

# Expedition Canoeing Helpful Hints

## This pamphlet contains information on:

My name is Michael Gulledge and I direct the Northern Tier training program at the Aquatics base on Allatoona. Please don't hesitate to call me with questions about your crew or gear or plans concerning extended canoe trips into the wilderness. My cell number is 678-852-6535.

What you will find in this document is:

1. A very short gear list provided by the Aquatics Base staff that describes what you should bring on a canoe trip, what the crew should bring and what the camp provides for the crew. This is very similar to what the Northern Tier base camps will provide.
2. A great list for what to put into a "back woods" First Aid Kit - Once the kit is assembled, everyone in the crew should know what is in the kit and where it is at all times.
3. A very useful crew "duty roster." The items can change but it must be written down and posted where all crew members can see it at each campsite. This stops a lot of bickering and prevents a lot of useless questions in camp.
4. What to pack and how to pack for a nine person canoe trip (eight + guide).

This four page document is to be used when you combine your gear from page 2 of this document with either Aquatics Base Gear or NT Base gear.

It describes what to take, what not to take and how you should pack it all so that it can be carried in ONE portage trip.

- Assumes three canoes for nine people
- What goes in the three personal gear packs
- What goes in the kitchen (kettle) pack
- What goes in the two food packs

## Course Requirements

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



## What to Bring

Size is more important than weight: The more compact the better. There is a real possibility that everything will get wet, so pack in Ziploc bags! The items you need to bring are divided into two lists, shown below:

### Crew Gear for Allatoona

**Weekend:** (Provided by CAAB)

- Tent (big enough for 3 or 4 people)
- Tarp with lines
- Cook stoves (backpacker type, 2 per crew)
- First aid kit
- Small shovel
- Cook kit (including utensils)

### Personal Gear for Canoe Trip:

#### *Kitchen*

- Cup, bowl, spoon
- Water bottle

#### *Bed*

- Sleeping bag & sleeping pad
- Hammock (optional)

#### *Tools/Miscellaneous*

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

### *Clothing*

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

### *Bath/Hygiene*

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

\* Crew First Aid Kit

Items under **BLUE HEADERS** are your responsibility for your training weekend.

# 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 Scout and Venture units traveling to High Adventure activities. The same kit, in a waterproof container, should also be carried on the expedition.

☞ Adhesive bandages (assorted sizes)	☞ 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	☞ Tweezers, scissors, needles
☞ Acetaminophen (liquid or 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 protection from blood borne diseases.)

- ▲ 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).
- ▲ 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* (available through the Northern Tier Trading Post and most bookstores). This book, as well as BSA publications, are excellent resources for your crew.

IMPORTANT: ONLY the official "Northern Tier Health and Medical Record Form" will be accepted.

# Northern Tier Canoe Crew Duty Roster

	Breakfast	KP	Camp Takedown	Dinning Area Setup & Tarps	Tent Setup	Firewood	Dinner	KP
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

The goal for packing is to get all your gear - including canoes - into 9 portage loads or pieces.  
 That's one load per person - 3 canoes, 3 personal gear packs (Dry bags), 2 food packs, 1 crew gear pack.  
 The Charlie Guide will carry his/her own personal gear, including tent in their own Duluth Pack & will carry 1 of the canoes

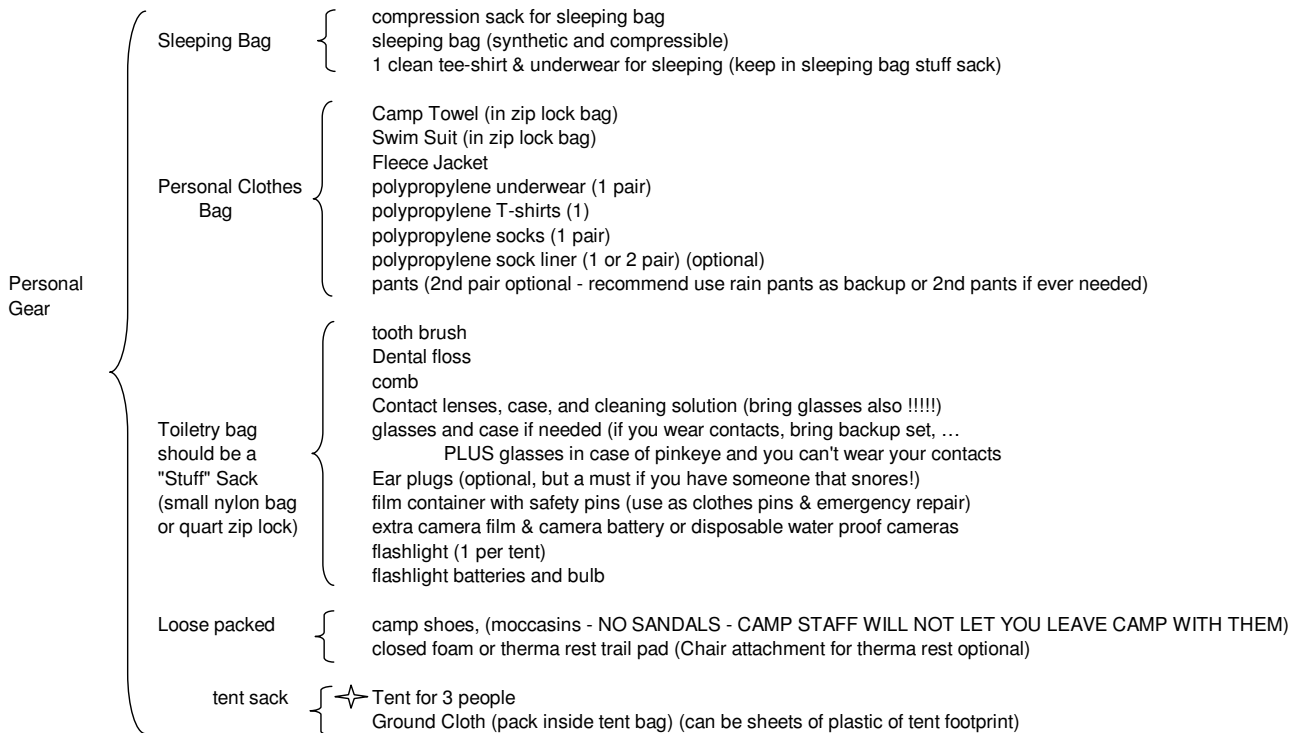
If an item will not:  
 fit into or hang from a bag; fit into a pocket or hang from a web belt; or temporarily attach to a canoe;  
 Don't take it !!

**Gear in Dry Bags**

(3 dry bags per crew: 2 bags for 6 people, 1 bag 2 people plus overflow gear, ie. All rain gear, fishing gear in top of 3rd bag)

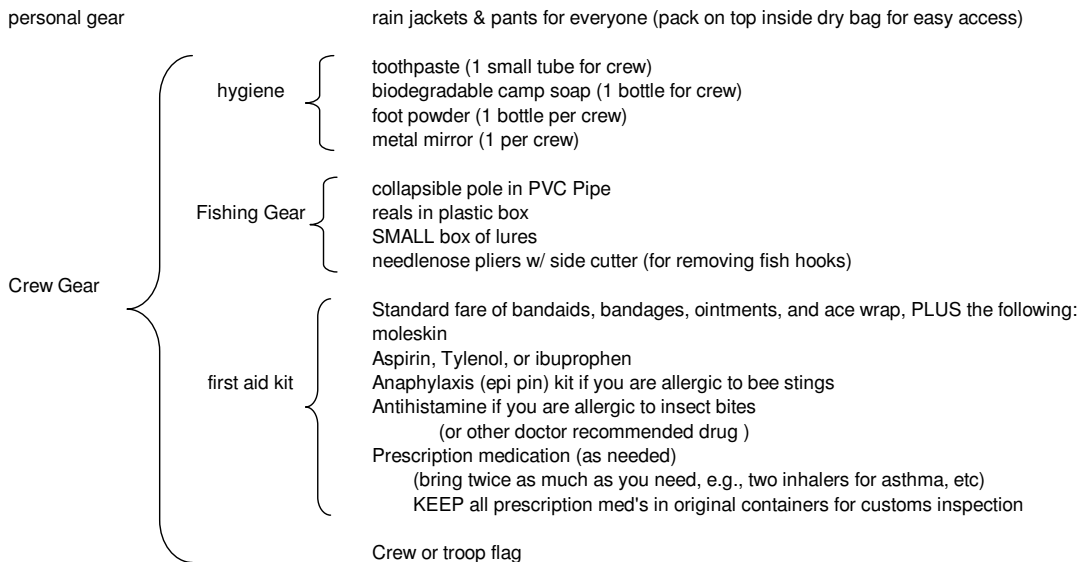
Each Dry Bag should have the following inside them:

- 1 tent
- 3 sleeping bags
- 3 trail pads
- 3 personal clothing bags
- 3 Toiletry bags
- 3 pair of camp shoes



**Gear overflow in 3rd Dry kit (with only 2 people's gear)**

Same Gear as above but for 2 people vs 3, PLUS listed below



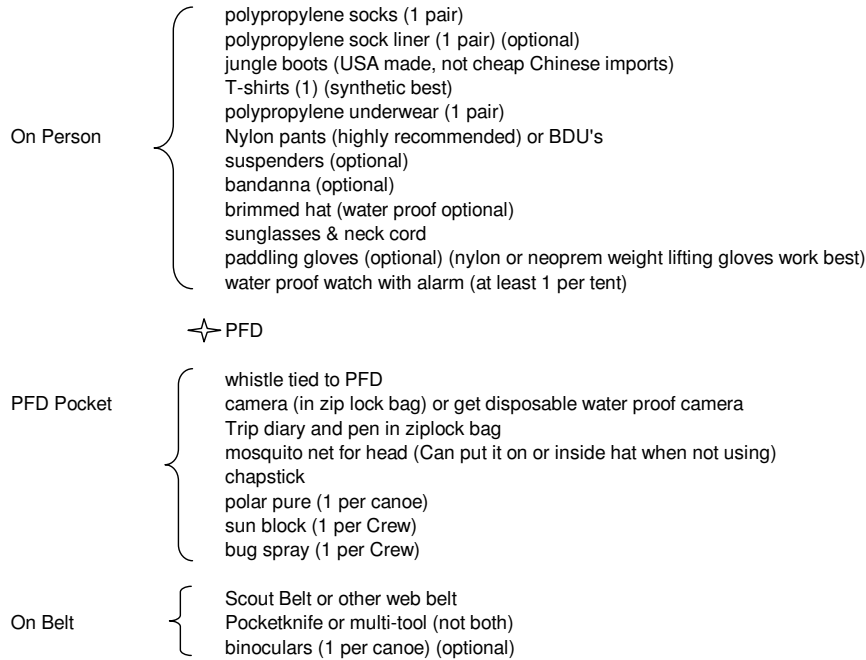
## Gear in equipment pack

- |               |   |  |
|---------------|---|--|
| Crew Gear Bag | } | <ul style="list-style-type: none"> <li>small mesh bag (for eating utensils: bowl, cup, spoon)</li> <li>eating utensils, set of 8: bowl, cup, spoon (all same size &amp; nesting)</li> <li>✦ dining tarp with 4 corner lines</li> <li>✦ extra heavy duty plastic trash bags (to line the food bags)</li> <li>1 quart zip lock bags (misc uses)</li> <li>✦ a 2 gal pot with lid</li> <li>✦ a 1 gal pot with lid</li> <li>✦ a coffee pot</li> <li>✦ a baking oven</li> <li>✦ cooking utensils (slatted spoon, closed spoon, spatula)</li> <li>✦ 1 gal water buckets x 2</li> <li>fillet knife [in sheath]</li> <li>knife sharpener</li> <li>✦ 2 backpacking stoves</li> <li>1.5 gal white gas (buy at camp store)</li> <li>✦ matches</li> <li>lighter as backup to matches</li> <li>✦ cleaning supplies (camp soap, bleach &amp; scrub)</li> <li>Repair Kit (tent pole repair sleeve, rubber bands, safety pins, batteries, cotton string, canvas needle, x,x,x,x,x,x,x)</li> <li>sewing kit (in repair kit)</li> <li>duct tape (can be wrapped around a Nalgen bottle, about 3 feet per bottle)</li> <li>✦ a 1 inch diameter, 50 ft bear bag rope x 2</li> <li>100' of parachute cord</li> <li>clothes line (25 ft, 2 each)</li> <li>gloves, work type</li> <li>✦ saw</li> <li>✦ spade type shovel</li> <li>✦ toilet paper</li> <li>✦ emergency radio</li> </ul> |
| Crew Food Bag |   | Spice Kit  |

## Crew Gear in Canoe

- |                 |   |   |
|-----------------|---|---|
|                 |   | <ul style="list-style-type: none"> <li>camp chair / canoe chair for 3rd man in middle of canoe</li> <li>Seat cushion (closed cell foam) taped to canoe seats for paddlers (optional)</li> <li>water bottle (1 qt Nalgen best, 1 per crew member)</li> <li>carabineer (for water bottle attachment to dry bag or food bag when portaging)</li> </ul>   |
| Inside Map Case | } | <ul style="list-style-type: none"> <li>Map Case</li> <li>maps of appropriate area</li> <li>compass</li> </ul>   |
|                 | { | <ul style="list-style-type: none"> <li>Northern Passages booklet for trail worship (give to Chaplain Aide) (each person receives one at NT)</li> <li><i>Tips for Fishing By Canoe &amp; Canoe Country Nature Guide Book</i> (green)</li> </ul>  |
|                 | { | <ul style="list-style-type: none"> <li>Fishing license (if you plan to fish - required for ages 16 and older)</li> <li>(this may be purchased at the NT trading post for BWCAW or Canadian rangers for Quetico)</li> <li>Permission Slips, for each scout</li> <li>Birth Certificates for each scout</li> <li>Photo ID's for scouts / Pass Ports for adults)</li> <li>Permit confirmation letter</li> <li>CANPASS - Canadian remote boarder crossing permit</li> <li>Camping Permit</li> <li>Tour Permit</li> <li>Credit card (MC or VISA only) for camp fee payment at Quetico ranger station</li> </ul> |

## Personal Gear to wear while canoeing



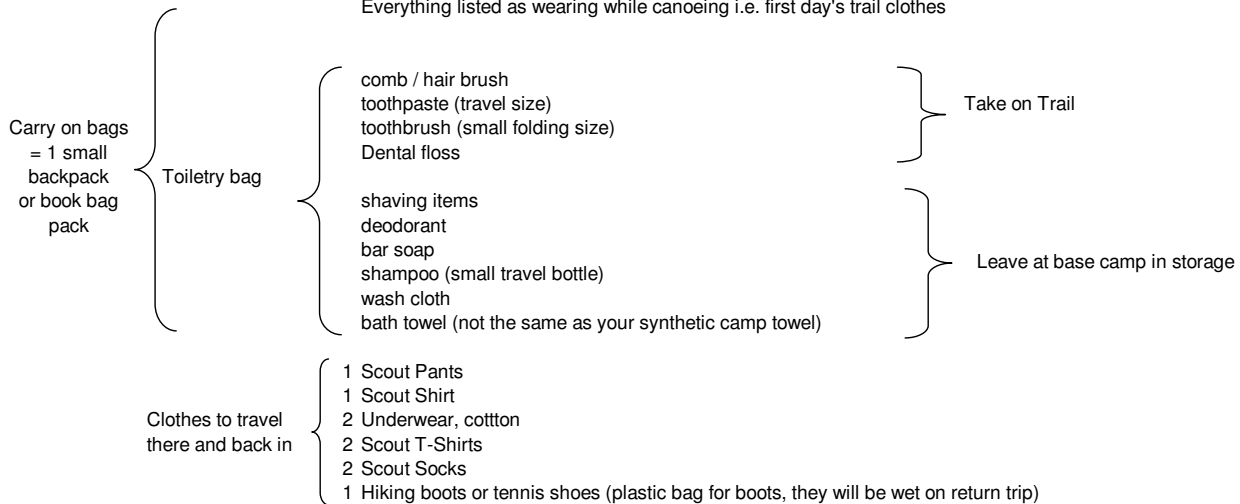
## Travel Packing: put in a day pack (book bag backpack), 1 per person

Luggage tags with name, NT address, NT phone number, and crew #  
(place 1 on **and 1 in** all pieces of luggage)

Checked bags should be:

- 3 Dry bags packed for the trail
- 1 Duffel bag with overflow stuff: i.e. water bottles, seat cushions, **POCKET KNIVES**, etc

Everything listed as wearing while canoeing i.e. first day's trail clothes



## Leave in base camp (Sommers Canoe Base)

Stored in Travel  
Day Pack

- All travel clothes
- most toiletries

- ✦ Lock (for crew locker)
- ✦ Marker (Sharpie) (permanent - black)

**DO NOT BRING!:**

Alcoholic beverages  
Tobacco products  
Backpacks (internal or external frame type)  
Bailing sponge or empty milk jugs on a string (just don't need them)  
Camp stools (use canoe seats or Thermarest converters)  
Cans or glass bottles of any kind  
Controlled substances  
Cotton sweatshirts (avoid cotton entirely!)  
Electronic devices - unless approved by the crew advisor (includes communication radios)  
Firearms  
Fireworks  
Fish landing nets  
Fuel bottles (Northern Tier issues fuel bottles and gallon cans that can be crushed when empty)  
Kneepads (a small piece of closed-cell foam padding will work and takes up less room)  
Pillows (use clothing to fill your sleeping bag stuff sack)  
Sheath knives (except your fishing fillet knife)  
Stoves (use NT stoves)  
Water purifiers (use the Polar Pure system, unless you have a medical condition proscribing against the ingestion of iodine)  
collapsible 5 gal water bag (use NT's water buckets)  
Waterproof dry bags (they are too bulky - instead put your things in a plastic-lined compression stuff sack)

**LEAD ADVISOR LIST:**

National Tour Permit  
Crew roster with addresses and phone numbers  
Northern Tier Health and Medical Record *with copy of medical insurance card* for every participant  
Permission slips signed by parents (troop and Northern Tier [tan])  
Documentation sheet verifying that all participants are classified as swimmers (youth and adult)  
Adult advisor certifications in Safe Swim Defense, Safety Afloat, CPR, Youth Protection, and First Aid  
Permit confirmation letter from Quetico  
CANPASS - Canadian remote boarder crossing permit  
Copy of payment receipts and trek confirmation letter  
Credit card (VISA or MasterCard only) for final payment of any permit/camping fees

Airplane tickets (or email confirmation)  
Rental car confirmation or ground transportation confirmation  
Motel / Hotel confirmation if required  
gift or gratuity for Charlie Guide  
Signed crew t-shirt for Charlie Guide  
Minnesota State Highway Maps (2)  
Travel/trip information packets for adults (3)