

OKPIK ADVISOR PLANNING GUIDE



NORTHERN TIER NATIONAL HIGH ADVENTURE
BOY SCOUTS OF AMERICA
2010 - 2011

"Delivering Wilderness Adventure"

OKPIK PROGRAM OPTIONS AND REQUIREMENTS



All participants in an OKPIK program (OKPIK weekend, Holiday Stay, OKPIK Ski Trek, OKPIK Snowshoe Trek, OKPIK Musher Camp, OKPIK Dog Trek, and Cold Weather Leader Training) will receive a participation emblem as part of their program fees paid to the Northern Tier High Adventure program. Participants can only earn one OKPIK award emblem per trip to OKPIK, i.e. additional emblems cannot be purchased. Must be 14 years old or 13 years of old and graduated from the 18th Grade to participate.



Participants in the CABIN STAY program will earn an OKPIK Cabin Stay award emblem as a part of their fees. Participants must be 11 years old or older. Requirements to earn an emblem are to participate in OKPIK activities (skiing, snowshoeing, dog sledding, cooking outdoors, etc.) during the day and stay in the cabins on base at night. Participants can earn only one Cabin Stay emblem per trip. Additional emblems cannot be purchased. Must be 11 years old by the year they participate.



WEBELOS OKPIK WEEKEND (WOW!) - This program is a great opportunity to introduce your 1st and 2nd year Webelos to winter activities. Webelos will get a winter experience unlike anything they have had before. Any 1st or 2nd year Webelos can participate; however EACH Webelos MUST have an adult partner. Each participant will receive a Webelos OKPIK Weekend patch as a part of their fees



The following OKPIK Programs have award emblems that can be purchased through the Northern Tier Trading Post. The following are the requirements necessary to qualify to purchase the awards. Please note the age requirements for participation.

OKPIK BIZHIW AWARD - To earn this award, participants must camp on the trail a minimum of two nights. This will normally require a group to attend the OKPIK Holiday Stay program, or stay a minimum of 3 nights/4 days with the OKPIK program. Camping outdoors on base does not qualify to earn this award. Must be 13 years old by the year they participate.



NORTHERN TIER ZERO HERO AWARD - To earn this award, participants must camp on the trail during a time when the temperature falls to or below zero degrees Fahrenheit (0°F.) Must be 14 years old or 13 years of old and graduated from the 18th Grade to participate.



OKPIK WINTER SKI TREK AWARD - To earn this award, participants must travel by cross country skis, pulling their gear in sleds, and camp a minimum of 2 nights on the trail. Typically this would entail traveling a minimum of 10 miles from base and setting up camp at a minimum of two campsites. Must be 14 years old or 13 years of old and graduated from the 18th Grade to participate.



OKPIK SNOWSHOE TREK AWARD - To earn this award, participants must travel by snowshoes, pulling their gear in sleds, and camp a minimum of 2 nights on the trail. Typically this would entail traveling a minimum of 7 miles from base and setting up camp at a minimum of two campsites. Must be 14 years old or 13 years of old and graduated from the 18th Grade to participate. Previous winter camping experience is strongly suggested.



OKPIK MUSHER CAMP AWARD - To earn this award, a crew must participate for a MINIMUM of 2 nights/3 days on the trail (or a total of 4 days or more) Participation in the program is limited. Must be 13 years old by the year they participate.



OKPIK DOGSLED TREK AWARD - To earn this award, a crew must participate for a MINIMUM of 2 nights/3 days on the trail (or a total of 4 days or more) with the OKPIK program. Participation in the program is limited. Must be 14 years old or 13 years of old and graduated from the 18th Grade to participate. Previous winter camping experience is strongly suggested.

PRONUNCIATION GUIDE

Ely -	<u>Ee</u> lee
OKPIK -	<u>Ook</u> pick
Bizhiw -	<u>Bee</u> zhoo
Quetico -	<u>Quet</u> i ko
Quinzhee -	<u>Quin</u> zhee

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NORTHERN TIER CONTACT INFORMATION:
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phone (218)-365-4811 fax (218)-365-3112
e-mail: info@ntier.org web site: www.ntier.org



Northern Tier OKPIK Program

OKPIK is the Inuit name for the arctic or snowy owl. The arctic owl has been used as the symbol for the OKPIK program since Northern Tier started the program in the early 1970's.




This year the OKPIK Program of Northern Tier National High Adventure celebrates 39 years of providing safe, exciting, and challenging cold weather high adventure experiences for thousands of youth and adult participants.

Northern Tier's OKPIK program is based out of the Charles L. Sommers base near Ely, Minnesota. OKPIK provides a highly trained staff instructor to help you learn cold weather camping skills such as dogsledding, cross country skiing, snowshoeing, clothing and sleeping systems, snow shelter building, animal tracking, cold weather cooking, winter menu selection, and ice fishing. We offer several types of courses such as the Cold Weather Camping Training Session, Holiday Stay program, Dog Sled treks, Musher Camp, Cross-Country Skiing treks, Snowshoe treks, the OKPIK weekend course, and Webelos program.








RISK ADVISORY:

Northern Tier National High Adventure Bases 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 all participants being physically fit, properly equipped, and correctly trained for the rigors of cold weather camping.

Northern Tier and the Boy Scouts of America policies and procedures, if followed, will minimize the 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 cold weather wilderness expedition.

-  Possible risks include (but are not limited to) motor vehicle accidents; severe weather conditions such as extreme cold temperatures and high winds; medical conditions such as heart attack, appendicitis, hypothermia, dehydration, frost bite, severe allergies, and asthma or diabetes related conditions; accidents such as cuts, embedded fish hooks, burns, or falls; risks associated with being on frozen lakes; and encounters with wildlife.
-  Medical evacuations and search and rescue services are coordinated by Northern Tier in close cooperation with local authorities.
-  Please carefully read the information in this OKPIK Advisor Planning Guide and share it with your crew(s), leaders, and parents. If you have any further questions about risk management contact Northern Tier by fax, e-mail, mail, or phone.

PREVENTION OF PROBLEMS:

-  **KNOW FIRST AID** - Make sure your crew is trained in Wilderness First Aid and carries the required first aid kit. At least one advisor must have a current card CPR training and Wilderness First Aid. The most commonly treated ailments are headaches, stomachaches, constipation, diarrhea, and cold weather related injuries including dehydration and hypothermia. Cuts, sprains, blisters, and burns are also concerns.
-  **PURIFY ALL DRINKING WATER** - All water from natural sources (including springs, streams, and lakes) must be purified by bringing it to a rolling boil.
-  **WASH AND RINSE DISHES THOROUGHLY** - Protect the health of your crew by thoroughly washing and rinsing dishes in hot water to which a sanitizing agent has been added. Let dishes and utensils air dry.
-  **TOBACCO** - It is strongly suggested that participants limit the use of tobacco on the trail. Smoking is not permitted in tents, snowshelters, Northern Tier buildings, BSA vehicles, or near maintenance areas.
-  **ALCOHOL AND DRUGS** - Possession or use of alcoholic beverages, illegal drugs or the misuse of prescription drugs is expressly prohibited. Groups or individuals found in violation of this National BSA policy will be sent home, as arranged with the council office or parent.
-  **ABUSE** - Physical, sexual, or emotional abuse (including hazing) of a camper by his or her peers or by an adult leader is unacceptable anywhere. The local, county, and state authorities as well as the BSA council representatives will be contacted if abuse is suspected.
-  **PRESCRIPTION DRUGS AND MEDICATION** - If an advisor or crew member is on regular medication, their physician should be consulted. It is a good idea in this case to carry twice as much as needed and split it between two packs. Be sure to consult your physician to determine the affect cold weather may have on your medications (i.e. inhalers) or effects your medications may have on you in cold weather conditions.

POLICY INFORMATION

BSA NATIONAL TOUR PERMIT APPLICATION - Please download from www.ntier.org

All crews more than 500 miles from the Charles L. Sommers Base, Ely, MN and/or going into the Quetico Provincial Park MUST file a National Tour Permit Application with the local BSA council office a minimum of six weeks before the crew departs from home. Online Tour Permit Applications can also be found at www.scouting.org/pubs/gss/gssax.html. If you are less than 500 miles away, a local tour permit can be used.

ADULT LEADERSHIP - A minimum of two registered adult leaders or one registered adult and one parent of a participating youth, one of whom must be at least 21 years of age, are required for each crew.

YOUTH PARTICIPATION REQUIREMENTS - All youth must be registered as a Boy Scout, Varsity Scout, Scouts Canada or Venturer.

AGE REQUIREMENTS - Age requirements vary for each OKPIK program option. See page 7.

MEDICAL RECORDS - All participants - youth and adults - must bring a complete and correctly filled out OKPIK Northern Tier Health and Medical Record Form. We will enclose an OKPIK Northern Tier Health and Medical Record form for each person in your crew in the Advisor packet. The form is also available online.

For all participants, youth and adult, the Health and Medical Form MUST be current, i.e. signed by a doctor in the last 12 months. The parent or guardian of the youth must also sign the form in several places.

GENERAL INFORMATION:

CAMPERSHIPS - Camperships are available to youth members with special financial needs who are participating in the Northern Tier program. These funds will cover up to a MAXIMUM of 50% of basic trip fees, depending on need. A copy of the campership application is included in the appendix. The completed application form(s) and other required documents must be returned to Northern Tier by November 15 for Holiday Stay and January programs or by January 1 for February and March programs. The camperships will be reviewed in November and January with notification going to the crew advisor prior to the due date of the final crew payment.

GROUP SIZE - OKPIK crews are typically 6-8 people in size or multiples of this. To best serve you and to pack your food for the weekend, we must know how many people to expect. If your group size changes from the number you indicated on your reservation form, let us know. Approval must be obtained from the Northern Tier office to bring additional or fewer people as we do not want to turn people away unnecessarily from another group.

Exception to group size: Groups larger than 8 but less than 12 people can still camp as one group outside the BWCAW. Prior approval must be received from the Northern Tier High Adventure program office before arrival at OKPIK.

INSURANCE - The Northern Tier fee includes accident and sickness insurance coverage. This fee covers your travel to and from the Northern Tier base as well as while on your OKPIK adventure. This policy is secondary to a family policy. The insurance company name and policy number must be noted on the Health History form and a copy of the insurance card submitted with the medical form. A OKPIK Northern Tier Health and Medical Record is available online.

EMERGENCY PHONE NUMBER - Telephone calls are restricted to extreme emergencies. The calls are received at the administrative headquarters. If a staff person does not answer, follow the directions to leave a message on voice mail, and someone will get back to you as soon as possible.

THE NORTHERN TIER EMERGENCY PHONE NUMBER IS (218) 365-4811

EXPEDITION PLANNING INFORMATION:

CHECK, DOUBLE CHECK, AND TRIPLE CHECK BEFORE LEAVING HOME

See check-in agenda in the Appendix on page A-22

1. Adults and youth must have a completed an OKPIK Northern Tier Health and Medical Record Form signed by a doctor within the last 12 months. The youth must have their parent or guardian sign the form also.
2. Registration with BSA for all youth and at least 1 adult
3. Approved Tour Permit.
4. Required medicines. Have two supplies of required medicines, one held by the user and the other held by a leader in case of loss (Example, two inhalers or two epi-kits).
5. Adequate personal gear.
6. Required certifications: CPR, Youth Protection, Wilderness First Aid, Weather Hazards.
7. Financial needs (cash, credit cards, checks, travelers checks, etc.)
8. Completed Participant Roster (form sent in Advisor packet) for each crew
9. Crew first aid kits.
10. Participant Policies form.

ARRIVAL TIME - Your crew should arrive at the base between 4:00 pm and 6:45 pm. If your arrival is delayed, please call us and let us know when to expect you. The evening program will start at 7:00 pm.

Supper on arrival day can be handled in several ways. You can bring your own bag supper, eat in town prior to arrival, or with at least 1 week prior notification and for \$10.00 per person - you can eat supper at the base. We will serve supper at 5:30 p.m. If you eat in town, Ely has several hometown restaurants as well as a few fast food restaurants.

DEPARTURE TIME - Crews attending OKPIK Weekend, Musher Camp, Dogsled Trek, Snowshoe Trek and Winter Ski Trek programs will typically depart the Northern Tier base after lunch on their last day. Crews eat breakfast at their campsite and return to base at approximately 10:00 a.m., turn in gear, have a hot sauna, and then eat a hot lunch. Most crews depart immediately after a brief awards ceremony.

Individuals and crews attending the Cold Weather Camping Training session and Holiday Stay will return to base late in the afternoon, have supper, spend the night and depart after breakfast the next day. Custom arrangements can be made with prior approval.

PROGRAM SCHEDULES - The suggested program schedules for the various OKPIK programs can be found in the appendix. These schedules can be tailored, if necessary, before or after your arrival to fit your group's preferences, goals, and capabilities and to fit current snow and weather conditions.

PHYSICAL CONDITIONING AND TRAINING - To ensure a successful, safe, and enjoyable trip to OKPIK, each crew member should be physically fit. Each crew member should do a training regimen of walking or skiing to prepare themselves physically and mentally. Winter travel will require you to use different muscles than you would use walking on cleared streets. Muscle pain can occur following cross country skiing, snowshoeing, or shoveling snow onto a winter shelter. It is important that participants know how to train before their trip to avoid muscle pain.

Introduction to Dog Sledding - All groups (except WOW) will have the opportunity to learn about the sport of dog sledding, meet several teams of dogs, and experience an exciting 3 - 5 minute dog sled ride on a frozen lake. If a longer dog sled experience is desired, we recommend signing up for the half day dog sled experience or reserve a musher camp or dog sled trek program for your unit.

Participants in the Dog Sled treks, Musher Camp, Snowshoe treks, or the Cross Country Ski treks must be in good to great physical shape. These programs require more sustained physical activity than the regular OKPIK weekend. Dogsledding is not a taxi service to get you and your gear into a winter camp. Dog sledding is a very strenuous activity, involving running/skiing alongside the sled, pushing the sled, breaking trail ahead of the dogs so they have a packed trail to follow, or a combination of all of the above.

FITNESS AND CONDITIONING

Cold weather camping, like any other outdoor pursuit, is more enjoyable if you are in good physical condition. Our trips can be enjoyed by anyone who has taken time to prepare for the activity. You don't have to be an athlete, strength is not as important as endurance and stamina. You must have a good level of cardiovascular fitness.

How would you rate yourself according to the following scale?

__POOR: You are someone who is sedentary. You rarely walk or hike and are not involved in regular physical activity and/or are 30 pounds overweight. People in poor physical condition tend to perspire more while they are active. Excess perspiration will make you cool off too fast and rob your warmth layers of their insulating value.

__FAIR: You can hike a few miles, enjoy such activities as swimming, bicycling or walking, you could probably jog a mile.

__GOOD TO GREAT: You are someone who could hike, cycle or ski tour all day OR

you can engage in two or more hours of such intense activity as tennis, swimming, basketball or jogging.

If you are in the Poor condition category, you may find our program too challenging. You need to consult your doctor about a daily fitness building program. You have to work on your cardiovascular fitness now. You will need to spend at least a month getting yourself in shape.

Everyone should spend at least 30 minutes three times each week getting themselves physically prepared. Any activity that elevates the heart rate for prolonged periods like brisk walking, swimming, jogging, jumping rope or skiing will substantially enhance your cardiovascular fitness.

If you have any concerns about members of your group, encourage them to consult their doctor. Our program involves skiing, snowshoeing, shoveling snow to build shelters, and dog sledding. All of these activities will be more enjoyable if all members of your group are prepared physically.

** Review height and weight chart in Medical Form **

EQUIPMENT SHAKEDOWN - Review the equipment list found in the online OKPIK Participant Handbook as well as the "Personal Gear List" and "Equipment Issued to Crews" list found in the appendix. Put your gear in piles and separate out non-essential items and duplicated items. Supplemental outer wear, supplemental sleeping bag, ground pads, and other gear is available for use as listed in the handbook. An additional resource is the BSA manual called OKPIK: Cold Weather Camping. Please use this manual and its training sessions at your meetings to train your Scouts/Venturers and leaders for your winter high adventure.

Personal Equipment

Cold weather camping requires adequate equipment to keep you warm when you are active during the day and when you are sleeping at night. Review the list of personal equipment your troop is issued. There are several other good resources for cold weather camping equipment. Assemble all the equipment you have that will meet your needs. Cold weather camping gear does not need to cost a lot of money. You can borrow some items from other members of your family. Second hand and army surplus stores are a great place to find inexpensive wool warmth layers. OKPIK does not have the same volume and weight restrictions for gear as canoeing or backpacking, since you will be pulling your gear on a sled. If you don't have everything you need, Northern Tier can supply sufficient outer wear and supplemental gear.

Wearing multiple layers of clothing in the cold and removing them layer by layer as you warm up with activity is a tried and true method of living comfortably in a cold-weather environment. The layers each have a purpose.

The three W's of layering are, wicking, warmth, and wind protection:

The layer closest to you is the wicking layer. This layer wicks perspiration away from your skin keeping you warmer. Wet skin loses heat 20 times faster than dry skin. Synthetic fabrics absorb very little moisture and are ideal as a wicking layer. Natural fabrics like wool absorb less moisture than cotton. (Caution: Cotton should never be used as a wicking layer in cold weather.) You should bring a least two sets of long underwear with you.

The warmth layer absorbs moisture and insulates, i.e. keeps the body warmth you produce close to your body. The warmth layer traps the warm air close to your body in dead air spaces in the layer and between the wicking and warmth layer. Warmth layers can be natural fiber like wool or synthetics like polar fleece. Cotton does not make an adequate warmth layer and must not be used!

The wind layer may be your most important layer. Wind will move the layer of warm air around your body and replace it with more cold air. A good wind layer will add 8-10 degrees of warmth in calm weather and more in wind. Your wind layer must be wind proof, not water proof. Moisture must be able to escape through your wind layer. A loose nylon windbreaker makes an excellent wind layer.

NO COTTON!

FISCAL INFORMATION

FEES - Fees are charged to all participants according to the program they are attending. Use the chart below to review the fees and deposits charged to your crew. A non-refundable, non-transferable deposit of \$300.00 per crew is required with the reservation form. The final payment is due 45 days prior to the trek.

2009 - 2010 OKPIK PROGRAMS					
PROGRAM	DATES	COST	AGE <small>By Day of Arrival</small>	GROUP SIZE	DEPOSIT
Cold Weather Training	Jan. 5-10, 2010	\$250/person/week	16 & older	Individual sign-up	\$50.00 per person
Holiday Stay	Dec. 27, 2009 - Jan. 1, 2010	\$50/person/day	13 & older by the year they participate.	6 people minimum	\$300.00 per crew
OKPIK Weekends	Weekends January - March	\$60/person/day	13 & older by the year they participate.	6 people minimum	\$300.00 per crew
Extra Days for OKPIK weekends	January - March	\$60/person/day	13 & older by the year they participate.	6 people minimum	No Additional
Dogsled Treks	Weekends/weekdays January - March	\$125/person/day* or 13 and graduated 8th grade	14 & older	6 people minimum 7 people maximum	\$300.00 per crew
Musher Camp	Weekends/weekdays January - March	\$105/person/day* by the year they participate.	13 & older	6 people minimum 8 people maximum	\$300.00 per crew
Snowshoe or Skiing Expeditions	Weekends/weekdays January - March	\$60/person/day or 13 and graduated the 8th grade	14 & older	6 people minimum 8 people maximum	\$300.00 per crew
Cabin Stay	Weekends/weekdays January - March	\$60/person/day	11 & older	6 people minimum 12 people maximum	\$300.00 per crew
1/2 Day Dogsledding	Non-Holiday Weekends	\$90/person/day	13 & older	6 people minimum	No Additional
WOW! Webelos OKPIK Weekend	Weekends January - March	\$60/day for each team: Webelos & partner	1st & 2nd year Webelos	12 people minimum	\$300 per crew

*Based on last season's cost. Price subject to change.

REFUND POLICY FOR CANCELLATIONS - All deposits and crew payments are non-refundable and non-transferable. Northern Tier must commit financial resources to employ staff, purchase food and supplies and prepare for the winter operations. Therefore, participants are also expected to make a financial commitment to attend.

In rare instances, we may determine that conditions do not allow us to present the OKPIK programs. In this instance, you will be notified and all fees will be refunded or transferred to the following year.

EXPENSES NOT COVERED BY THE NORTHERN TIER BASIC FEE:

- An evening meal is available on arrival night for an additional \$10.00 per person per meal. The Northern Tier office must know at least 1 week prior to your arrival that your crew(s) want to eat the evening meal at the base.
- Fishing licenses: See Appendix A-11 for cost and age requirements. **AVAILABLE FOR SALE IN THE TRADING POST. YOUR SOCIAL SECURITY NUMBER IS NECESSARY TO PURCHASE A FISHING LICENSE.**
- If you need or desire a map of the area you will be camping in, Fisher maps are available through the Trading Post at \$7.50 per map. Maps are available in the Northern Tier Trading Post visit: www.ntier.org
- Program emblems for Bizhiw, Zero Hero, Musher Camp, Ski Trek, Snowshoe Trek and Dogsled Trek can be purchased (if requirements are met) in the Trading Post or online.
- Transportation and associated expenses from home city to OKPIK and return.

Use the Budget budget Worksheet found online at www.ntier.org to assist you in calculating the total expense for your trek to the OKPIK program. (Must have Microsoft Excel to use.)

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All items in this appendix may be copied

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PRE-TREK TRAINING SYLLABUS FOR OKPIK

Cold Weather Camping Activity Plans

You are about to embark on a fantastic adventure that will challenge your mental and physical abilities.

Preparation for your OKPIK adventure will require applying many skills you have learned in Scouting, plus developing new skills and abilities. In order to be successful, it will take a team effort by you and your fellow crew members.

We at Northern Tier High Adventure recommend you take six or more weeks before your arrival at OKPIK to learn about cold weather camping. Online, you will find an OKPIK Participant Handbook for each participant. A copy of the BSA's OKPIK: Cold Weather Camping manual for each crew will be mailed. Please use these resources to help prepare for your upcoming OKPIK adventure. (Additional copies of the OKPIK manual are available through the Northern Tier Trading Post at www.ntier.org)

Before you can have a good experience winter camping, your basic camping skills need to be fine-tuned. Organize a training plan to go over the following Activity Plans to learn about the skills of winter camping. Also, plan a campout for a weekend as a part of the training for your Cold Weather Camping Activity. On this campout, practice your fire building skills, Leave No Trace camping skills, and cooking, especially with a liquid fuel stove.

As in all programs of the Boy Scouts of America, physical fitness is very important. You will need to start some sort of training program to increase your stamina. The bottom line is that you need to be in top physical condition in order to execute an ultimate adventure in cold weather camping.

Following the Activity Plans, there is a list of optional activities you may elect to do to further prepare you to come to OKPIK. We encourage you to do one or more of these activities.

Activity Plan # 1

Physiology – Exposure to the cold has many effects on the body. In the OKPIK: Cold Weather Camping manual, use the section titled "Your Body and the Cold" to learn about homeostasis and various ways the body loses heat and gains heat. Learn about insulation and illustrate how different types of insulation can be used to help keep the body warm. Learn the importance of controlling perspiration. The goal while winter camping is to keep the body comfortably cool by monitoring your physical activity level and the number of clothing layers on the body.

Activity Plan # 2

Learn about the best types of clothing to wear and how to care for it properly. Have a presentation on the COLD key and how to use the layering system. One of the most basic things for having a good winter camping experience is proper winter clothing. If you aren't warm and dry, you won't be able to enjoy the adventure in the cold outdoors. Do your presentations and training using the OKPIK: Cold-Weather Camping manual, page 6 of this planning guide, and the OKPIK Participant Handbook.

The key word to remember is COLD.

- C Keep you and your clothing clean.
- O Avoid overheating.
- L Wear clothing that is loose, lightweight, and in layers.
- D Keep dry.

The layering system relies on the three W's of layering:

- W Wicking layer
- W Warmth layer
- W Wind layer

Activity Plan # 3

Cold Weather Sleeping systems: Sleeping conditions can make or break a cold weather camping trip. Using the "Clothing and Sleeping Systems" section of the OKPIK: Cold-Weather Camping manual and the OKPIK Participant Handbook to review how to sleep warm while camping in winter conditions. The COLD key also applies to your sleeping system. Northern Tier uses two sleeping bags to make a cold weather sleeping system.

One of these sleeping bags will be a sleeping bag you bring with you from home. This sleeping bag can be a summer bag, a 3-season bag, or even a winter bag. (We do not want participants bringing the large, bulky, square-ended cotton sleeping bags for use in the winter.) We will issue you either an outer bag or a liner bag for you to use in conjunction with your sleeping bag. One or more foam pads must also be used under your sleeping bag to insulate you from the cold ground while you sleep.

Activity Plan # 4

Winter First Aid: Using the "First Aid" section of the OKPIK: Cold Weather Camping manual and other first aid manuals, become familiar with the signs and symptoms for: dehydration, hypothermia, frostbite, snow blindness, and carbon monoxide poisoning. Learn the methods to prevent as well as methods of treating each of the ailments listed above.

Activity Plan # 5

Leave No Trace: Learn and practice the 7 principles of the Leave No Trace outdoor ethics. Information about LNT can be found in several BSA resources. The Passport to High Adventure No. 4310, The Principles of Leave No Trace No. 21-105 (<http://www.scouting.org/boyscouts/resources/21-105>) and Teaching Leave No Trace No. 21-117. Also see pages A30 - 31 of this guidebook for Wilderness Ethics and the Outdoor Code.

For specifics about Leave No Trace principles for the winter in northern Minnesota, visit <http://canoecountry.com/ethics/winter.htm>.

Activity Plan # 6

Food, Water, and Sanitation: Review the "Food, Water and Sanitation" of the OKPIK manual. At Northern Tier OKPIK, we have a standard menu we use for the weekend but for your campout at home you will need to come up with your own. Design a menu for your campout based on the guidelines in the OKPIK manual. Water consumption is very important for winter camping. Collecting water for drinking is a real challenge in the winter. Since the temperatures are below freezing, liquid water is hard to come by. Several methods can be used to collect and heat water on the trail. However, it is important to remember that all water collected must be purified before use.

To keep the water from refreezing, we recommend using a 1-pint water bottle in a pouch hung around your neck. The bottle is worn between your layers of clothes so the body heat keeps the water above freezing.

Also take the bottle to bed with you (make sure the cap is on tight and the bottle doesn't leak) to keep it from freezing. This allows you to have a drink during the night if you get thirsty, and provides water to start breakfast in the morning.

For proper disposal of human waste follow the guidelines outlined in the Leave No Trace principles at the following website. <http://canoecountry.com/ethics/winter.htm>.

Activity # 7 (Do this one after you get home from OKPIK)

Troop Potluck Dinner. Have a family potluck supper to share a presentation of the winter camping activities you have been doing.

Show a power point presentation, slides, or video of the activities you've done, but keep it to no longer than 30 minutes. People don't want to be bored. Edit your presentation and write a script.

Invite the people who helped you in preparing for your OKPIK Cold Weather Camping Trek to Northern Tier High Adventure and all the members of the troop and their families.

Special Activities

- 1) Make plans to make some of your own winter clothing such as wristlets, nose/cheek protector, or neck gaiter.
- 2) Re-familiarize yourself with the use of a map and compass. Practice these skills while on your overnight campout.
- 3) Make your own equipment, such as ice awls, anaotark (Inuit snow beater), waterbottle bag, and/or snowshoes (from a kit).
- 4) If you have snow conditions available, practice the activities of snowshoeing and cross country skiing.
- 5) Plan a troop meeting when you can work with the younger Scouts and instruct them on basic winter camping techniques.

NORTHERN TIER CAMBERSHIP APPLICATION

A campership fund has been established for the Northern Tier National High Adventure program thanks to contributions from the estate of Sonia Maguire. To apply for one of these camperships, please complete the following information. The amount of the campership will depend on the length of your trip. Please note this campership will cover a maximum of 50% of the entire Northern Tier National High Adventure program fees, depending upon need.

I hereby apply for a Northern Tier High Adventure campership.

Northern Tier Crew Number and Letter _____ (Ask your leader for this.)

Name _____
(First) (Middle) (Last)
Home Address _____ Phone Number _____
City, State, Zip _____

SCOUTING ADVANCEMENT, LEADERSHIP AND OUTDOOR EXPERIENCE:

(Circle One)

Now Registered in Troop, Team, or Venturing Crew # _____ Rank _____
Leadership Position(s) Held _____
Camp Staff Experience _____
Previous Northern Tier Experience _____
Other High Adventure Experience _____
Honors Received (school, etc.) _____

RECOMMENDATION LETTER

_____ I have enclosed a sealed envelope containing a recommendation letter from my unit leader. This letter should contain, among other data, any extenuating financial considerations, if any are pertinent.

REQUIRED ESSAY (2 parts)

_____ I have enclosed a one page essay on what I have learned from camping and outdoor experiences in Scouting and what I expect to learn from the program at Northern Tier National High Adventure.

TO BE WRITTEN BY PARENT OR GUARDIAN

_____ Description of extenuating financial considerations that are pertinent to application for this campership.

DEADLINES:

NOVEMBER 15, 2010 for Holiday Stay and January Programs.

JANUARY 1, 2011 for February and March Programs.

Return this application, recommendation letter from unit leader, and essay to:

NORTHERN TIER CAMBERSHIP
Northern Tier High Adventure Programs
P.O. Box 509
Ely, MN 55731

OFFICE USE ONLY	
APPROVED _____	DATE _____
NOTIFICATION SENT & DATE _____	

EQUIPMENT PROVIDED BY THE CREW

FIRST AID KIT - This kit should be patterned after BSA suggested lists. It should include often-used incidental items. It is a good idea for each crew member to carry a small kit of their own - Band-Aids, first aid cream, ChapStick, etc. It is a good idea to get the help of a physician or pharmacist in planning the kit. A suggested list of items for a crew first aid kit is included in this appendix.

LEATHER GLOVES - These are to be used for hot pots and rough camp chores. One or two pairs per crew is sufficient.

CORD - We suggest a 50 foot length of lightweight nylon "parachute" cord.

REPAIR KIT - Pliers and other simple tools (such as a Leatherman or similar multipurpose tool) will always come in handy on camping trips. We suggest that you carry these tools in a small bag so they are readily available. Duct tape, soft wire, a sewing kit, safety pins, and other repair items are also very useful.

LIGHTWEIGHT, WATERPROOF GROUND CLOTHS (Optional) - You will need a plastic ground cloth (30" x 72") for each person in your crew to use under their ground pad and sleeping bag to protect from melting snow and water.

MAP & COMPASS - Each crew should have a compass to assist with navigation. Crews entering the BWCAW will need to purchase a map of the area in which they are traveling. This also applies to Dog Sled Expeditions, Musher Camp, Winter Ski and Snowshoe treks.

NOTES ON OKPIK TRIP EQUIPMENT:

EQUIPMENT ISSUED TO CREWS

The following is a list of equipment supplied for your Northern Tier OKPIK adventure. In the event of damage by neglect, the crew will be charged replacement cost for the damaged equipment. The equipment, including sleds, is the responsibility of the crew while on their trip.

SLEDS - We use two types of 4 to 6 foot sleds, some are fiberglass and some are plastic. You will be issued one sled per person.

CROSS COUNTRY SKIS AND POLES

SNOWSHOES

POLAR DOME KITS - Crews may choose to build snow shelters called quinzhees. Northern Tier uses a kit called a Polar Dome to help reduce the amount of snow shoveling.

SHOVELS - Crews will be issued several snow shovels to be used for building winter shelters.

CAMP STOVES - Each crew will be issued white gas stoves and fuel to prepare meals and boil water.

TARPS - Each sled will have a tarp with it. This is used to cover and secure your gear on the way to a campsite.

COOKING GEAR - We provide nesting pots and cooking utensils.

INSULATED RUBBER GLOVES - Liquid fuel or water spilled on hands can lead to frost bite. We provide insulated rubber gloves to be used whenever participants are handling liquid fuel.

TOOLS - Saws are provided for cutting firewood only. There is no cutting of live vegetation in the Superior National Forest.

EMERGENCY RADIOS - Radios are available for all OKPIK crews.

EMERGENCY KIT - A kit is provided with an approved Protective Airway Kit, latex gloves and emergency supplies for severe lacerations. Each crew is responsible for a crew first aid kit (see Equipment Provided by the Crew in this appendix).

CLEANING SUPPLIES - Toilet tissue.

TENTS - If needed - 4 Season Tent, A Frame Eureka, or a Russian Tent.

PERSONAL EQUIPMENT LIST

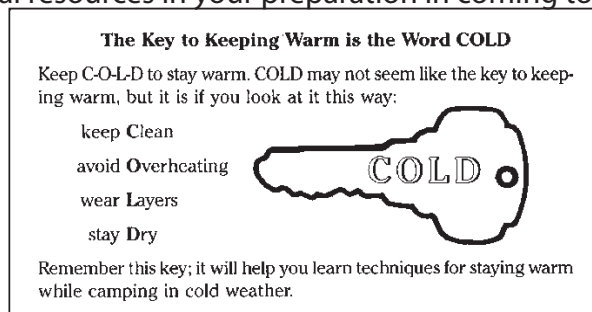
WHAT TO BRING

For your winter camping experience, OKPIK provides the necessary camping and cooking equipment, food, skis, snowshoes, and sleds. Mukluks and supplemental outer clothing are available for those people who need them. Please note that items such as hats, socks, and long underwear are not available for issue. These items must be provided by each participant and are generally stocked in the Trading Post for those people who didn't bring them. Everyone is required to bring a sleeping bag, even if only a summer weight or "3-season" bag. OKPIK will provide a supplemental sleeping bag to use with yours to make an extreme cold-weather sleeping system.

We provide OKPIK participants with supplemental clothing however additional clothing must be supplied by participant. Therefore, it is important that you plan carefully, using the equipment list as a guide. Some items are required; other items are recommended if you have them available. If you have something not on the list but are comfortable with it, or want to try it out, bring it along. The OKPIK staff will instruct you in how best to use what you brought, and will outfit you with the supplemental clothing you need.

As you prepare for OKPIK, there are several important points to remember about insulation and how to stay warm. Other sections of this planning guide and the OKPIK Participant Handbook explain these points in greater detail and should be referred to as you make decisions about what to bring. Briefly, some of the more important points to remember are:

1. Wool is a better insulator than cotton. Even when wet, it retains much of its insulating value. Do not wear cotton clothing!
2. Down, even though a good insulator, is difficult to use in a field-type situation. Once it's wet, it has no insulating value and is difficult to dry. Use down as an insulator only if you're familiar with how to handle it.
3. Synthetic fibers and fabrics are excellent insulators. Polypropylene™, Polarfleece™, Hollofil™, Quallofil™ or Thinsulate™ are several examples of the many appropriate synthetic fibers.
4. Wear clothing loose and in layers as illustrated in the OKPIK Participant Handbook. Remember to bring and wear your clothing following the THREE W'S OF LAYERING (Wicking, Warmth, and Wind protection) as discussed in Personal Equipment in the front section of this planning guide.
5. To learn more about the fun of cold weather camping use the BSA's OKPIK: Cold Weather Camping manual, as your resource. Clothing, gear, and food outfitting are discussed as well as cold weather safety and first aid, shelters, travel methods and equipment making. The OKPIK: Cold Weather Camping manual is sent to OKPIK crews who have paid their deposit. Additional copies of the OKPIK: Cold Weather Camping manual are available through the Northern Tier Trading Post. Also check out some of the other books listed in the SUGGESTED READING later in this Appendix as additional resources in your preparation in coming to OKPIK.



PERSONAL EQUIPMENT LIST

When packing for OKPIK, consider protection for each part of the body.

PLEASE BRING THESE ITEMS:

- _____ A COMPLETED OKPIK Northern Tier Health and Medical Record Form signed by a doctor in the last 12 months (this applies to both youth and adults). The parent or guardian of the youth must also sign the form. This form was provided to the adult advisor in the fall.
- _____ Sleeping bag. If you have a cold weather camping sleeping bag, bring it. Otherwise a summer weight or "3-season" bag is adequate as we will provide a supplemental bag to use with yours to make an extreme cold weather sleeping system.
- _____ 2 winter stocking caps, - one spare, facemask type is best
- _____ 2 - 3 pairs of mittens with outer shell (mittens are warmer than gloves)
- _____ 2 - 3 sweaters and/or shirts, preferably wool or polar fleece. No cotton
- _____ 1 winter jacket, preferably hooded
- _____ 2 pair of long underwear tops (synthetic such as capilene or polypropylene) (no cotton long underwear)
- _____ 2 pair of long underwear bottoms (synthetic such as capilene or polypropylene) (no cotton long underwear)
- _____ 2 pair of pants, preferably wool or an insulated snowpant. Do not bring blue jeans.
- _____ 2 or more pairs of light liner socks (preferably synthetic, i.e. polypropylene - not cotton)
- _____ 2 or more pairs of heavy insulating socks (preferably wool or synthetic, - not cotton)
- _____ Toiletry articles (toothbrush, toothpaste, soap, towel, comb, etc.)
- _____ 10 feet 1/8 inch nylon cord
- _____ Cup, bowl and spoon preferably all plastic or lexan (remember plastic can become brittle at extreme low temperatures)
- _____ Towel and swimsuit for use in the shower and sauna after your trek

NOTE: Treks longer than 2 nights may require additional insulating socks and long underwear tops and bottoms.

- _____ Dog Sled Treks must bring a stuffsack for packing personal gear in dog sled. Remember there is limited space.

RECOMMENDED ITEMS:

These items are optional, depending on personal preference and what you have available.

- _____ Insulated vest
- _____ Extra socks
- _____ Scarf or neck gaiter
- _____ Warm boots such as Sorels, "moon boots," shoe pacs (preferably with removable liners)
- _____ Pocket knife, matches, bandana, and other items you normally carry while camping.
- _____ Sunscreen, ChapStick, foot powder
- _____ Sunglasses
- _____ Pocket flashlight, headlamp, or glow sticks
- _____ Skis or snowshoes
- _____ Camera and film
- _____ Small package of baby wipes for personal cleanliness (keep in pocket near the body to keep thawed)
- _____ Pee bottle - Large mouth plastic 1 quart bottle w/ a leak proof cap to be used at night when nature calls

OKPIK PROVIDED PERSONAL ITEMS:




If you own any of these items & would like to use them, you are encouraged to bring them.





- _____ Sleeping bag for extreme cold temperatures (will be used with your summer or three season bag)
- _____ Closed cell foam pads
- _____ Supplemental outer clothing & wind clothing
- _____ Mukluks and foot wraps
- _____ Cross country skis and poles
- _____ Snowshoes
- _____ Water bottle and water bottle bag w/strap
- _____ Gear sleds and harnesses

FIRST AID KIT

All BSA crews traveling with a BSA National Tour Permit should carry a first aid kit. The kit should be personalized to meet the demands of the crew.

The following items are recommended by the BSA National Health and Safety Committee to be used by Scouting and Venturing units traveling to High Adventure activities. The same kit, in a waterproof container, should also be carried on the expedition.

- | | |
|--|--|
|  Adhesive bandages (assorted sized) |  Second Skin (for burns and blisters) |
|  Gauze Pads (3" X 3") |  Moleskin |
|  Adhesive tape (1" X 5 yards) |  Chapstick or Vaseline |
|  Elastic bandage (4") |  Antihistamine |
|  Disposable alcohol wipes |  Antibacterial soap |
|  Antibiotic ointment |  Sting medication (or meat tenderizer) |
|  Steroid cream |  Triangular bandage |
|  Sunscreen lotion (SPF 8 or above) |  Oval eye patch kit |
|  Insect Repellent (Summer only) |  Tweezers, scissors, needles |
|  Acetaminophen (chewable) |  Single-edge razor blade (safely wrapped) |
|  Aspirin, Ibuprofen, etc. (adult use) |  Safety pins |
|  Hot and cold chemical packs |  Pliers (side cutting for fishhooks) |
|  First aid manual (current) |  Thermometer (disposable) |
|  Antacids |  Latex gloves |
|  Rescue breathing mask (disposable) |  Protective eye-wear (for blood) |

-  Share your list with a local physician and/or pharmacist for further suggestions.
-  Share the list with all crew members and parents prior to departure.
-  Check all medical forms prior to departure, noting allergies or special considerations. Any person requiring prescribed medication should personally carry the medication with a backup supply in the kit controlled by the adult advisor(s). Know if extreme cold will affect medications, i.e. inhalers, liquids, etc.
-  Participants should carry a small individual kit with Band-Aids and required personal items.

NOTE: This list was reviewed by Dr. William Forgey, a member of the National Health and Safety Committee and author of Wilderness Medicine. This book, as well as BSA publications, are excellent resources for your crew.

FISHING LICENSES

DESCRIPTIONS AND COSTS OF FISHING LICENSES FOR MINNESOTA

FISHING LICENSE DESCRIPTION	MINNESOTA
AGE 15 AND UNDER	\$18.00 USD
FULL SEASON, RESIDENT	\$18.00 USD
FULL SEASON, NONRESIDENT	\$40.50 USD
7 DAY, NONRESIDENT	\$29.50 USD
3 DAY, NONRESIDENT	\$25.00 USD
1 DAY, NONRESIDENT	\$9.50 USD
TROUT STAMPS (MINNESOTA only)	\$11.00 USD

NOTE: Prices subject to change

Minnesota fishing licenses are available for purchase in the Trading Post. To purchase a Minnesota Fishing License, you must provide your Social Security Number.

- In Minnesota, there are three ways for nonresident youths less than 16 years of age to fish:
 1. Nonresident youth less than 16 years of age don't need a license if an accompanying parent or guardian is licensed. Any fish caught will legally be part of the catch and possession limit of the person who holds the license.
 2. Crews who have nonresident youth less than 16 years of age who want to fish and are attending a camp are eligible to get a certificate that allows these youth to fish without a license. (Youth 16 years old and over and leaders must purchase a license only if they want to fish.) This certificate is good for only Minnesota and the BWCAW and can be obtained directly from the Minnesota Department of Natural Resources as listed at the phone number and address below. There is no fee charged for this license. Before calling or writing, you need to gather the names and ages of the youth less than 16 years of age and the name of the leader in charge of the crew (or each sister crew). The Department of Natural Resources will also request the area of travel. Tell them you are traveling the BWCAW through the BSA's Charles L. Sommers High Adventure Base on Moose Lake.
 3. Nonresident youth can purchase a nonresident youth license for \$18.00 that allows them to keep their own limit.

Call or write at least four weeks prior to your arrival to: Department of Natural Resources
1201 E. Highway 2
Grand Rapids, MN 55744
(218) 327-4424

You may purchase fishing licenses in advance online at www.wildlifelicense.com/mn or by calling 1-888-665-4236.

TRANSPORTATION OPTIONS TO NORTHERN TIER

Traveling to and from Northern Tier is an important part of the "High Adventure". Most crews will find transportation the largest expense in the budget. Study the various modes of travel before making a final decision. Choose the one that has the greatest appeal and is affordable.

Many Northern Tier council contingents and crews have found public carriers to be the safest and most reliable forms of transportation. Consult the passenger department of any of the following carrier for scheduling information and costs. Your local travel agency can also render this service.

Delta Airlines - Minneapolis/St. Paul, Duluth, Hibbing

Regular reservations - 1 (800) 225-2525.

Groups of 10 people or more - 1 (800) 645-9696 Delta Airlines will assist with group travel arrangements.

Website: www.delta.com

PRIVATE VEHICLES - This method of transportation should be used only with full assurance that vehicles are safe and drivers are reliable. Make sure there is adequate insurance coverage. Adhere rigidly to the BSA Tour Permit requirements. Be certain that vehicles are "winter ready" by using 5W30 oil, and by checking that your block heaters are in working condition.

BSA TOURS AND EXPEDITIONS - This brochure is a useful reference book for planning your trip. It is available at your local BSA council service center (BSA # 3734)

TRANSPORTATION TO ELY

The Charles L. Sommers Canoe Base is 120 miles from Duluth, 100 miles from Hibbing, 70 miles from Virginia, and 22 miles northeast of Ely.

Crews using public transportation will need to arrange charter transportation to the Base. There are many charter services in Northern Minnesota to choose from. The following are some suggestions. Also, check with your local travel agent.

Shubat's Transportation 618 West 41st Street Hibbing, MN 55746 (218) 262-1042 Fax (218) 263-7182 1-(888) 874-8228 (Toll free)	LCS Coaches, Inc. 1203 Avenue B Cloquet, MN 55720 (218)-879-3391 Fax (218) 879-2020 1-(888)-RIDE-LCS (Toll free)	Ely Yellow Cab 2803 Voyageur Rd. Ely, MN 55731 (218) 365-6006
Highway Charter Service Inc. 8527 Tall Pine Road Britt, MN 55710 (218) 741-2570	Ely Cab - 14 passenger van available 1115 E. Madison St. Ely, MN 55731 (218) 349-1383	Voyageur Bus Co. 3941 E. Calvary Rd. Duluth, MN 55803 1-800-203-7020 School busses, coaches & vans voyageurbus.com 218-724-1707 fax: 218-724-2432

For further tourist information about Minnesota, you may call the following:

Minnesota Tourism 1 (800) 657-3700.

Ely Chamber of Commerce 1 (800) 777-7281

Northern Lights Tourism Alliance 1 (800) 664-9453

Iron Trail Convention & Visitors Bureau 1 (800) 777-8497

OKPIK HOLIDAY SCHEDULE

December 27

- Arrive between 4:00 and 6:45 PM.

Supper can be handled in several ways. You can bring your own bag supper, eat in town prior to arrival, or with at least 1 week prior notification and for \$10.00 per person - you can eat supper at the base. We will serve supper at 5:30 P.M. If you eat in town, Ely has several home town restaurants as well as fast food restaurants.

- Advisor check-in:
 - Final fees (and supper fee if applicable).
 - Turn in OKPIK Health and Medical Record Forms.
 - Discuss specific goals of your group.
- Meet your OKPIK Interpreter
- Get situated in on-base accommodations.
- OKPIK Training - 7:00 PM.
 - Personal Equipment Shakedown
 - Supplemental Gear Issue
 - OKPIK Orientation
 - Review Homeostasis & Cold Key • Prevention of Cold Injuries • Leave No Trace
 - Cracker Barrel 9:30 p.m.
 - Trading Post Open - Remember, our Trading Post carries some of the items you are required to bring (just in case you forgot). Don't forget maps and fishing licenses.

December 28

- Breakfast at 7:30 in dining hall
- Continue with cold weather instruction. Topics to be covered:
 - Equipment - sleds, stoves, kneeling pads, etc.; what they're used for and how to use them.
 - Food - menu and meal preparation.
 - Skiing; with outdoor practice sessions.
 - Snowshoeing; with outdoor practice sessions.
 - Final equipment check-out. All meals after this will be cooked by your group until the evening of Dec. 31. We recommend spending the rest of the day setting up a base camp at one of our remote campsites.

December 29 and 30

• Activities as described in the Participant Handbook. The "Introduction to Dogsledding" program will be presented with a dogsled team visiting your campsite while you are out camping.

December 31

- Morning - continue activities as on December 30.
- Mid-afternoon - check-in clothing, equipment, get cleaned up and settled into on-base accommodations.
- Supper will be served in the dining hall at 5:30.
- Evening program and awards.

January 1

- Depart for home after breakfast. (Program may be extended with prior approval)

OKPIK WEEKEND SCHEDULE

FRIDAY

- Arrive between 4:00 and 6:45 P.M.

Supper can be handled in several ways. You can bring your own bag supper, eat in town prior to arrival, or with at least 1 week prior notification and for \$10.00 per person - you can eat supper at the base. We will serve supper at 5:30 P.M. If you eat in town, Ely has several home town restaurants as well as fast food restaurants.

- Advisor check-in:
 - Final fees (and supper fee if applicable).
 - Turn in OKPIK Health and Medical Record Forms.
 - Discuss specific goals of your group.
- Meet your OKPIK Interpreter
- Get situated in on-base accommodations.

- OKPIK Training - 7:00 PM.
 - Personal Equipment Shakedown
 - Supplemental Gear Issue
 - OKPIK Orientation
 - Review Homeostasis & Cold Key
 - Prevention of Cold Injuries
 - Leave No Trace
 - Cracker Barrel 9:30 P.M.
 - Trading Post Open - Remember, our Trading Post carries some of the items you are required to bring (just in case you forgot). Don't forget maps and fishing licenses.

SATURDAY

- Breakfast at 7:30 AM in the dining hall.

- Finish checking out group equipment and food.

- Activities - When the indoor training has been completed, about 8:30 or 9:00 AM, groups participate in activities of their choice as outlined in the Participant Handbook. Lunch Saturday, supper, and breakfast on Sunday are prepared by your group at your campsite. The "Introduction to Dogsledding" program will be presented with a dogsled team visiting your campsite while you are out camping.

SUNDAY

- Return to the Base between 10:00 and 11:00 AM.

- Check in clothing and equipment.

- Visit the Trading Post.

- Lunch and awards in the dining hall at 12:00.

- Depart after lunch when your group is ready. (Program may be extended with prior approval)

OKPIK CROSS COUNTRY SKI TREK AND OKPIK SNOWSHOE TREK SCHEDULE

DAY 1

- Arrive between 4:00 and 6:45 P.M.

Supper can be handled in several ways. You can bring your own bag supper, eat in town prior to arrival, or with at least 1 week prior notification and for \$10.00 per person - you can eat supper at the base. We will serve supper at 5:30 P.M. If you eat in town, Ely has several home town restaurants as well as fast food restaurants.

- Advisor check-in:
 - Final fees (and supper fee if applicable).
 - Turn in OKPIK Health and Medical Record Forms.
 - Discuss specific goals of your group.
- Meet your OKPIK Interpreter
- Get situated in on-base accommodations.

- OKPIK Training - 7:00 PM.
 - Personal Equipment Shakedown
 - Supplemental Gear Issue
 - OKPIK Orientation
 - Review Homeostasis & Cold Key
 - Prevention of Cold Injuries
 - Leave No Trace
 - Cracker Barrel 9:30 P.M.
 - Trading Post Open - Remember, our Trading Post carries some of the items you are required to bring (just in case you forgot). Don't forget maps and fishing licenses.

DAY 2

- Breakfast at 7:30 AM in the dining hall.
- Finish checking out group equipment and food if necessary. Meet with OKPIK Interpreter to finalize a route, load sleds with personal and group gear.
- Depart on adventure. All meals starting with lunch day 2 through breakfast on Day 4 (or longer if staying out longer) will be on the trail.
- Set up camp

DAY 3 and Succeeding Days if out more than 4 days

- Continue with trek.

Snowshoe and Ski Treks must travel and set up 2 campsites during the course of their trek. Snow show treks must travel 7 miles and ski treks must travel 10 miles during the 3 days or more on the trail.

DAY 4 or Last Day

- Return to the Northern Tier base between 10:00 and 11:00 AM.
- Check in clothing and equipment.
- Shower and clean-up.
- Visit the Trading Post, which will be open before and after lunch.
- Lunch and awards in the dining hall at 12:00.
- Depart after lunch when your group is ready.

Note: Cross Country Skiing and Snowshoe Treks can be longer than 4 days.

OKPIK MUSHER CAMP SCHEDULE

Day 1

- Arrive between 4:00 and 6:45 P.M.

Supper can be handled in several ways. You can bring your own bag supper, eat in town prior to arrival, or with at least 1 week prior notification and for \$10.00 per person - you can eat supper at the base. We will serve supper at 5:30 P.M. If you eat in town, Ely has several home town restaurants as well as fast food restaurants.

- Advisor check-in:
 - Final fees (and supper fee if applicable).
 - Turn in OKPIK Health and Medical Record Forms.
 - Discuss specific goals of your group.
- Get situated in on-base accommodations.
- Meet your OKPIK Interpreter
- Move Gear into the "Musher Camp" Yurt(s) near the OKPIK dog yard and meet the sled dogs.
- OKPIK Training - 7:00 PM.
 - Personal Equipment Shakedown
 - Supplemental Gear Issue
 - OKPIK Orientation
 - Review Homeostasis & Cold Key
 - Prevention of Cold Injuries
 - Leave No Trace
 - Cracker Barrel 9:30 P.M.
 - Trading Post Open - Remember, our Trading Post carries some of the items you are required to bring (just in case you forgot). Don't forget maps and fishing licenses.

DAY 2

- Feed and water the Sled Dogs before 7:30 AM Breakfast in the dining hall.
- Finish checking out group equipment and food.
- Return to the dog kennel for instruction on dog sledding. This will include history of dog sledding, types of sled dogs, feeding and care of a dog sledding team, safety rules, dog sledding equipment, harnessing the dogs, training the dogs, and running the dogs. Musher Camp groups are involved in providing the Introduction to Dogsledding to several of the regular OKPIK weekend groups. During the day you will eat lunch on the trail or at the yurt. If you prefer, you can set up tents near the dog yard sometime during the day.
 - Cook dinner and do additional sled dog care.
 - Spend the night in your yurt or shelter.

DAY 3

- After breakfast, spend day doing additional dog sled training, and day tripping into the Boundary Waters Canoe Area or Superior National Forest by dog sled, skis, and/or snowshoes.
- Cook dinner and do additional sled dog care.
- Spend the night in your cabin or tent.

DAY 4

- Breakfast and morning dogsled instruction/wrap up.
- Check in clothing and equipment.
- Shower and clean-up.
- Visit the Trading Post, which will be open before and after lunch.
- Lunch and awards in the dining hall at 12:00.
- Depart after lunch when your group is ready.

OKPIK DOGSLED TREK SCHEDULE

DAY 1

- Arrive between 4:00 to 6:45 P.M.

Supper can be handled in several ways. You can bring your own bag supper, eat in town prior to arrival, or with 1-week prior notification and for \$10.00 per person - you can eat supper at the base. We will serve supper at 5:30 P.M. If you eat in town, Ely has several home town restaurants as well as fast food restaurants.

- Advisor check-in:
 - Collect supper fee, if applicable.
 - Turn in OKPIK Health and Medical Record Form signed by a doctor and if under 18 by a parent or guardian.
 - Discuss specific goals of your group.
 - Meet interpreter.
- OKPIK Training - 7:00 PM.
 - Personal Equipment Shakedown
 - Supplemental Gear Issue
 - OKPIK Orientation
 - Review Homeostasis & Cold Key
 - Prevention of Cold Injuries
 - Leave No Trace
 - Cracker Barrel 9:30 P.M.
 - Trading Post Open - Remember, our Trading Post carries some of the items you are required to bring (just in case you forgot). Don't forget maps and fishing licenses.
 - Dog Mushing Skills Review

DAY 2

- Breakfast at 7:30 AM in dining hall
- Finish checking out group equipment and food if necessary. Meet with Dog Musher to help with harnessing the dogs and loading gear on the sleds. Plan a route and confirm the expected camping site with the base staff.
- Not all participants initially will be able to mush or drive a dogsled. Some of the crew will have to cross country ski, snowshoe, or hike as the dogsled teams move ahead.
- Once the dogsled teams have arrived at the camp site and have unloaded, they will return to pick up the balance of the group in 1 or more shifts.
- Due to the number of people in a group, many participants will have to pull a personal gear sled behind them as they snowshoe or cross country ski or hike toward the expected campsite or as they return to the Northern Tier Base.
- Most dog sledding instruction and experience will be done day tripping from a wilderness camp site.
- All meals starting with lunch on Day 2 through breakfast on Day 4 (or longer if staying out longer) will be on the trail.

DAY 3 OR LAST DAY

- Breakfast and morning dogsled instruction/wrap up.
- Check in clothing and equipment.
- Shower and Clean-up.
- Visit the Trading Post, which will be open before and after lunch, to buy your souvenirs.
- Lunch and awards in the dining hall at 12:00.
- Depart after lunch when your group is ready.

WEBELOS OKPIK WEEKEND - WOW! SCHEDULE

FRIDAY

- Arrive between 4:00 and 6:45 P.M.

Supper can be handled in several ways. You can bring your own bag supper, eat in town prior to arrival, or with 1 week prior notification and for \$10.00 per person - you can eat a light supper at the base. We will serve supper at 5:30 P.M. If you eat in town, Ely has several home town restaurants as well as fast food restaurants.

- Advisor check-in:
 - Final fees (and supper fee if applicable).
 - Turn in OKPIK Health and Medical Record Forms signed by a doctor and if under 18 by a parent or guardian.
 - Discuss specific goals of your group.
 - Meet the WOW! Interpreter for your group.
- OKPIK Training
 - Personal equipment check.
 - OKPIK Orientation.
 - Review Homeostasis & Cold Key.
 - Prevention of Cold Injuries.
 - Leave No Trace training.
 - Cracker Barrel 9:30 P.M.
 - Trading Post Open - Remember, our Trading Post carries some of the items you are required to bring (just in case you forgot).

SATURDAY

- Breakfast at 7:30 AM in the dining hall.
- Activities - When we are done indoors, about 8:30 or 9:00 AM, the Webelos and partner will take a bagged lunch and venture outside to participate in activities such as sledding, hiking, and/or visiting the dog yard. If you get cold or wet, an indoor activity or craft can be done to get people warmed back up.
- Dinner - A hot dinner will be served back in the dining hall followed by an evening activity depending on the weather. We might have a campfire outside or play some games down in the lodge or tell some stories. Then it's back to the cabins for a good night's sleep.

SUNDAY

- Breakfast at 8:00 AM in the Dining Hall and then back outside for another morning of fun in the snow. There is also time for a shower and sauna if you like.
- Visit the Trading Post, which will be open before and after lunch, to buy your souvenirs.
- Lunch and awards in the dining hall at 12:00.
- Depart after lunch when your group is ready.

OKPIK COLD WEATHER LEADER TRAINING

Day 1

- Arrive between 3:00pm and 5 pm to check-in.
- Final fees
- Turn-in OKPIK Health and Medical form
- Get situated in on-base housing
- Supper is scheduled at 5:30 pm.
- OKPIK Training – 7:00 pm.
- Introductions/welcome
- Winter camping program overview – why go winter camping
- Using winter camping in your council, district, troop, or venture crew
- Cracker Barrel – 9:00 pm
- Trading Post open

Day 2

- Breakfast at 7:30 AM in the dining hall
- Training sessions 8:30 AM – noon.
- Clothing system
- Sleeping systems
- Shelter options
- Program Options – Council or District levels
- Risk Management
- Lunch – Noon
- Food, Water, and Sanitation for Winter
- Skiing and Snowshoeing outdoor session
- Trail Food Issue
- Winter Gear Issue
- Leave No Trace – Cold Weather version
- Supper
- Personal Gear Shakedown
- Personal Gear Issue
- Cracker Barrel

Day 3

- Breakfast at 7:30 AM in the dining hall
- Training sessions 8:30 AM.
- Prevention of Cold Injury
- Winter Hazards
- Winter Survival and other questions
- Pack sleds
- Depart for the campsite.
- Meals from lunch on Day 3 to Lunch on Day 5 will be on the trail
- Select campsite and set up camp
- Practice Leave No Trace Skills throughout the camping experience

OKPIK COLD WEATHER LEADER TRAINING

Day 4

- A full day of sharing Winter Adventure skills and ideas
- Meals
- Prevention of cold injury
- Winter shelters
- Winter games
- Skiing and snowshowing
- Winter Ecology

Day 5

- Continue practicing skills
- Introduction to Dog Sledding
- Return to Base at 2:00 pm
- Check in group and individual gear
- Clean up, shower, sauna
- Dinner and evening activities
- Evaluations/reflections

Day 6

- Breakfast at 7:30 AM in the dining hall
- Closing session and awards 8:30 AM.
- Depart for Home – 9:00 am

WILDERNESS ETHICS

The BSA OUTDOOR CODE sums up the way you should live while camping, hiking, or being active in the outdoors.

THE OUTDOOR CODE
As an American, I will do my best to -

Be clean in my outdoor manners,
Be careful with fire,
Be considerate in the outdoors,
and Be conservation minded.

The Boy Scouts of America follow a "Minimum Impact Camping Ethic" also known as "Leave No Trace." The backcountry in which you travel is fragile. As Scouts, we must leave the area as natural as possible.

By observing and practicing the good behavior of a modern camper, the trip will go smoothly and set a positive example. Many of the areas you will be traveling in have a number of regulations to follow. Below are some of the things expected of you and your group:

NOISE - There are many types of noise. The type that is normally thought of is shouting or loud singing. This type of noise is particularly obtrusive in the quiet evening of the North, but should be avoided during the daytime as well. A silent type of "noise" is the use of bright colored equipment that is visible from far away.

CAMPFIRES AND CAMP STOVES - Make Low-impact Campfires by :

- ▲ Using camp stoves or portable fire pans
- ▲ Collecting dead and downed wood only
- ▲ Gathering wood far from shorelines, trails and campsites
- ▲ Never taking wood from beaver dams or lodges
- ▲ Packing down snow for the fire area
- ▲ Scattering ashes in the woods away from the shoreline
- ▲ Leaving the fire cold to the touch when breaking camp
- ▲ Covering the campfire scar with snow

The use of single burner or two burner camping stoves is encouraged. Some advantages of using stoves are:

- ▲ You can cook even though all wood is buried in the snow
- ▲ Your pots stay cleaner
- ▲ Wood gathering is not necessary or is limited
- ▲ The campsite and shoreline are not picked clean of branches, snags, etc

LITTER - Remember that litter includes aluminum foil in the fireplace, twist ties, rubber bands, cigarette butts, etc. As a good Scout crew, you will not leave trash and you will also pick up after others.

continued

WILDERNESS ETHICS

(CONTINUED)

CUTTING TREES - When you build a fire, collect dead and downed wood well away from the campsite. Do not collect dead branches from dead standing trees or cut standing trees for firewood. The making of camp furniture is also discouraged.

AXES AND SAWS - Crews should minimize the use of these tools. Modern travelers find axes are used very seldom. Saws are used more frequently. Firewood is abundant if one goes away from the campsite to find it. The best firewood for cooking can be broken into pieces without the need of an axe or saw.

TOILET FACILITIES - There is no latrine so grab the toilet paper, a plastic bag, and get well inland, away from the shoreline. When you are done defecating put the used toilet paper in the plastic bag and then return the plastic bag to your garbage bag. Because the ground is frozen you will not be able to bury the toilet paper; if left there it will be litter when spring comes. Urination should be done well inland from the shoreline also and well away from the campsite if you are collecting snow to melt for drinking and cooking water.

Human wastes are posing serious health hazards in all wilderness and backcountry areas. You should be at least a minimum of 75 steps (200 feet) from the water, direct drainage routes, campsites, and portages.

GARBAGE - All garbage will be packed out. Be clean in what you do.

SOAPS - Use biodegradable soap to wash your dishes. Dishwater should be disposed of 150 -200 feet inland from the shoreline.

Wilderness is a resource which can shrink but not grow . . . the creation of new wilderness in the full sense of the word is impossible.

—Aldo Leopold

“I love the deep silence of the winter wood. It is a stillness you can rest your whole weight against... so profound you are sure it will hold and last.”

— Florence Page Jaques
Snowshoe Country





NORTHERN TIER
NATIONAL HIGH ADVENTURE
"Check In Form"

OKPIK

Crew Number _____

Advisor _____

Check-in Person _____

Participants _____ Men _____ Boys
 _____ Women _____ Girls

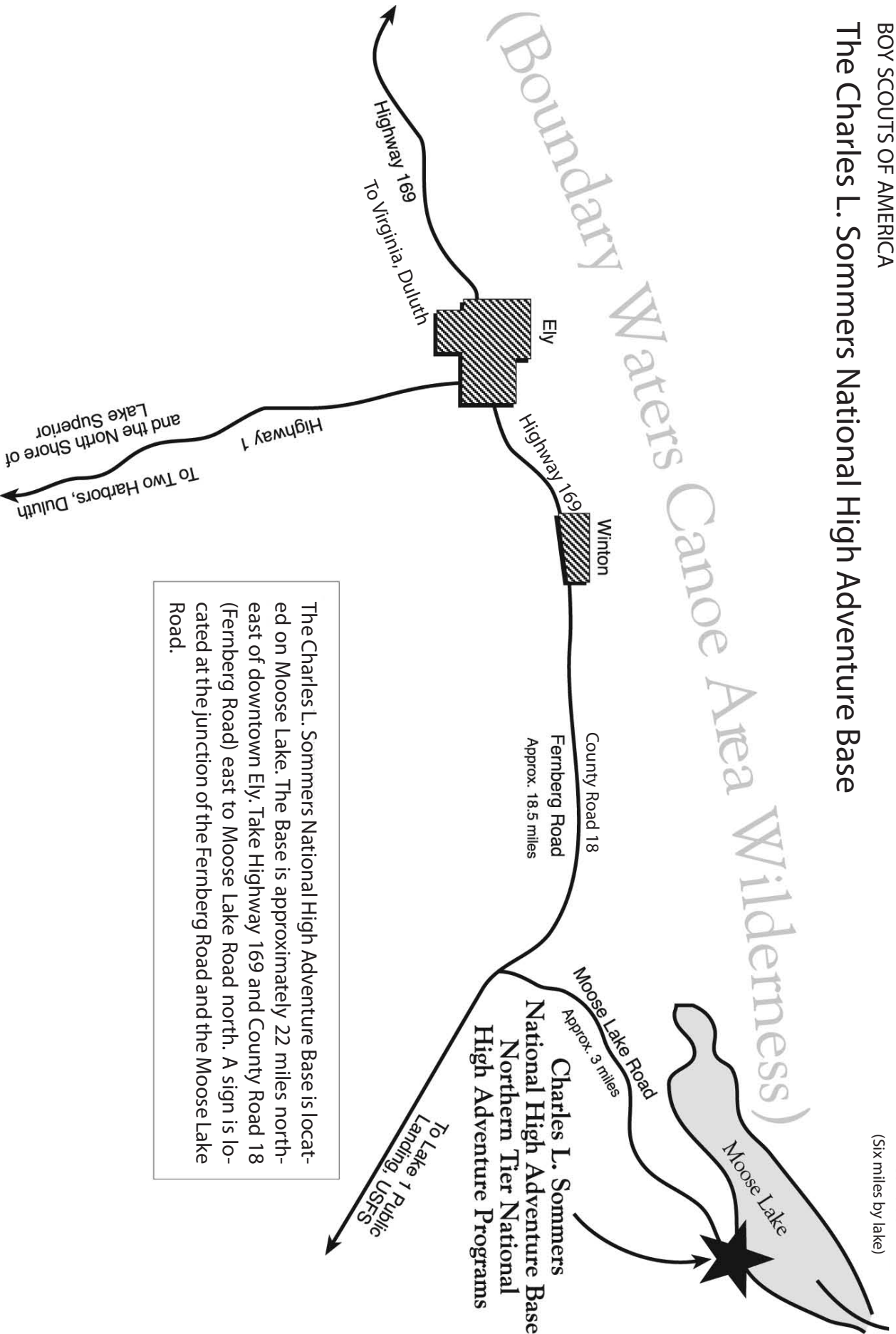
- _____ 1. Base map and schedule with meal and program times.
- _____ 2. Tour Permit Number: _____
- _____ 3. Collect crew roster, note ages and ranks of scouts.
- _____ 4. Check one adult per crew has current CPR, Wilderness First Aid, and Youth Protection Training.
- _____ 5. Collect and review physicals.
- _____ 6. Check number of people and days. Collect any remaining fees. Review return and departure dates.

Advisor's Signature _____

NORTHERN TIER
NATIONAL HIGH ADVENTURE PROGRAMS
BOY SCOUTS OF AMERICA

The Charles L. Sommers National High Adventure Base

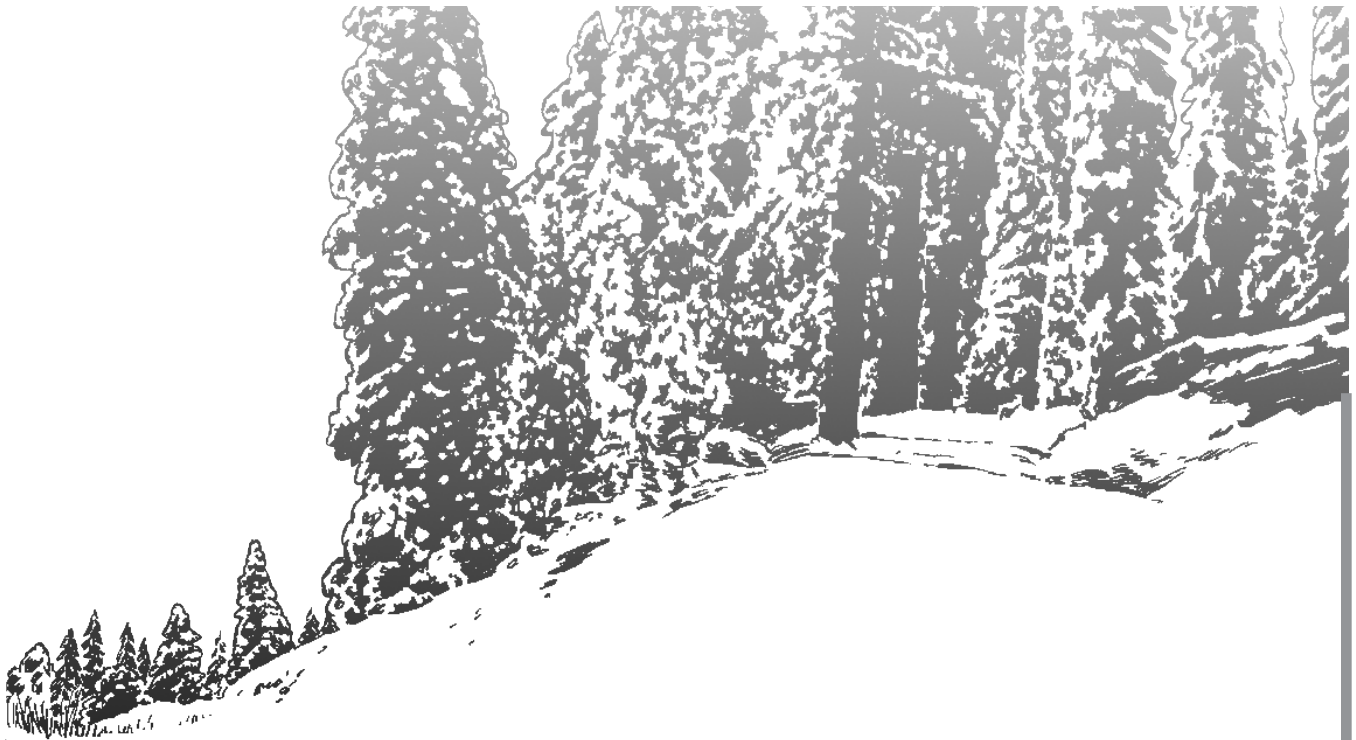
By Ski or Snowshoe to Prairie
Portage, Quetico Park, Ontario,
Canada
(Six miles by lake)



The Charles L. Sommers National High Adventure Base is located on Moose Lake. The Base is approximately 22 miles northeast of downtown Ely. Take Highway 169 and County Road 18 (Fernberg Road) east to Moose Lake north. A sign is located at the junction of the Fernberg Road and the Moose Lake Road.

SUGGESTED READING MATERIALS

- 🔪 Brady, M. Michael. *Waxing and Care of Cross Country Skis*. Berkeley, Calif.: Wilderness Press, 1986.
- 🔪 Conover, Garret and Alexandra. *A Snow Walker's Companion: Winter Camping Skills for the North*. Blacklick, Ohio: McGraw-Hill, 2005
- 🔪 Dunn, John M. *Winterwise: A Backpacker's Guide*. Lake George, NY: Adirondack Mountain Club, 1997.
- 🔪 Field book, Irving, Texas: Boy Scouts of America.
- 🔪 Forgey, William W. *Basic Essentials: Hypothermia*. Old Saybrook, Conn.: Globe Pequot Press, 1999.
- 🔪 Forgey, William W. *Wilderness Medicine, Beyond First Aid, 5th Edition*. Old Saybrook, Conn.: Globe Pequot Press, 1999.
- 🔪 Gilpatrick, Gil. *Building Snowshoes*, Skowhegan, Maine: Gil Gilpatrick, 1998.
- 🔪 Gorman, Stephen. *AMC Guide to Winter Camping: Wilderness Travel and Adventure in the Cold-Weather Months*, Appalachian Mountain Club, 1991
- 🔪 Gorman, Stephen. *AMC Guide to Winter Camping*, Appalachian Mountain Club, 1999
- 🔪 Hampton, Bruce; Cole, David; and Casey, Denise. *NOLS Soft Paths: How to Enjoy the Wilderness Without Harming It*, Mechanicsburg, Penn.: Stackpole Books, 2003.
- 🔪 O'Bannon, Allen with Illustrations by Mike Clelland. *Allen & Mike's Really Cool Backcountry Ski Book, Traveling & Camping Skills for a Winter Environment*, Falcon Guides. 2007.
- 🔪 OKPIK: *Cold-Weather Camping*, Irving, Texas: Boy Scouts of America, 2008.
- 🔪 Prater, Gene. *Snowshoeing: From Novice to Master*. Seattle, Wash.: The Mountaineers, 2002.
- 🔪 Randall, Glenn. *Cold Comfort*, New York, NY: Nick Lyons Books, 1987.
- 🔪 Stokes, Donald W. *A Guide to Nature in Winter*. Boston, Mass.: Little, Brown and Company, 1979
- 🔪 Watts, May T. and Tom. *Winter Tree Finder Nature Study Guide*. Berkeley, Calif.: Wilderness Press, 1970.
- 🔪 Veiss, Hal. *Secrets of Warmth for Comfort or Survival*. Seattle, Wash.: The Mountaineers, 1999.
- Wilkerson M.D., James A. *Hypothermia, Frostbite, and Other Cold Injuries - Prevention, Recognition, Rescue, and Treatment*, Seattle, Washington: The Mountaineers, 2006.
- 🔪



Top Ten Things to Bring to OKPIK

- 10) Winter Stocking Cap
- 9) Sleeping Bag
- 8) Wool and/or Synthetic Clothing
- 7) Mittens
- 6) Head Lamp
- 5) Wool Socks
- 4) Long Johns
- 3) Pee Bottle with a tight lid
- 2) Completed OKPIK Health and Medical Form signed by a doctor
- 1) Positive Mental Attitude

Top Ten Things to Do at OKPIK

- 10) Learn the Chicken Dance
- 9) See the Northern Lights
- 8) Build and Sleep in a Quinzhee
- 7) Hear a wolf howl and then howl back to it
- 6) Camp out when it's 20 below zero °F
- 5) Go Dogsledding
- 4) Go Ice Fishing
- 3) Follow an Animal Track
- 2) Cross Country Ski or Snowshoe on a Wilderness Lake
- 1) Take a hot Sauna at the end of the trip

We made this book for you. Please read it
THOROUGHLY and if you have any
questions, call us. Please share this information with
your participants and parents!



NORTHERN TIER NATIONAL HIGH ADVENTURE PROGRAMS

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