

# MAKAJAWAN HIGH ADVENTURE BASE

NORTHEAST ILLINOIS COUNCIL, BSA



## PARTICIPANT PLANNING GUIDE

For Three and Four Day Treks

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High Adventure Participants,

Thank you for your interest in the MaKaJaWan High Adventure Program. Our staff is dedicated to the mission of providing the tools and knowledge needed to facilitate your unit's High Adventure outing. We strive to offer a positive environment of teaching, encouragement and acceptance. But no matter how great the facilities and staff, a young person's perception of their experience is largely up to you, the guiding force behind this trip.

We are pleased to present this guide as a resource for planning your summer trek. Take the time to read through this guide carefully, as it should answer all your questions about what we do, what you need to bring, how we operate, and what to expect on your trek. Remember, a scout is prepared! As an adult leader, this guidebook provides you with all the necessary information to arrange your unit's outing, assuring a great trek. Your organization, planning and enthusiasm will make the dream of an adventure come true.

This guide is split into several sections, each containing valuable information on different aspects of your High Adventure trek. The first section contains contact information, trip descriptions, and registration instructions. There is also a preparation plan and timeline to ensure that things run smoothly and to help you and your crew plan more effectively.

The second section contains policies and requirements for participating in a trek. Please review these carefully with your crew. This section also contains some of the practices that we use so that you will know what will be expected of your group before we embark on an excursion. Do not be alarmed if some of these practices are foreign to your crew. The High Adventure Staff are thrilled to teach any skills that are necessary for your trek.

The third section lists what gear your trek will need to provide and what gear we provide for you. If you wish to bring more gear or your own group gear, arrangements can be made at camp to facilitate this.

The fourth and final section contains all of the forms we need to facilitate your unit's Northwoods experience. The registration sheet needs to be mailed or dropped off at the NEIC council office by May 1<sup>st</sup>. The menu worksheet should be filled out by the participants at your unit's meeting and sent to camp along with the roster by way of mail or fax no later than 10 days before the departure of your trek. A copy of the camp medical form is also required for each participant. Please make sure all paperwork is in order before you arrive at camp.

The High Adventure Staff looks forward to meeting your crew and preparing for your trek. Please contact us at anytime to double check registration, ask questions, or voice any concerns. We are dedicated to making your trek as fun, educational, and rewarding as possible.

See you this summer!

*-MSR High Adventure Staff*

## CONTACT INFORMATION

**High Adventure mailing address between August 5<sup>th</sup> and June 10<sup>th</sup>:**  
(Before MSR Camping Season)

**Attn: High Adventure**  
Northeast Illinois Council BSA  
2745 Skokie Valley Road  
Highland Park, IL 60035

**Council Phone and Fax Numbers:**  
Northeast Illinois Council Office  
Phone: 1-847-433-1813  
Fax: 1-847-433-2036

**High Adventure mailing address between June 10<sup>th</sup> and August 5<sup>th</sup>:**  
(During MSR Camping Season)

**Attn: High Adventure**  
MaKaJaWan Scout Reservation  
W6500 Spring Lake Road  
Pearson, WI 54462-8133

**Phone and Fax Numbers:**  
MaKaJaWan Scout Reservation  
Phone: 1-715-484-2346  
Fax: 1-715-484-3019

### **Internet and E-mail Addresses:**

Northeast Illinois Council Website  
[www.neic.org](http://www.neic.org)

High Adventure E-mail (summer)  
[Camping129@neic.org](mailto:Camping129@neic.org) (Camping Secretary will forward)

- For billing and payment information please contact Debi Lesniak at the Council Service Center: (847) 748-9161
- To discuss any logistical information for your trek prior to the summer please contact Jim Neubaum at the council office (847-748-9154) and if he can't answer your questions he will be able to put you in contact with someone who can.
- During the summer please call the camp to contact the High Adventure Directors—Barrett Wood or Sean McMahan, at MaKaJaWan.



## TREK OPTIONS AND DESCRIPTIONS

**Porcupine Mountain Wilderness Area Trek:** Enjoy either a three or four day trip in the famous Porcupine Mountains Wilderness Area of Michigan's Upper Peninsula. Hike in one of the few remaining large wilderness areas of the Midwest. Towering virgin timbers along the shores of Lake Superior provide the setting for trails leading to secluded lakes, wild rivers, waterfalls, and across an escarpment offering breathtaking vistas. MaKaJaWan can provide you with equipment, food, and an experienced guide for this spectacular trip. Group sizes should be limited to 12 persons including your guide and at least one adult per troop. This is an experience intended for but not limited to older Scouts (13 and older).

**Flambeau River Flowage Trek:** Travel through the pristine wetland areas on a three or four day trip into the Flambeau River Flowage. Your trip begins on the Bear River just north of the flowage. Paddle downstream, watching for nesting osprey and eagles and experience a plethora of wilderness flowers and fauna. The last day of your trip will be filled with an exciting paddle down the North Fork of the Flambeau River which is intermixed with a dozen sets of rapids. Note that this is a strenuous trip with at least 5 to 6 hours of paddling per day. Troops will need to provide one adult for every 5 Scouts. MaKaJaWan can provide you with equipment, food, and an experienced guide for this sensational trip. Group sizes should be limited to 12 persons including your guide and at least one adult per troop. This is an experience intended for but not limited to older Scouts (13 and older).

**North Fork Flambeau Trek:** We are also offering a three-day trek on the southern portion of the North Fork of the Flambeau. This section of river is slightly more challenging, consisting of more rapids and less flat water. Groups will find further seclusion on this stretch of water which runs wild with otter, deer, black bears, and North American Bald Eagles. The same restrictions on campsite occupancy apply. This is an experience intended for but not limited to older Scouts (13 and older).

**Sylvania Wilderness Fishing Trek:** Enter into a protected wilderness area that provides excellent fishing and swimming. This trip is designed to offer more of an opportunity for fishing than most other trips can allow. However, there are also plenty of places to swim, including clear, sandy-bottomed lakes that make a swimming pool look dirty. This is an excellent opportunity for anyone looking for a more relaxed trip that allows plenty of free time. Please note that this trip does include some portaging. MaKaJaWan can provide you with equipment, food, and an experienced guide for this incredible trip. Group sizes should be limited to 8 persons including your guide and at least one adult per troop. This is an experience intended for but not limited to older Scouts (13 and older).

**Special Request:** Our staff would love to aid you in designing your own trek. If you would like to plan an outing different from those listed above, please contact the High Adventure Staff directly and we will try to accommodate your request.

### FOR ALL TRIPS ABOVE:

**Cost:** \$20 per day (\$60 for 3 day trips, \$80 for 4 day trips)

**Dates offered:** Trips will leave on a Tuesday of any camp session and will return on Thursday (3 day trip) or Friday (4 day trip).

## REGISTRATION PROCEDURES AND SCHEDULE

### **Pre-registration is required!!**

Troops must reserve their trips by May 1<sup>st</sup>.

Please fill out both the High Adventure Registration Form and the Unit Payment Transmittal Form located in the back of this guide.

For all high adventure treks, we encourage constant and complete communication with camp and the council office about your expectations and needs. Please do not hesitate to call or email us with any concerns that you have. Our experienced High Adventure Staff can assist you with trip planning, skill development, what to bring, and how to get your unit ready for the next step in outdoor adventure. Don't miss these incredible opportunities!

To register for a High Adventure trek, fill out and return to council all of the forms located at the end of this guide. The first sheet is an informational sheet which we need in order to plan for your trek. It is very important that the person whose contact information is listed on the sheet be someone who will be on the trek and who can make decisions regarding trip logistics. All information fields must be filled out. If the exact number of participants is not known please fill in your best estimate and keep us informed as to how many people we need to prepare for. It is also imperative that we know ahead of time about any allergies or diet restrictions. Many of the meals that we prepare include peanuts and dairy products. Please ask all participants if there is anything that they can't eat and record any restrictions on the bottom of the menu worksheet.

Crews should all be present at Camp MaKaJaWan the Sunday prior to the week of their trek. A MaKaJaWan staff member will contact you as soon as they can, usually at dinner on Sunday. It is at this time that we will verify all information and make arrangements for the next day. Monday morning, after breakfast, all participants will meet with their guide for a briefly to discuss any equipment needs and to provide information regarding the evening shakedown. Monday evening, all participants will be required to participate in a shakedown held at the Triangle M Ranch where we will review equipment, discuss routes, and double-check all of our plans. On Tuesday morning, an early breakfast will be held at 7AM in your respective dining hall after which, you will depart for the trek.

The trek will then return to camp on Thursday (or Friday for four day treks), usually arriving between 4:00 and 6:00 PM. Crews will be back for dinner that evening unless arrangements are made with your guide to stop along the way. When units return, it is expected that they help clean group equipment, set up tents, and dispose of trash. When that has been completed, the group will participate in a de-briefing to discuss how the trek went.

## PREPARATION PLAN AND TIMELINE

### Pre-Camp

January thru May 1 <sup>st</sup>	Begin planning trek, signing people up, and deciding on location.
May 1 <sup>st</sup>	<u>Sign-up deadline</u> : this is the last chance to sign up for a trek. It is wise to signup earlier than this because there are only 2 to 3 guided slots for any given week
50 days before trek	Distribute medical forms and personal equipment list to participants.
Early June	Double check that your reservation has been made with the council office.
20 days before trek	Collect medical forms, confirm adult leadership, complete roster and choose menu at unit meeting.
Last week of June	By now you should have been contacted by a MaKaJaWan staff member regarding your trek. If not, please call camp and ask to speak with the High Adventure Director.
10 days before trek	Distribute trek itinerary to parents, double-check medical forms, obtain written instructions from parents regarding medication instructions, and conduct equipment shakedown to ensure that everyone is prepared. Mail or fax menu and roster to Camp MaKaJaWan.

### Week of Trek

Sunday Evening	You should be contacted by a member of the High Adventure staff. If not, talk to your camp director.
Monday	Brief morning meeting with trek participants and a shakedown after dinner at the Triangle M Ranch.
Tuesday	7 AM early breakfast, depart at 7:45, arrive at destination around noon or earlier depending on trek location.
Wednesday	On trek.
Thursday/ Friday	Depart area for camp around 1:00 or 2:00, arrive in camp around 4:00 or 5:00, unload gear, set up tents, and de-brief.
5:30 of scheduled return day	Back in camp.

# PARTICIPANT REQUIREMENTS

## Adult Leadership

The best available leadership should be recruited to accompany each crew. In keeping with the policy of the Boy Scouts of America, there are no gender restrictions for adult leadership at Camp MaKaJaWan except that each coed venturing crew must have coed adult leaders. Each adult must be a registered member of the Boy Scouts of America.

Each trek must have at least one BSA registered adult advisor at least 21 years of age. Some crews may be accompanied by a MaKaJaWan guide who can be used to satisfy two deep leadership requirements. In addition, if there is a possibility of splitting a group into two campsites sites, as is often the case in the Flambeau, we require an additional two adults to satisfy Youth Protection guidelines.

In keeping with BSA policy, coed venturing crews are required to provide coed leadership. A coed venturing crew must have at least one male and one female advisor, each of whom must be at least 21 years of age. Male and female youth are not permitted to share the same sleeping facility. Male and female advisors are required to have separate sleeping facilities, unless they are married. When staying in tents, no youth will stay in the tent of an adult other than his or her parent or guardian.

Adult advisors must be physically capable of canoeing or hiking for the length of the trip. Each adult advisor is expected to reflect the high ethical standards established by the BSA.

**\*\*Refer to the Guide to Safe Scouting, No. 34416, for additional adult leadership policies.\*\***

## Youth

Camp MaKaJaWan High Adventure Participants should be at least 13 years old.

In keeping with the policies of the Boy Scouts of America, rules for participation are the same for everyone without regard to race, color, national origin, age, sex, or disability.

Youth must be registered members of the Boy Scouts of America, and may participate in a MaKaJaWan High Adventure Trek as members of a chartered unit (e.g. Scout Troop, Varsity Team, or Venture Crew).

Females may only participate as members of a chartered Venturing Crew and only with appropriate leadership. Unregistered guests or family members are not permitted.

## HEALTH AND MEDICAL INFORMATION

Every camper and advisor is required to have had a medical evaluation by a physician licensed to practice medicine conducted within the past twelve months. An examination performed by a physician's assistant or nurse practitioner will be recognized for states where they may perform physical examinations of students enrolled in public school systems. The NEW physical form or its equivalent must be used. An adult leader participating on the trek should review each participant's medical form to be familiar with any health restrictions and to check for parental and physician's signatures. It is useful for those participating in the High Adventure program to come to camp prepared with an extra copy of their medical form. Adult leaders should collect and hold the forms to be turned in to the MaKaJaWan High Adventure staff (separate from those submitted to the camp's Health Officer) upon arrival at camp.

An adult leader or a member of the MaKaJaWan staff accompanying the trek will hold a copy of each participant's medical form. Each form will be reviewed prior to departure to determine any special medical concerns that guides need to be aware of. Participants should make a point of speaking to their guides about any medical concerns they may have prior to departing for the trek. These include, but are not limited to, diabetes, bee allergies, epilepsy, medicine allergies, ADHD, etc.

**Medications:** Each participant at the MaKaJaWan High Adventure Base who has a condition requiring medication should bring an appropriate supply, including some extra in case we do not return to camp on the day that we intend to. Camp MaKaJaWan cannot provide anything other than individual doses of "over-the-counter" medications. In certain circumstances, duplicate or even triplicate supplies of vital medications are appropriate and recommended. People with an allergy to bee, wasp, or hornet stings must bring an epi-pen or equivalent and are required to keep it with them at all times. Inhalers and similar medications should also be carried with the participant at all times.

An adult advisor participant must be aware of crew members who need prescribed medication and will monitor their administration.

The MaKaJaWan High Adventure staff reserve the right to make medical decisions regarding participation of individuals in the MaKaJaWan High Adventure program. Participants are encouraged to bring small personal first aid kits including Band-Aids and blister treatment items. At least one crew-sized kit will accompany each High Adventure trek.

Our staff members are highly trained for your experience in the Northwoods of Wisconsin, including current First Aid & CPR certifications. However, the MaKaJaWan High Adventure Program recommends that other adult advisors be trained in American Red Cross Standard First Aid or the equivalent and hold a current CPR certification. Several hours may be needed to assist in treating an injured person in some of the wilderness areas that we travel to. Education and good first aid skills will result in proper and prompt attention to any injuries that might occur.

# SAFETY AND SANITATION

## General

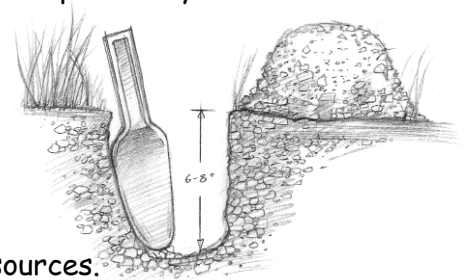
- Remember that medical help is not a phone call away. Practice good judgment and manage risks to reduce the possibility of injury.
- Everyone should wear sunscreen and hats (possibly sunglasses).
- Stay hydrated- it is extremely important that everyone continually drink fluids.
- Hand sanitizer will be carried on all treks; use it often to prevent hand to mouth contamination.
- Before handling food or dishes everyone should sanitize their hands.
- Don't pack food near fuel or place the fuel above the food in your pack.
- Always wash hands after using the latrine.

## Water Purification

- On Camp MaKaJaWan High Adventure treks, each group will be provided the option of bringing both a filtering system and a chemical purifier. Follow the directions for each to work properly.
- Make sure that the proper amount of time has passed before drinking treated water and allow treated water to splash onto caps and threads of water bottles before drinking.
- Do not mix lemonade or any other drink mix into water until after it has been purified.
- If the quality of the water source is questionable, use multiple purifying methods to ensure reliability.

## Meal Cleanup

- All excess food should be scraped from dishes and eaten or emptied into a trash bag. (Remember that what you don't eat must be packed out, so *bon appetit!*) Any residue left on plates and pans must be very minimal.
- Using the pot you cooked in as a sink, wash all group and personal dishes. Please use only as much soap as is necessary as this will help reduce impact.
- If there are any food particles visible in the dishwater, remove them with a strainer and place them in the trash. Pack out solid food scraps.
- Scatter the remaining liquid at least 200 feet from water sources and trails.
- All dishes, cleaning supplies, and food related items should be put with your bear bag.



## Human Waste

- Always use a backcountry latrine when one is provided.
- Dig cat holes 200 feet from trails, campsites, and water sources.
- Dig a hole 6 to 8 inches deep and 4 to 6 inches in diameter. When you are done stir the waste and paper into the soil with a stick, cover with 2 inches of soil and camouflage with leaves.
- Urinate far from trails and campsites, and at least 200 feet from any water source.
- Urinating on rocks and non-vegetated areas is preferable to trees and plants.

## **Wildlife Considerations**

All of Camp MaKaJaWan and the wilderness parks visited by our High Adventure treks are in the Northwoods area of Wisconsin and the Upper Peninsula of Michigan. This area is populated with black bears, raccoons, squirrels, chipmunks, mosquitoes, sand flies, black flies, and ticks. This section will address how to camp comfortably with these animals.

### **Black Bears**

When traveling (most bears will flee if they hear you coming):

- Travel in groups.
- Make noise (normal chatter is sufficient, there is no need for "bear bells").
- Never corner a bear (keep this in mind when placing tents).

If sighted:

- Avoid eye contact.
- Make yourself look large.
- Move away slowly, still facing the bear.
- Deter bear by making noise, banging pot, etc.

If approached:

- Remain calm.
- Avoid abrupt movements.
- Back away slowly, still facing bear. If this agitates the bear, stop.
- Speak to bear in quiet monotone voice.
- Don't run, even if charged it is better to stand your ground.

If attacked:

- Keep your pack on, it may protect you.
- Lie on stomach with hands protecting neck and arms in close, legs spread apart (harder for bear to roll you over).
- Do not play dead until bear has actually attacked, otherwise it may turn bluff charge into a mauling.
- Experts feel that it is better to play dead in a grizzly attack (not a concern for us) and to try and fight off a black bear (only if you have an advantage in size).
- If struck by a swat, roll with it and land back on your belly.
- If bear appears to have left remain still for at least twenty minute, bears will sometime leave and watch to see if you are still moving.

General practices

- Always put any items that emit an odor into bear bags.
- Cook and dispose of wastewater downwind from camp.
- When possible cook on a streambed or shoreline a 100 feet from camp.
- Do not deposit food scraps into the water around your campsite.
- Place bear bag far from camp.

## Bear Bag Information

Bear Bags should be hung between 12 and 17 feet from the ground, and 6 to 11 feet from the trunk.

If the bag is either being hung over a tree branch or counter-weighted over a branch there should be a minimum of 5 feet below the branch that it is being suspended from.

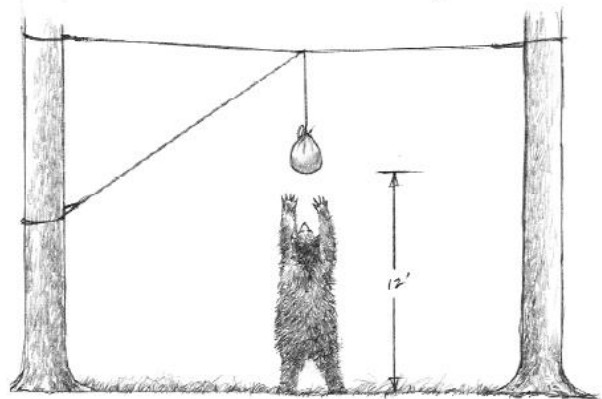
If a branch is used to suspend bear bags it should have an approximate diameter of 5 inches.

A bag of sand, a stick, or a water bottle tied to the end of a rope make it easier to throw over a branch.

As a general rule bear bags should be hung 100 feet from campsite.

All items that "smell" of food odors should be put into bear bags. Items that "smell" include food, garbage, used first aid supplies, scented toiletries, cookware, and film.

Your bear bag may be too heavy to lift if all of your dishes are inside. You may be better off leaving them on the ground 100 feet from your campsite.



Some places have bear poles. Use the pole with the hook to hoist a rope over the top of the pole and then hoist your food.

## Raccoons, Squirrels, and Chipmunks

Are mainly a nuisance-- the best practice is to keep food in sealed bags away from ground and in sight of camp during the day. At night follow the same practices as for bear bagging. Never keep anything "smellable" in your tent.

## Mosquitoes, Sand Flies and Black Flies

- Do not bring aerosol cans of repellent.
- Black flies and sand flies are relatively harmless and long clothing is the best protection.
- Dress in natural colored clothing.

## Ticks

- There are two types of ticks in the Northwoods. The wood tick is large and brown (about the size of a pencil eraser). Deer ticks are less common and much smaller. They can be hard to see and are only about the size of a pinhead. Check yourself often. It is the only way to find them.
- Ticks like warm, hairy, moist areas like armpits and waistbands.
- When traveling through brush tuck your pant legs into your socks.
- Ticks always travel up.
- It is the deer tick that can cause Lyme disease. Generally 3 to 4 months after someone has contracted lyme disease they feel flu like symptoms for an extended period of time—sometimes a "bull's-eye" rash will also occur.
- If you experience any difficulty, see a doctor early—Lyme disease can be treated with standard antibiotics if diagnosed early.

## LEAVE NO TRACE

*Why can't man travel through wild country in such a manner that he leaves behind him the least possible traces of his passing? The ethic is simple...man is measured by what does not remain.*

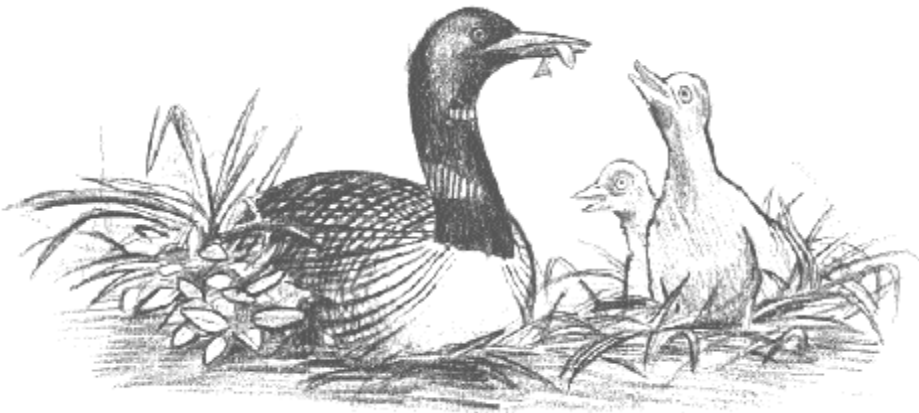
- John Milton

Tread lightly! America's woodlands are diverse and beautiful; they are also fragile. Outdoor recreation is often a catalyst for conservation, but there is a flip side. Polluted water, displaced wildlife, eroded soils and trampled vegetation are just some of the impacts linked directly to recreational activities. Many of us have taken a pine cone or rock, veered off the trail to dodge mud puddles, gotten too close to wildlife or tossed an apple core into the woods. While these actions may seem harmless at the time, until we learn to reduce our impact, the quality of our outdoor experiences and the recreational resources we enjoy are at critical risk.

Much destruction would be prevented if recreationists were better informed, especially of low-impact techniques. While we are drawn to the Northwoods for their beauty, purity, remoteness, ruggedness and the unique challenges they present, it can sometimes be difficult to the principles of Leave No Trace. The MaKaJaWan High Adventure Base takes the "Leave No Trace" ethic and practice seriously and we are unwilling to sacrifice the preservation of the natural setting for human objectives.

We believe that given the proper information most people will do all they can to help protect and maintain the environment. As guides, we spend time teaching the environmentally appropriate Leave No Trace principals and practices. There is nothing more beautiful than working hard to get far into the wilderness, come upon a pristine campsite, witness incredible views and have the feeling that no one has been there before. And there is nothing more disheartening than working hard to reach a destination and encountering trash, food waste and/or toilet paper. Please read and abide by the seven LNT principles that follow and contact us if you have any questions about what you can do to plan ahead and prepare. Thanks for taking the time to read this information.

"Take only pictures, leave only footprints."



## Plan Ahead and Prepare

- A successful trip depends on careful preparation so, be prepared!
- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups. Split larger parties into groups of 4-6.
- Repackage food to minimize waste.

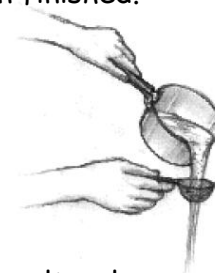
## Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel or dry grasses.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
- In popular areas:
  - Concentrate use on existing trails and campsites.
  - Walk single file in the middle of the trail, even when wet or muddy.
  - Keep campsites small. Focus activity in areas where vegetation is absent.
- In pristine areas:
  - Disperse use to prevent the creation of campsites and trails.
  - Avoid places where impacts are just beginning.



## Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter.
- Double-check your campsite before leaving (i.e. police line). This will not only insure that all trash has been collected, it will also prevent gear from being left behind.
- Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise the cathole when finished.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.



## Leave What You Find

- Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

## Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Bring your own firewood (make sure it is purchased locally to avoid introducing destructive species). Walking through the forest around your campsite in search of wood only increases the damage to the area. \*
- Where fires are permitted, use established fire rings.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

## Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Avoid wildlife during sensitive times: mating, nesting, or raising young.

## Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.



\*\* Adapted from LNT.org and the Tomahawk High Adventure Base Manual. \*\*

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\* NOTE: It is illegal to burn driftwood in the Flambeau Flowage.

## PERSONAL EQUIPMENT LIST FOR BACKPACKING TREKS

### Clothing

- ☒ Hiking boots
- ☒ Light shoes to wear in camp (sandals, moccasins, or old tennis shoes)
- ☒ 2 pairs of socks (preferably wool or synthetic)
- ☒ 2 shirts (preferably polypropylene)
- ☒ 1 long sleeve shirt
- ☒ Sweater/sweatshirt/insulated jacket
- ☒ Sleeping clothes
- ☒ 2 pair of underwear
- ☒ 1 pair of pants and 1 pair of shorts (convertible pants/shorts work well)
- ☒ Hat

### Eating Utensils

- ☒ Cup (small insulated mug recommended)
- ☒ Bowl (plastic container with lid preferred, i.e. Rubbermaid or Tupperware)
- ☒ Spoon
- ☒ Large re-closable plastic bag (to keep utensils separated in pack)

### Optional

- |                     |                 |
|---------------------|-----------------|
| ☒ Tent or bivy sack | ☒ Camera/film   |
| ☒ Towel             | ☒ Watch         |
| ☒ Swim trunks       | ☒ Book          |
| ☒ Insect repellent  | ☒ Pen and paper |
| ☒ Sunglasses        | ☒ Playing cards |

### Personal Gear

- ☒ Sleeping bag/pad
- ☒ Backpack
- ☒ Pack cover
- ☒ Small stuff sacks (used to organize gear)
- ☒ Bandanna
- ☒ Poncho/rain gear
- ☒ Compass
- ☒ Pocketknife
- ☒ Matches
- ☒ Flashlight and extra batteries
- ☒ 2 water bottles
- ☒ 1 plastic trash bag

### Toiletries

- ☒ Biodegradable soap
- ☒ Toothbrush/floss
- ☒ Toilet paper (also provided by camp)
- ☒ Sunscreen
- ☒ Lip balm
- ☒ Medication (if any)

- ☒ Fishing gear (tackle, rod/reel, license)
- ☒ Extra clothes for car ride home
- ☒ Frisbee/football/baseball
- ☒ Extra food/energy bars

## COMMONLY FORGOTTEN ITEMS

- Toilet paper
- Pillow
- Flashlight
- Matches and/or lighter
- Compass
- Two pairs of shoes (1 wet, 1 dry)
- Second set of dry clothes
- Rope
- Watertight bags
- Bug spray and netting
- Eating utensils: cup, bowl, spoon

## PERSONAL EQUIPMENT LIST FOR CANOEING TREKS

### Clothing

- ☐ Wet shoes (i.e. sandals or watersocks)
- ☐ Light shoes to wear in camp (sandals, moccasins, or old tennis shoes)
- ☐ 1 pair of socks to wear in camp
- ☐ 2 shirts (preferably polypropylene)
- ☐ 1 long sleeve shirt
- ☐ Sweater/sweatshirt/insulated jacket
- ☐ Sleeping clothes
- ☐ 2 pair of underwear
- ☐ 1 pair of pants and 1 pair of shorts (convertible pants/shorts work well)
- ☐ Hat

### PERSONAL GEAR

- ☐ Sleeping bag/pad
- ☐ Duffle bag/ watertight bag
- ☐ Small stuff sacks (used to organize gear)
- ☐ Bandanna
- ☐ Poncho/rain gear
- ☐ Compass
- ☐ Pocketknife
- ☐ Flashlight and extra batteries
- ☐ 15 feet of cord
- ☐ 2 water bottles
- ☐ 1 plastic trash bag

### Eating Utensils

- ☐ Cup (small insulated mug recommended)
- ☐ Bowl (plastic container with lid preferred, i.e. Rubbermaid or Tupperware)
- ☐ Spoon
- ☐ Large re-closable plastic bag (to keep utensils separated in pack)

### Toiletries

- ☐ Biodegradable soap
- ☐ Toothbrush/floss
- ☐ Toilet paper (also provided by camp)
- ☐ Sunscreen
- ☐ Lip balm
- ☐ Medication (if any)

### Optional

- |                     |                 |   |
|---------------------|-----------------|---|
| ☐ Tent or bivy sack | ☐ Camera/film   | ☐ Fishing gear (tackle, rod, reel, license) |
| ☐ Paddling gloves   | ☐ Watch         | ☐ Frisbee/football/baseball                 |
| ☐ Towel             | ☐ Book          | ☐ Extra food/energy bars                    |
| ☐ Swim trunks       | ☐ Pen and paper | ☐ Extra clothes for car ride home           |
| ☐ Insect repellent  | ☐ Playing cards |   |
| ☐ Sunglasses        |                 |   |

## COMMONLY FORGOTTEN ITEMS

- Toilet paper
- Pillow
- Flashlight
- Matches and/or lighter
- Compass
- Eating utensils: cup, bowl, spoon
- Two pairs of shoes (1 wet, 1 dry)
- Second set of dry clothes
- Rope
- Watertight bags
- Bug spray and netting

## WHAT NOT TO BRING

- Alcohol and illegal substances
- Tobacco
- Firearms
- Fireworks
- Portable video games
- Radios, portable stereos, "walkmen", MP3s, and iPods



These things distract from the MaKaJaWan High Adventure Base experience. Leave them at home!

## GROUP PROVISIONS

(We provide)

### General Equipment

- Tents
- Tarp (if desired)
- First aid kit
- Rope, 200 ft.
- Bear bag
- Map and case
- Permits (or *per diem*)
- Trip plan
- Toilet paper/trowel/hand sanitizer
- Waterproof matches and/or lighter
- Water filter (if desired)
- Iodine (1 container per 4 scouts)
- Garbage bag



### Cook Gear

- Food
- Spice kit
- Large pot
- Large pot lid
- Small pot
- Small pot lid
- Frying pan
- Measuring cup
- Strainer (optional)
- Cutting board
- Stove and fuel
- Dish soap
- Scouring pad
- Towel

### Utensil Kit

- Pliers (BSA "Hot Pot Tong")
- Knife
- Spatula
- Serving spoon
- Measuring spoon
- Ladle (optional)
- Rubber spatula
- Can opener (if needed)

### Float Trips Only

- Canoes
- Paddles
- PFD's
- Duffle bags
- Dry sacks
- Dutch oven (if needed)
- 5 gallon waterproof food container

## TRANSPORTATION

The MaKaJaWan High Adventure Base will supply transportation for gear only. Units are responsible for moving their participants. Only if this option is unavailable may units arrange for transportation through the camp. This is done for an additional fee of \$20 per person (\$100 minimum). Requests are subject to availability.

## TIPS ON PERSONAL GEAR

It is usually unnecessary for someone new to backpacking or canoeing to invest a great deal of money in new equipment. Often, much of the required gear can be borrowed from older scout or friends with more experience. In addition, the MaKaJaWan High Adventure Base has a small selection of backpacks and other items that are available for no extra charge (please contact us for more information). Those who are new to High Adventure and backcountry camping would do best to try out borrowed gear and gain a better understanding of the available features before purchasing their own.

As scouts we should remember that being thrifty implies not only that we reuse old equipment whenever possible, but also that we act as responsible consumers. If you have decided to purchase a new piece of gear, make sure that you do your homework and consult multiple sources for reviews, advice, etc. Do not simply follow the word of a salesperson. Remember, their job is to sell you the most expensive thing they can, not necessarily the item that best suits your needs.

For further assistance, consult *The Complete Walker IV* by Fletcher and Rawlins (perhaps the most comprehensive resource for camping equipment available) or contact the High Adventure Staff.

### Buying and Breaking in Boots

- Hiking boots should be of a sturdy quality and provide protection from natural elements.
- The fewer the number of seams the harder it will be for water to penetrate the boot.
- Top grain leather and Gore-Tex help the boot breath, keeping your foot dryer and preventing the build up of sweat.
- For hiking, the boots should help support the ankle.
- Hiking boots must be sized correctly. Go to a reputable dealer with experience in fitting boots.
  - Friction is a contributing factor to blisters. A properly sized boot will keep the foot from moving around in the boot. Also, the use of sock liners will reduce friction.
  - Wear the socks you plan to hike in when purchasing boots.
- It is a good idea to break in your boots before the trip.
  - Wear the boots often to allow them to mold to your feet and work the stiffness out.
  - Check the literature before applying any dressings or waterproofing; some boots will work better without these.
  - One method to break in boots is to wear them on a series of hikes or walks, gradually increasing distance and the weight you carry.
  - Another method is to completely soak the boots in water and then walk in them until they are dry.

- On canoeing and kayaking trips you may want to bring a pair of shoes or sandals that can get wet for loading and un-loading and getting into your boat. Make sure the second pair is equally appropriate for the environment.
- Some backpackers like to have a second pair of shoes or sandals for the campsite in order to let their feet and boots dry out. A second pair of lightweight shoes will also help reduce the impact in your campsite.
- Socks should be wool or a synthetic blend appropriate for hiking. Cotton will not wick moisture away from the foot and will leave the wearer more susceptible to blisters.
- Be sure to bring extra socks to allow one pair to dry out when in camp.
- Proper foot care is important. It only takes a few minutes to remove your boots and check your feet. Do it often.

### **Tips on Sleeping Gear**

Sleeping bags for High Adventure trips should be of good quality and rated for summer temperatures in the Northern Wisconsin area.

Types:

*Goose Down*- Lasts for years. Ounce for ounce, it is lighter and less bulky than any other material. It will not, however, keep you as warm if wet. It is also significantly more expensive.

*Synthetic Material*- Cheaper, and warmer when wet, but heavier and bulkier.

Ground Pads are highly recommended for High Adventure trips. Not only do they make sleeping more comfortable but they help insulate you from the colder ground.

Types:

*Foam Pads*- Bulkier, cheaper

*Self-inflating*- More expensive, smaller, often times lighter

### **LEAVE YOUR PILLOW AT HOME!**

Extra clothes packed in your sleeping bag's stuff sack can serve as a pillow.

# HIGH ADVENTURE TREK REGISTRATION



## INFORMATION AND INSTRUCTIONS

Please complete this form and mail to the Council Service Center with payment. Trek registration **must** be received by May 1<sup>st</sup>. For treks, the Contact Person should be a leader who will actually be participating. Please consult the High Adventure Guide available at [www.neic.org](http://www.neic.org) for more information.

## UNIT INFORMATION

Troop/Crew # \_\_\_\_\_ District \_\_\_\_\_ Council \_\_\_\_\_  
Unit Contact Person \_\_\_\_\_  
Work Phone \_\_\_\_\_ Home/Cell Phone \_\_\_\_\_ Email \_\_\_\_\_  
Weeks/Dates Attending \_\_\_\_\_

Include any special notes, requests, etc. here:

## TREK INFORMATION

Flambeau River       North Fork       Porcupine Mountains       Sylvania Wilderness

or Special Request Trek (please specify) \_\_\_\_\_  
\_\_\_\_\_

Length of Trek:     3 days     4 days    Number of Participants:    Youth \_\_\_\_\_    Adult \_\_\_\_\_

Arrival Date \_\_\_\_\_    Trip Start Date \_\_\_\_\_    Trip End Date \_\_\_\_\_

What do you need? (check all that apply)

Guide       Food       Equipment       Transportation

NOTE: Guides are available only on a first come, first serve basis. Transportation for participants is an additional fee.

Please include any other information (i.e. medical concerns, special needs, etc.) that may help us help you on the back of this form.

## MENU INFORMATION AND INSTRUCTIONS

Fill the menu out for the entire group. Check the boxes of the items you want packed. You will not need to select a breakfast or lunch for your first day (an early breakfast will be served in the dining hall and a sack lunch will be provided in transit) and all treks will return by dinner the last day.

Meals are intended to meet the nutritional requirements of rigorous outdoor activity.

Please note: Those with a large appetite should consider bringing extra snacks since meals are designed for medium to light eaters.

### MEAL OPTIONS (SUBJECT TO CHANGE)

BREAKFAST	LUNCH	DINNER
<input type="checkbox"/> Pancakes with Syrup, Butter and Fresh Fruit	<input type="checkbox"/> Quesadillas with Salsa, Hot Sauce and Hard Candies	<input type="checkbox"/> Macaroni and Cheese with Spam and Pudding
<input type="checkbox"/> Hash Browned Potatoes with Onions and Cheddar Cheese	<input type="checkbox"/> Grilled Cheese with Oatmeal Cookies	<input type="checkbox"/> Black Beans and Rice with Tortilla, Hot Sauce and Cookies
<input type="checkbox"/> French Toast with Syrup, Butter and Fresh Fruit	<input type="checkbox"/> Vegetable Noodle Soup, Crackers and Cookies	<input type="checkbox"/> Chili and Macaroni with Pita and Pudding
<input type="checkbox"/> Oatmeal with Raisins, Brown Sugar, and English Muffin with Butter and Jelly	<input type="checkbox"/> Peanut Butter and Jelly Pita with Graham Crackers ☺	<input type="checkbox"/> Spaghetti with Tomato Sauce, Fresh Garlic and Pudding
<input type="checkbox"/> Camp Eggs with Onions, Potatoes, Cheddar Cheese and Bagels*	<input type="checkbox"/> Tuna Pita with Mayonnaise and Graham Crackers ☺	<input type="checkbox"/> Spanish Rice with Onion, Green Pepper, Tortilla and Cookies
<input type="checkbox"/> Bagels with Cream Cheese and Fresh Fruit ☺	<input type="checkbox"/> Crackers with Cheese Spread and Fresh Fruit ☺	<input type="checkbox"/> Pita Pizza with Tomato Sauce, Pepperoni, Mushrooms, Cheese and Cookies
<input type="checkbox"/> Cereal or Granola with Milk and Fresh Fruit ☺	<input type="checkbox"/> Summer Sausage, Cheese, Crackers and Cookies ☺	<input type="checkbox"/> Spaghetti Alfredo with Fresh Garlic and Pudding

☺ No Cook Items (Recommended for a quick start breakfast and a fast trail lunch)

### ADDITIONAL ITEMS

Check the additional items you want packed with your food. Remember the more you choose the more you must carry!

BEVERAGES	SNACKS (LIMIT TWO)	EXTRAS
<input type="checkbox"/> Fruit Drink <input type="checkbox"/> Hot Chocolate <input type="checkbox"/> Coffee Singles <input type="checkbox"/> Tea <input type="checkbox"/> Powdered Milk	<input type="checkbox"/> Trail Mix (GORP) <input type="checkbox"/> Granola <input type="checkbox"/> Gardetto's Snack Mix <input type="checkbox"/> Granola Bars <input type="checkbox"/> Fresh Fruit	<input type="checkbox"/> Mashed Potatoes <input type="checkbox"/> Fish Breeding* <input type="checkbox"/> Cobbler* <input type="checkbox"/> Brownies*

\* Available only on canoeing treks. Cobbler and Brownies replace standard dessert.

Please list any special dietary concerns in the space provided below. Be sure to indicate the number of people affected.

NOTE: Substitutions may be made depending on availability.

# PARTICIPANT ROSTER



<b>Primary Leader</b> M_____	Pass Swim Test? (circle) Y / N
Home Phone _____	Work Phone _____
Emergency Contact _____	Relationship _____ Phone _____
<hr/>	
<b>Leader</b> M_____	Pass Swim Test? (circle) Y / N
Home Phone _____	Work Phone _____
Emergency Contact _____	Relationship _____ Phone _____
<hr/>	
<b>Participant</b> _____	Pass Swim Test? (circle) Y / N
Home Phone _____	Work Phone _____
Emergency Contact _____	Relationship _____ Phone _____
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<b>Participant</b> _____	Pass Swim Test? (circle) Y / N
Home Phone _____	Work Phone _____
Emergency Contact _____	Relationship _____ Phone _____
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<b>Participant</b> _____	Pass Swim Test? (circle) Y / N
Home Phone _____	Work Phone _____
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<b>Participant</b> _____	Pass Swim Test? (circle) Y / N
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Emergency Contact _____	Relationship _____ Phone _____
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<b>Participant</b> _____	Pass Swim Test? (circle) Y / N
Home Phone _____	Work Phone _____
Emergency Contact _____	Relationship _____ Phone _____
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<b>Participant</b> _____	Pass Swim Test? (circle) Y / N
Home Phone _____	Work Phone _____
Emergency Contact _____	Relationship _____ Phone _____