

Apostle Islands Sea Kayaking Adventure

2018 GUIDEBOOK



**NORTHWOODS
HIGH
ADVENTURE**

NorthwoodsHighAdventure.com

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apostle islands trek guidebook

The Northwoods High Adventure Base is the ultimate Scouting experience. As youth get older they want greater freedom, increased responsibility, and added adventure from their summer camp experience. These adventures offer young people a way to safely explore some incredible wilderness and develop the skills for a lifetime of adventure and leadership.

Delighted that your unit has chosen to take part in one of our treks, the directors are busy planning an incredible program. This guidebook provides you with details about the program, procedures, and services. Please review to prepare your unit for your adventure.

Thank you for choosing Northwoods High Adventure. We look forward to seeing you this summer.

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TREK OVERVIEW & EXPECTATIONS

This trek program will find you paddling among the Apostle Islands National Lakeshore in Lake Superior! Participants spend 5 days on the water and 4 nights on islands. Typically 3 days are travel days and two are exploring days.

- The apostle islands trek is designed for Scouts and Venturers 14 years of age or older.
- All participants must review the preparation agreement (page 5).
- Crew size is strictly limited by wilderness permits and Leave No Trace practices. Full crews have a maximum of 12 participants (youth and adults).
- You must be a strong swimmer, and some kayaking experience is required as you may have to paddle up to 10 miles per day in large waves and strong currents. Participants must pass the BSA swimmers test prior to arrival at camp (see page 5 for more information).
- An annual medical examination is required for all participants because of the higher level of activities. See page 7 for more information.
- Participants should purchase a set of wetshoes/booties to protect their feet and ankles.
- Participants should be able to fit all of their gear in a five gallon bucket. Dry bags are provided. See page 6 for a list of what to bring.
- Remember, it can be colder on the water and conditions can change quickly so it is important that you bring everything on the list. Cotton clothing should not be brought. Wool or synthetic fabrics will keep you warmer, dryer, and more comfortable.



Preparation Timeline

a schedule for proper unit planning

Summer/Fall

- Talk with older Scouts about participating in a high adventure activity next summer. Promotional materials are available from the Samoset Council office.
- To reserve a week for trek, send a \$500 deposit to the Samoset office or submit while at camp. This will be applied toward your camp fees. Trek reservations will be processed in the order in which they are received.



January

- Distribute annual health & medical record forms and set a date when they are due (see page 8).

March

- Finalize your camp roster (youth and adults).
- Send your first payment, 40% of trip cost, to the Samoset Council office (3511 Camp Phillips Road, Weston WI 54476). First payment is due April 15.
- Campers registered after April 15 will pay a \$25 late fee.

May

- Send out final High Adventure Trek notice to parents.
- Collect annual health & medical record forms from all participants. Make sure they are dated, signed by a doctor and parent. Make copies of each form and plan to mail to us ahead of time.
- All remaining trek fees are due June 1st.

Two Weeks Before Camp

- Send copies of all medical forms to Camp Tesomas. **Required for High Adventure Treks.**
- Hold an inspection of personal packs and equipment. Remind participants to bring their medication in their original containers.

Preparation Notes

follow these items in your planning

Leadership

- Youth Protection training is required for any participant 18 years of age or older.
- The safety of our youth is of greatest importance at camp. Therefore, all adults attending must be registered as a leader, including completion of a criminal background check and youth protection training. These steps should be completed with your local council.
- Co-ed crews must follow BSA regulations for coed outings. (Groups with female participants must have at least one adult female leader).

Arrival

- Complete an approved swim check before coming to camp (see page 6 to find out more).
- Mail a copy of all medical forms to Camp Tesomas two weeks prior to your trek. This will allow our staff the opportunity to review them for any concerns before you arrive. See page 8 for details.

Preparation Agreement

a document for review by each participant

You'll enjoy the outdoors best if you are in top physical shape and fully prepared for this trip. Fitness is especially important. Every participant must review this document for understanding of the expectations and preparation details for the trip.

Cardiovascular Conditioning

Trek members should take a serious look at their weight. Those few extra pounds are just more weight in your kayak. Also the heart must work harder to pump blood through extra fat. Trek members should find out what their ideal weight should be and work to get in shape. We strongly recommend that participants should not weigh less than 100 pounds. **You cannot participate in a kayak trek if you do not meet the recommended height/weight limit.**

Skill Proficiency

Everyone in an activity afloat must have sufficient knowledge and skill to participate safely. Passengers should know how their movement affects boat stability and have a basic understanding of self-rescue. Scouts must be able to maintain control of their crafts, know how changes in the environment influence that control and only undertake activities within personal and group capabilities. A skill test will be conducted at camp when you check-in.

Paddling

Scouts need to have received a minimum of three hours of training and supervised practice or demonstrate proficiency in maneuvering the craft effectively and recovering from a capsize. This will be done at camp.

Swimming

Scouts must be a **strong swimmer** and complete the BSA swimmer classification test. If there is any question of their swimming ability or hesitation of them passing their swim test, they cannot participate in an Apostle Island trek. Camp leadership and guides have the authority to retest or deny participation if necessary.

Pre-requisite Experience

Scouts have to have participated in at least 2 prior high adventure experiences and at least one 2-3 day backpacking, canoe, or kayaking trip. The trek director will ask each group to provide details of these trips prior to arriving at camp.

The other Scouts and trek staff are depending on you to be in shape. Although your trek leader will keep everyone together on trail, its pretty discouraging if the group is always waiting for someone who didn't take the time to get in shape. If you do not meet these pre-requisite requirements, you're putting your group in danger. Your trip will also end early if the staff feels unsafe with the groups current conditions.

By reading through and signing, this sheet you fully understand and agree that you can be paddling 8-12 miles per day, in 2-3 foot waves, and are aware that weather can change unexpectedly.

Participant's Signature: _____ Date: _____

Parent's Signature (for participants under 18): _____ Date: _____

What to Bring

a suggested packing list of items

What Campers Should Bring

- 2-3 T-shirts (polyester)
- 1 Pair of long pants (no jeans)
- 2 Pair of board/athletic shorts
- Underwear (sport appropriate)
- Socks (including a pair of wool)
- Sweatshirt or jacket & rain gear
- Swimsuit (one-piece for females)
- Personal hygiene items and small towel
- Athletic shoes or similar footwear for camp
- Good pair of paddling booties/shoes
- 1 or 2 pairs of athletic shorts
- Pocket knife
- Flashlight
- Insect repellent (non aerosol)
- Sunscreen, hat, and/or sunglasses
- Medication (original container)
- Water bottle / hydration pak (1 liter)
- Mess kit

Due to limited storage participants should plan on wearing their clothing for 3 or more days at a time. All gear should fit in a 5-gallon bucket. Participants will become dirty by the end of the week. Drybags will be provided to store personal gear.

Provided Equipment

- Composite kayaks, paddles, and skirts
- Sleeveless wetsuits, gloves & life jackets
- Rescue pumps & tow ropes
- Dry bags
- VHF radio/cell phone - for emergencies
- Unit first aid kit
- Backpacking stoves
- Cook & chef kits
- Collapsible water jugs
- Water purifiers & iodine tablets
- Tents & Sleeping bag

What Not to Bring

- Shooting equipment
- Fireworks
- Alcohol
- Cell phones
- CD or MP3 players
- Other Valuables
- Inappropriate T-shirts
- Tobacco products
- Drugs of any kind
- Excessive jewelry
- Large knives
- Aerosol cans
- Laser pointers

Pre-Camp Swim Tests

information on taking your swim test before camp

Units participating in the Apostle Islands Trek **may** complete a swim test prior to their arrival.

- Units may complete their swim tests through one of several council swim nights in the spring. As locations and dates are secured they will be posted online.
- A trained staff will certify those completing the test meet the requirements for their skill level.
- Units may also complete swim tests prior to camp on their own. A BSA Lifeguard, Red Cross Lifeguard, or equivalent must administer the tests and certify the results.
- Forms and procedures for unit run swim tests are available upon request.
- For questions email us at info@northwoodshighadventure.com.

Registration & Fees

procedures for registering campers

2018 Camper Fees

- Youth & Adult Participants: \$500 per person
- All fees include special equipment, staff support, transportation to bayfield (from camp), and food.

How to Register Campers

- Email info@northwoodshighadventure.com a list of all trek participants by April 15th. Please indicate youth/adult, male/female. These names will then be entered into our online registration system.
- Campers can also be registered online through our website.

Payment Schedule

- Reservation Deposit (due at signup, nonrefundable): 10% of trip cost
- Payment 1 due April 15: 40% of trip cost
- Campers registered after April 15 will pay a \$25 late fee (excluding new Scouts).
- Remaining balances are due June 1.

How to Pay

- Unit leaders may make payments and register campers online (see online help file for specifics).
- Send all payments to the Samoset office (3511 Camp Phillips Road, Weston, WI 54476). List each person attending camp and the amount paid by that person.

Camperships

- The Tesomas Alumni Camping Trust has been established to assist any Scout or Leader with financial need to experience camping.
- Request must be made using the campership application for each person by April 1.

Refunds

Camp fees are non-refundable as we encourage units to transfer fees to another Scout from the unit who is attending camp. However, the Samoset Council will deal with each situation in which a written refund request is received and endeavor to be as fair as possible. All refunds are calculated after the \$75 non-refundable deposit. See the refund form for more specifics.

Refunds must be submitted using the refund request form available online. Refunds will be credited to the unit's camp bill and the unit will be responsible for refunding fees to their Scouts or adults.

Policies and Procedures

things to help prepare your unit for camp

Medical Policies

- Every participant must provide a copy of their annual health and medical form (Parts A, B, and C) to be kept on file after they leave.
- **Please send copies (NOT originals)** of all medical forms to Tesomas Scout Camp (5403 Spider Lake Road, Rhinelander WI, 54501) two weeks prior to your arrival. **If you check in at Tomahawk Scout Reservation, you will need an additional copy of your medical form for check in.**
- State law requires all medication to be turned in (during the check-in process) to the Trek Leader in the original prescription labeled container. The Trek Leader, who is American Red Cross Responding to Emergencies certified will be responsible for distribution.
- Bee sting medication, inhalers, or other medication/device used in the event of life-threatening situations may be carried by a camper but should be brought to medical checks.
- The above requirements are those of the State of Wisconsin and the Boy Scouts of America.

Insurance

- When surgical treatment or hospital care is needed for Samoset Council Scouts/Scouters, benefits in excess of \$300.00 will be paid only if they are unrecoverable from any other insurance policy or service contract (i.e. family insurance policy). Therefore, it is imperative that you come prepared with the pertinent insurance policy information for every Scout/Adult.
- Non-Samoset Council Units must bring their own insurance information or proof of Council insurance.

Weight Guidelines

- Any participant who exceeds the maximum weight limits on the chart below may want to reconsider participation in our Trek program.
- Anyone who exceeds these limits is at extreme risk for health problems. Participants who fall within the guidelines are more likely to have an enjoyable program and avoid incurring health risks.
- The absolute weight limit for our programs is 300 pounds.

Recommended Weight (lbs)

Height	Recommended	Maximum	Height	Recommended	Maximum
60"	97-138	166	70"	132-188	226
61"	101-143	172	71"	136-194	233
62"	104-148	178	72"	140-199	239
63"	107-152	183	73"	144-205	246
64"	111-157	189	74"	148-210	252
65"	114-162	195	75"	152-216	260
66"	118-167	201	76"	156-222	267
67"	121-172	207	77"	160-228	274
68"	125-178	214	78"	164-234	281
69"	129-185	220	79" & over	170-240	295

This table is based on the revised Dietary Guidelines for Americans from the U.S. Department of Agriculture and the Department of Health and Human Services.

Crew Specifics

- The Apostle Islands Trek is designed for Scouts and Venturers 14 years of age or older.
- Crew size is strictly limited by wilderness permits and Leave No Trace practices. Full crews have a maximum of 12 participants (youth and adults). Minimum crew size is 6 participants.



Smoking

For the health of all Scouts and Scouters, please respect their rights and refrain from smoking in the presence of others. This includes the use of electronic cigarettes, personal vaporizers, or electronic nicotine delivery systems that simulate tobacco smoking.

Privacy

By participating in our high adventure activities, you agree to allow us to use your image in camp and council promotional materials.

Anti-Discrimination

In the operation of the summer camp program, no child, as defined by program regulations, will be discriminated against because of race, sex, color, age, national origins, or handicap.

Emergencies

- In the event of an emergency, the trek staff will inform all participants of appropriate actions. The trek staff undergoes training in handling common types of emergencies.
- Emergency situations may consist of any severe weather, wildfire, lost or missing campers, lost or missing swimmers, and any possible severe medical emergency. Anyone who becomes aware of an emergency situation or danger should notify the nearest trek leader who will provide directions on the appropriate course of action.

Weather & Safety

- Temperatures in the summer months range from 45 F to 85 F. Rainfall can vary, but you should expect at least one day of rain. Weather in the area is strongly influenced by Lake Superior and can change suddenly.
- Should crews encounter a raining day while on one of our treks, we will continue with our hiking or kayaking activities the best we can. We will keep participants safe during foul weather, but it doesn't always change our normal activities.

Phone / Fax

- The camp phone number is (715) 365-3111.
- For any unexpected business like incomplete medical forms, the council fax may be used (715) 355-9849. Documents may also be emailed to camp@samoset.org.

Damaged Camp Equipment

- Any damage to camp-owned equipment through abuse will be the responsibility of the unit.
- Replacement costs will be assessed to the unit based on the retail costs of the damaged item. Units will be responsible for paying for damaged equipment before leaving camp.

Trek Program Details

all the basics on your trek program

Check-In Process Tesomas

1. Arrive by 2:00 PM at Hanna Venture Base (see page 10 for directions).
2. A member of the staff will greet you in the parking lot and lead your crew throughout the entire check-in procedure.
3. Copies of the health forms you mailed to camp will be onsite for medical rechecks. Any changes in participant health should be discussed with the trek staff during these checks.
4. After medical rechecks, group equipment and personal gear will be gathered and reviewed. A member of the staff will also review your trip itinerary and make any final preparations.
5. Dinner will be served in the Tesomas dining hall at 5:30. Following dinner your crew will depart for Camp Barksdale in Ashland, Wisconsin.

Check-In Process Tomahawk

1. Arrive Saturday afternoon at Tomahawk Scout Reservation (see page 10 for directions). You will participate in a camp tour and emergency drill.
2. Sunday morning board the High Adventure bus to be brought to the Welcome Center for orientation. **Bring all of your gear** needed for the trip for a gear shakedown.
3. Dinner will be served at White Pine, Weekes Dining Shelter at 6:00. Following dinner your crew will depart for Camp Barksdale in Ashland, Wisconsin.

Monday - Friday

8:00 AM - Breakfast

9:00 AM - Kayaking/exploring (Monday begins with basic kayaking & safety training)

12:30 PM - Lunch on an island

1:00 PM - Continue kayaking/exploring

3:30 PM - Arrive at destination island for the night, setup camp

6:30 PM - Dinner

7:30 PM - Evening program

Food

All food needed for your trek is supplied by the camp. We concentrate on giving you a balanced, nutritional menu which is both lightweight and tasty. **Please notify us of any special dietary needs or restrictions two weeks before your arrival using the "Special Diet Request" form available online.**



Check-Out Process

1. Your crew will return to Camp Barksdale Friday afternoon/evening.
2. Once at camp, gear will be unpacked and cleaned.
3. Following dinner, your crew will enjoy a campfire to reflect on your adventure.
4. Your crew will be ready to depart Camp Barksdale by 7:00 AM Saturday morning to return to camp.

A detailed trek itinerary, with route specifics will be provided before you arrive.

Samoset Council, BSA
3511 Camp Phillips Road
Weston, WI 54476
715-355-1450
www.samoset.org

Tesomas Scout Camp
715-365-3111
camp@samoset.org

Tomhawk Scout Reservation
715-354-3841 (summer phone)
651-254-9178 (winter phone)

Northwoods High Adventure Ultimate Scouting Destination



A Nationally Accredited Program

The participating councils are committed to camps that meet high standards for health and safety, food service, program, maintenance, conservation, staffing, and administration. All of our camps are inspected and accredited on an annual basis.

This emblem is one of your assurances of a quality camp!