

# Preparation for Northern Tier Canoeing



## Program Description

In this exciting program you'll learn how to portage canoes and equipment to different lakes, receive first aid and survival training for use in the wilderness, experience the gear Northern Tier will provide, learn what gear to bring and how to pack it... all from staff members who have been to Sommers Canoe Base!

The instruction also covers the food preparation and menus used at Sommers.

Please make arrangements for **Saturday breakfast on your own**. The remaining meals over the weekend are provided.

## Training Schedule

|          |            |   |
|----------|------------|---|
| Friday   | 8:00 pm    | Personal, Crew and Northern Tier Supplied Gear will be reviewed. Current Northern Tier Issued crew/food packs as well as personal gear Duluth packs will be issued.   |
| Saturday | 8:30 am    | Break camp and assemble at the pavilion with gear you will carry for a gear shakedown. We will not camp on the main base for Saturday night. We will cover canoe loading, navigation, map reading, Safety Afloat and portaging. |
|          | 12:00 noon | Lunch. After lunch we will paddle, practice navigation and portaging.   |
|          | 3:30 pm    | We will find camp and set up. Keys to camp setup and the organization of the ideal campsite will be discussed   |
|          | 6:00 pm    | Dinner. Northern Tier menus, food preparation, baking and clean up issues will be discussed. After dinner we will cover Leave No Trace topics like camp sanitation, water treatment & Bears.                                    |
|          | 10:00 pm   | Lights out.   |
| Sunday   | 6:30 am    | Wake up!  |
|          | 7:00 am    | Breakfast   |
|          | 8:30 am    | Break camp and paddle, portage, paddle... Key today will be to put our new portaging and navigation skills to work.   |
|          | 10:00 am   | Worship services. Please be prepared with at least 5 to 10 minutes of a scout led service, all crews will participate.  |
|          | 12:00 noon | Return to base camp, cleanup gear, put away gear and depart for home after checking out with instructor. (Usually away by 12:30)  |

**Crew size:** Minimum 6, maximum 14.

## What to Bring

**Size is more important than weight:** The more compact the better. There is a real possibility that everything will get wet, so pack in Ziploc bags or bring heavy duty garbage bags to line personal gear packs! Checkout the resources below for detailed information to prepare for your trip to Northern Tier. The items you need to bring for our training weekend are divided into two lists, shown below:

**Crew Gear Provided for Allatoona Weekend:**

- Granite Gear personal gear Duluth Packs
- Kondos Outdoors Food/Equipment Packs
- Tents (big enough for 4 people)
- Cook kit (including utensils)
- Tarp with lines
- Cook stoves (backpacker type, 2 per crew)
- Small shovel

**Crew Gear Needed for Allatoona Weekend:**

- First aid kit

**Personal Gear Needed for Canoe Trip:**

***Kitchen***

- Cup, bowl, spoon
- Water bottle

***Tools/Miscellaneous***

- Flashlight
- Knife
- Pencil & note pad
- Fanny/day pack (optional)
- Sit pad
- Camera & film (optional)
- Stuff sacks for personal gear
- Fishing pole (optional)

***Clothing***

- BDU's (fast drying long pants - NO sweats or jeans)
- Suspenders or belt
- 2 changes of underwear
- 2 crew t-shirts
- 2 pairs of wool socks
- 2 pairs of sock liners
- 1 pair of shorts
- 1 long-sleeved shirt
- Camp shoes (Dry shoes for use in camp)
- Jungle boots (you WILL get them wet)
- Rain gear (absolutely NO PONCHOS!)
- Wide brimmed hat
- Bandana
- Sleep shirt/clothing

***Bed***

- Sleeping bag & sleeping pad
- Hammock (optional)

***Bath/Hygiene***

- Biodegradable soap (camp suds or similar)
- Toilet paper
- Bug repellent
- Sun screen/sun block
- Toothbrush
- Toothpaste
- Dental floss

## Course Requirements

- Safety Afloat Guidelines must be followed - 2 Trained leaders for 10 or fewer scouts or 3 Trained leaders for 11 or more
- Must be a swimmer (Bring completed NT Swim Classification Record)
- Be at least 13 years old.
- BSA Class 1 Medical forms for the entire crew including advisors
- Canoeing Merit Badge **highly** recommended.

