----------|----------|---------------------------|---------------------------------|
| Arrive at Northern Tier between 1:00 and 2:00 | Hit the Trail! | On Water | On Water | On Water | On Water | Return to Base after 1:00 | Depart for Home After Breakfast |

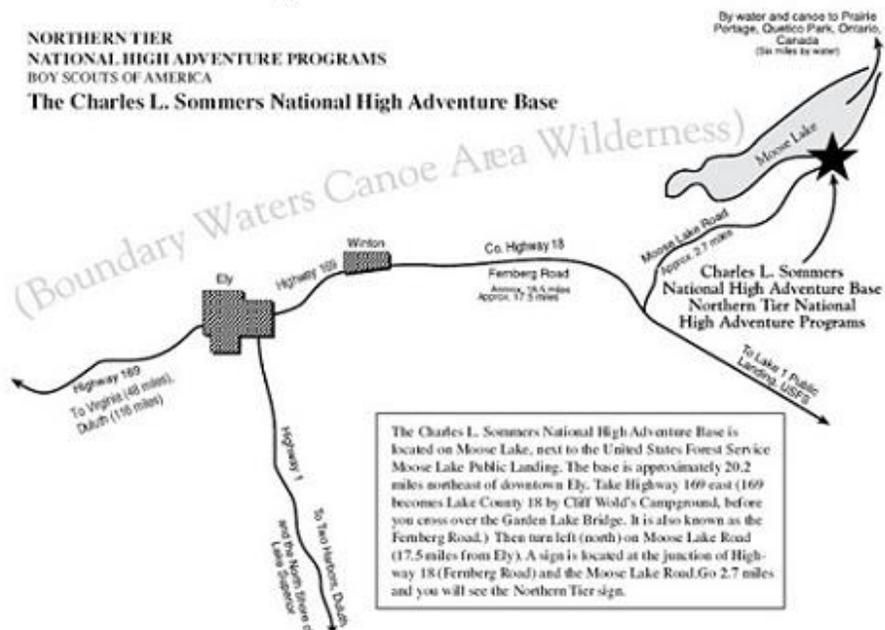
HOW DO I GET TO THE ELY BASE?

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



NORTHERN TIER
NATIONAL HIGH ADVENTURE PROGRAMS
BOY SCOUTS OF AMERICA
The Charles L. Sommers National High Adventure Base



TRANSPORTATION OPTIONS TO ELY:

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.

| Voyageur Charter Coach | LCS Coaches | Voyageur Bus CO/ MN Coaches |
|---|--|---|
| International Falls, MN 56649 218.377.4343 877.406.9342 www.voyagercharter.com rld@frontiernet.net | 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 INC. | Spirit of the Wilderness | Northern Lights Van 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 | | |
| www.blueskyadventures.net/BSA/MN_No_Frills.html | | |

Where can I stay en route to base?

- Crews traveling through Minneapolis or Duluth may plan to overnight at Giants Ridge Ski Resort in Biwabik, MN. Giants Ridge offers lodging 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?

Below are some great places to check out on your way to Northern Tier. For more information please refer to the following:

- Explore Minnesota 800.657.3700 – www.exploreminnesota.com
- Ely Chamber of Commerce 800.777.7281 – www.ely.org
- Iron Range Visitors Bureau 800.777.8497 – www.ironrange.org

Ely, MN Attractions – www.ely.org

- [International Wolf Center](#)
- [North American Bear Center](#)
- [Dorothy Molter Museum](#)
- Ely-Winton History Museum
- Ely Arts and Heritage Center
- Ely Area Veterans Memoria
- Ely Folk School
- Listening Point

Tower, MN Attractions –

- Soudan Underground Mine
- [Soudan Underground Mine, Boy Scout Visit Information](#)
- [Soudan Underground Mine Brochure](#)
- Bois Forte Heritage Center and Cultural Museum

Other Iron Range Attractions – www.ironrange.org

- [US Hockey Hall of Fame](#) – Eveleth, MN
- [Vince Shute Wildlife Sanctuary](#) – Orr, MN
- [Minnesota Discovery Center](#) – Chisholm, MN
- Virginia’s Mural Project – Virginia, MN
- Bob Dylan’s Childhood Home – Hibbing, MN
- The World’s Largest Hockey Stick and Puck – Eveleth, MN

Duluth, MN Attractions – www.visitduluth.com

- [The Depot](#)
- [Lake Superior Zoological Garden](#)
- [Great Lakes Aquarium](#)
- [Marine Museum at Canal Park](#)
- [Northwest Company Fur Post](#), Pine City, MN

APPENDIX M – ARRIVAL AND DEPARTURE INFORMATION – ATIKOKAN, ON

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 A060117A, you would arrive at Northern Tier on June 1, 2017. 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: A060117A - 6 Night Trip | | | | | | |
|---|----------------|----------|----------|----------|---------------------------|---------------------------------|
| June 1 | June 2 | June 3 | June 4 | June 5 | June 6 | June 7 |
| Arrive at Northern Tier between 1:00 and 2:00 | Hit the Trail! | On Water | On Water | On Water | Return to Base after 1:00 | Depart for Home After Breakfast |

HOW DO I GET TO THE BASE?

You are responsible for your own transportation to Northern Tier. The Atikokan Base is located on Perch Lake, approximately 13 miles west of Atikokan, Ontario just off of Canadian Highway 11. Please plan to arrive between 1:00 and 2:00 pm on the first day of your trip. You will need to eat lunch prior to your arrival.

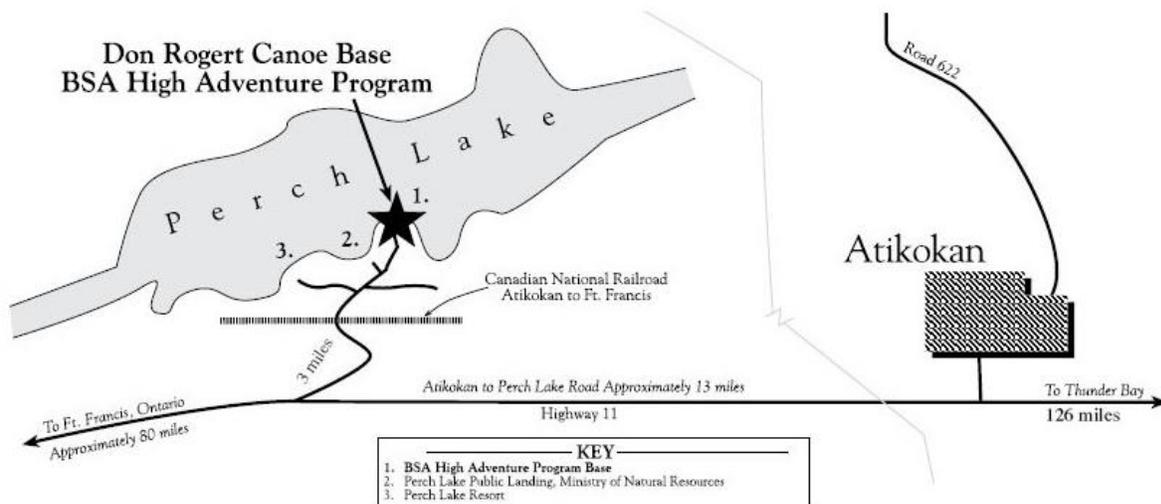
TRANSPORTATION OPTIONS TO ATIKOKAN:

The towns of International Falls, Minnesota and Fort Frances, Ontario (just across the border from International Falls) are 80 miles to the west of the Atikokan base. Thunder Bay, Ontario is 140 miles to the East of Atikokan. The Minneapolis/St. Paul airport is 380 miles from the Atikokan base. *Note: while almost all cities in the*

NORTHERN TIER NATIONAL HIGH ADVENTURE PROGRAMS BOY SCOUTS OF AMERICA

Don Rogert Canoe Base Atikokan, Ontario, Canada

The Don Rogert Canoe Base is located on Perch Lake about 13 miles west of the town of Atikokan, Ontario on Highway #11.



Minnesota, Northwest Ontario, and Manitoba regions are on Central Time, the city of Thunder Bay is in the Eastern Time Zone. Check your watch in Thunder Bay!

Crews traveling to Atikokan may choose to fly through Minneapolis, Minnesota – from there they can connect to Duluth, MN; International Falls, MN; or Thunder Bay, Ontario. Crews traveling from the eastern US (primarily Northeastern States) may fly through Toronto, ON to Thunder Bay, ON. Contact Air Canada, West Jet, or Delta Airlines for details, costs and schedules.

Travel options from airports include car and van rentals or bus shuttles. Single crews may find a vehicle rental is cheaper than a van shuttle. If you can arrange to coordinate with other crews traveling that day you can share the cost of a bus.

| Iron Range Bus Lines | North Air Van Services |
|---|---|
| Thunder Bay, Ontario contactus@ironrangebus.com 866.345.7388 807.345.7387 | Fort Frances, Ontario 800.465.7761 |
| Voyageur Charter Coach | Northern Lights Van Shuttle Service |
| International Falls, MN 56649 218.377.4343 877.406.9342 www.voyagercharter.com | Biwabik, MN 55708 218-290-2722 218-749-9278 Northernlights.shuttle.lodging@gmail.com |

CROSSING THE CANDIAN BORDER

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

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

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

- **All participants who are US citizens must bring an original proof of citizenship (Passport or Passport Card) to cross the border.** Passport cards **cannot** be used for some methods of crossing the border (i.e., by plane). Naturalized citizens should bring their naturalization certificate. Getting a passport can take several months – if you need a passport, start this process well in advance of your trip.
 - Non-US Citizen participants should contact a US Immigrations Office and a Canadian Customs office to make sure their documentation is in order. Permanent non-US Citizens are advised to bring their Alien Registration Receipt Card. Non-US Citizens must have a multiple entry Visa to return to the United States.
- **All youth age 17 and under must have a Parental Release Form allowing them to travel internationally.** This form can be found on the Northern Tier website www.ntier.org/tripplanning or in appendix M.
 - The Parental Release Form must be signed by both parents and have both parents' contact information. Children with special circumstances (death of a parent, legal guardian, etc.) should bring proof of their custody arrangement.
 - The Canadian government is very concerned about the trafficking of children across the border. They require these documents to ensure that all children are crossing the border with the consent of all legal guardians. While currently, the Parental Release Form does not require notarization, rules may change in the future.
- **Anyone with a criminal record should review this Canadian Immigration website** <http://www.cic.gc.ca/english/information/applications/guides/5312ETOC.asp#overview> to ensure that they will be allowed to cross the border. In some cases, individuals may apply for a waiver to have their border crossing approved. Certain violations (ex. DUIs and Reckless Driving) can be significant obstacles in crossing the border.

- **All participants will need to meet the Covid-19 requirements for crossing the Canadian Border.** You can find those requirements here:
 - <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada#entry-vaccinated>

WHERE CAN I STAY EN ROUTE TO THE ATIKOKAN BASE?

When you are planning flights, please consider the option of spending a night en route. While it is possible to arrange an early flight and then drive to base, you will arrive at the base after an already long day to begin hours of intense preparation for your wilderness trip.

Crews arriving in Northwestern Ontario prior to their scheduled arrival date should not plan on staying at base. There are several good campgrounds in the Thunder Bay – Atikokan – Fort Frances region. Groups may stay at:

- **Marr’s Perch Lake resort**, is almost right across the street from the base. Convenient for crews travelling in the day before. There is housing and a restaurant on site and is within walking distance to the base. Phone: (807) 597-1233, marr@perchlake.on.ca, <http://perchlake.on.ca/>
- **Grey Wolf Scout Camp** outside Thunder Bay. It has been used in the past by numerous crews and have both campsites and cabins available. For bookings contact Roberta Wolfe at 807.623.2230 or email scouts@tbaytel.net or Camp Ranger William Taylor at 807.344.3338 or campchief@shaw.ca.
- If traveling through Thunder Bay, you may wish to overnight at **Fort William Historical Park**. Old Fort William is an historical recreation of an early 1800s fur trade fort, offering an overnight living history program specially catered for scouting groups. Call 807.473.2344 or visit their website at www.fwhp.ca.
- If you plan on spending the night in Minnesota before driving to the Atikokan Base, consider staying at Giant’s **Ridge Ski Resort** in Biwabik, MN, a resort offering lodging, food service and recreation at reasonable rates for scouting groups 800.688.7669 or www.giantsridge.com.

What can we see along the way?

Below are some great places to check out on your way to Northern Tier. For more information please refer to the following:

Thunder Bay Attractions – www.visitthunderbay.com

- [Fort William Historic Park](#)
- Sleeping Giant Provincial Park
- Kakabeka Falls
- Grand Portage(US side)
- Rock Climbing Boulder Bear

- Little Falls Scenic Waterfall
- Historic Iron Mines Caland and Steep Rock
- Downtown Atikokan Walking Tour

Fort Frances Attractions

– www.fortfrances.ca/experience/tourist-information

- Fort Frances Museum
- The Hallet
- Lookout Tower
- Rainy Lake Mermaid
- Noden Causeway

Places to Stay:

[Fort William Historic Park](#)

Atikokan Attractions – www.visitatikokan.com

- Atikokan Centennial Museum

APPENDIX N – ARRIVAL AND DEPARTURE INFORMATION & ADDITIONAL INFORMATION – BISSETT, MB

HOW DO I RESERVE MY BISSETT CREW'S FLOAT PLANE?



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

Float Plane shuttles to the Canoe Cache are provided by Bluewater Aviation. The round-trip cost for a flight to the canoe cache is about \$294.00/person CND in 2022. (~\$235 USD) Bluewater typically offers a discount to crews who pay in full by March 1.

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

Crews should contact Bluewater Aviation directly to arrange their flights. The company's year-round number is 204.367.2762. Their website is www.bluewateraviation.ca

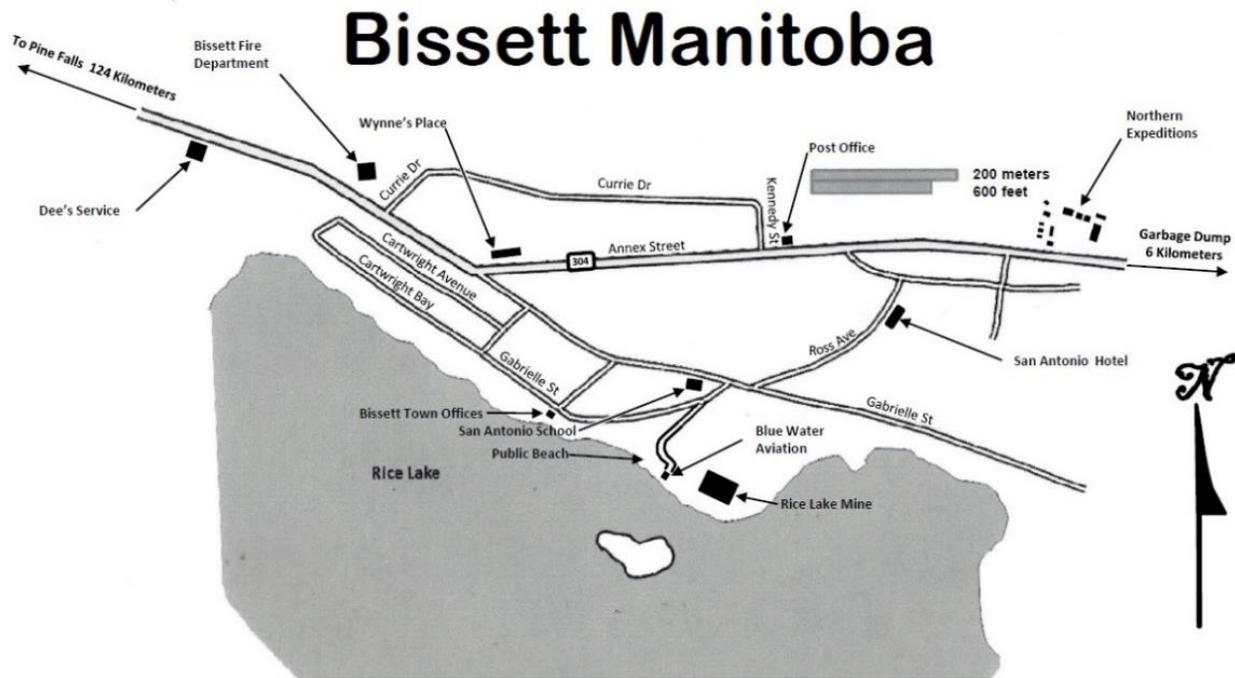
ARRIVAL AND DEPARTURE INFORMATION- BISSETT

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 BTS060122-A, you would arrive at Northern Tier on June 1, 2022. 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 day before your departure date.

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

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



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

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

TRANSPORTATION OPTIONS TO BISSETT:

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

| Vital Transit | Northern Soul Wilderness Adventure | Budget Rent A Car | Five Star Bus Lines |
|---|------------------------------------|--------------------------------|----------------------------------|
| Winnipeg, MB | Winnipeg, MB | Winnipeg International Airport | Winnipeg, MB |
| 204.633.2022 s.paull@vitaltransitservice.com | 866.425.9430 204.878.3570 | Winnipeg, MB | 204.261.7698 starfive@mts.net |
| | adventure@northernsoul.ca | 204.989.8510 | Fivestarbuslines.com |

What are the roads like when driving to Bissett?

Some crews (especially those in the Great Plains states) drive themselves to Bissett. Keep in mind that the roads for the last two hours of the drive are unpaved and can be very rough.

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

CROSSING THE CANADIAN BORDER

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

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

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

- **All participants who are US citizens must bring an original proof of citizenship (Passport or Passport Card) to cross the border.** Passport cards **cannot** be used for some methods of crossing the border (i.e., by plane). Naturalized citizens should bring their naturalization certificate. Getting a passport can take several months – if you need a passport, start this process well in advance of your trip.
 - Non-US Citizen participants should contact a US Immigrations Office and a Canadian Customs office to make sure their documentation is in order. Permanent non-US Citizens are advised to bring their Alien Registration Receipt Card. Non-US Citizens must have a multiple entry Visa to return to the United States.
- **All youth age 17 and under must have a Parental Release Form allowing them to travel internationally.** This form can be found on the Northern Tier website www.ntier.org/tripplanning or in appendix M.
 - The Parental Release Form must be signed by both parents and have both parents' contact information. Children with special circumstances (death of a parent, legal guardian, etc.) should bring proof of their custody arrangement.
 - The Canadian government is very concerned about the trafficking of children across the border. They require these documents to ensure that all children are crossing the border with the consent of all legal guardians. While currently, the Parental Release Form does not require notarization, rules may change in the future.
- **Anyone with a criminal record should review this Canadian Immigration website** <http://www.cic.gc.ca/english/information/applications/guides/5312ETOC.asp#overview> to ensure that they will be allowed to cross the border. In some cases, individuals may apply for a waiver to have their border crossing approved. Certain violations (ex. DUIs and Reckless Driving) can be significant obstacles in crossing the border.
- **All participants will need to meet the Covid-19 requirements for crossing the Canadian Border.** You can find those requirements here:
 - <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada#entry-vaccinated>

Where can I fill up on Gas? Eat Lunch? Visit an ATM? Purchase Fishing Licenses?

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

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

In past years, there has been a snack shack just as you get to Bissett, Cameron's Rest n Go. They offer simple burgers and drinks.

The last place to fill up your gas tank is in Pine Falls. There is no gas station in Bissett.

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

Finally, if events beyond your control cause your crew to be delayed, please call so that the Bissett Base can accommodate for your late arrival. Over the past three years, luggage has been lost, flights have been cancelled and cars have broken down. Nevertheless, all crews have departed for the wilderness on time. If you run into any problems or have any questions while travelling, please contact the Northern Tier, 218.365.4811.

Where can I stay en route to Bissett?

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

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

What can we see along the way?

Below are some great places to check out on your way to Northern Tier. For more information please refer to the following:

Winnipeg Attractions

– <https://www.tourismwinnipeg.com/>

- The Forks
- Canadian Museum for Human Rights
- Assiniboine Park Zoo
- Rock Climbing at Vertical Adventures
- Royal Canadian Mint
- Fun Mountain Waterslide Park

Other Manitoba Attractions

- [Grand Beach on Lake Winnipeg](#)
- [Powerview-Pine Falls](#)
- [Things to do in Manitoba](#)