

Preparation for Northern Tier Canoeing

Training Schedule

Please make arrangements for Friday dinner before arriving at camp and Sunday Lunch while returning home.

Meals that are provided by the training staff are:

Saturday breakfast, lunch, dinner, and Sunday breakfast.

Friday	8:00 pm	Gear shake down. Crew/food (Alice) packs will be provided as well as Duluth packs.
Saturday	8:30 am	Break camp and assemble at the pavillion with gear you will carry. We will not camp on the main base for Saturday night. We will cover launches, navigation, map reading, Safety Afloat and portaging.
	12:00 noon	Lunch. After lunch we will paddle and portage.
	~3:30 pm	We will find camp and set up.
	6:00 pm	Dinner. After dinner we will cover camp sanitation and have some time to relax.
	10:00 pm	Lights out.
Sunday	6:30 am	Wake up!
	7:00 am	Breakfast
	8:30 am	Break camp and paddle, paddle, paddle...
	10:00 am	Worship services. Please be prepared.
	12:00 noon	Return to base camp, put away gear and depart for home.