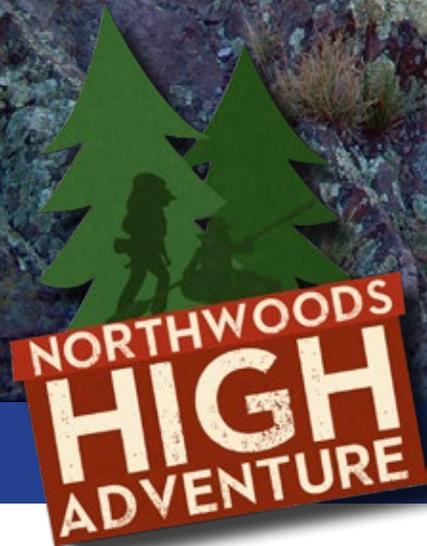




# Backpacking Adventures

## 2015 GUIDEBOOK



[www.NorthwoodsHighAdventure.com](http://www.NorthwoodsHighAdventure.com)

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## backpacking 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 at camp this summer.

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## TREK OVERVIEW & EXPECTATIONS

Be ready for the challenge of a five day hiking trek through the Porcupine Mountains or Isle Royale. Everyday your packs will get lighter and the trail will get more exciting.

- A youth must be 14 years of age OR 13 years of age and completed the 8th grade by date of participation.
- 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 10 participants (youth and adults). Minimum crew size is 6 participants.
- An annual medical examination is required for all participants because of the higher level of activities. See page 8 for more information.
- Participants must bring a pair of well broken-in boots to protect their feet and ankles.
- Participants should be able to fit all of their gear in a backpack designed for overnight trips. See page 6 for a list of what to bring.
- Remember, weather 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 or Chippewa Valley Council offices.
- 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. Treks reservations will be processed in the order in which they are received.



## January

- Begin collecting camper deposits from interested Scouts.
- Send your first payment, 40% of trip cost, to the Samoset Council office (3511 Camp Phillips Road, Weston WI 54476).
- 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).
- Campers registered after March 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.
- Plan to arrive at Camp Tesomas or Camp Phillips by 2:00 PM for check-in.

# Preparation Suggestions

we strongly suggest you follow these in your planning

## Leadership

- Each crew will be lead by two trek guides; other adults leaders from your unit are welcome to participate. Coed crews must follow BSA regulations for coed outings. (Venture Crews with female participants must have at least one adult female leader).

## Arrival

- 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 an understanding of the expectations and preparation details for the trip.

## Fitness

Trek members should take a serious look at their weight. Those few extra pounds are just more weight on the trail. 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 participant should not weight less than 100 pounds. **You cannot participate in a backpacking trek if you do not meet the recommended height/weight limit.**

## Cardiovascular Conditioning

Start aerobic training now. This means starting some form of exercise that will raise the pulse to its 'target range' and keep it there for twenty minutes. The exercise should require steady effort: running, swimming, cycling, etc. This should be done at least three times a week. All scouts should begin stretching regularly. The target pulse range for people younger than 25 is between 140 and 170 beats per minute.

## Backpacking

To enjoy the backpacking experience, participants must be physically prepared to carry a 35-50 pound pack over steep, rocky trails. Scouts will need to be able to hike 8-10 hours per day and 10-14 miles per day. Be able to hike everyday on rough, swampy, and uneven terrain. Scouts should also be able to hike on changing elevations.

## Pre-requisite Experience

Scouts should 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 on your trek are depending on you to be in shape. Although your trek leader will keep everyone together on trail, it's 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 group's current conditions.

**By reading through and signing this sheet you fully understand and agree that you can hike 10-14 miles per day with a 35-50 pound pack, 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

- 3-4 T-shirts (polyester)
- 1 Pair of long pants (no jeans)
- 2 Pair of hiking shorts
- Underwear (sport appropriate)
- Socks (including a pair of wool)
- Sweatshirt or jacket & rain gear
- Personal hygiene items and small towel
- Athletic shoes or similar footwear for camp
- Good pair of Hiking Boots
- Gallon Ziploc bags (packing clothing)
- Pocket knife
- Flashlight
- Insect repellent (non-aerosol)
- Sunscreen, hat, and/or sunglasses
- Medication (original container)
- 2 Water bottles (1 liter)
- Mess kit

### Provided Equipment

- Backpack
- Sleeping Bag
- VHF radio/cell phone - for emergencies
- Unit first aid kit
- Backpacking stoves
- Cook & chef kits
- Collapsible water jugs
- Water purifiers & iodine tablets
- Tents

### 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
- Knives with blades over 3.5"
- Aerosol cans
- Laser pointers

**It is imperative to layer your clothing, combining different garments to achieve protection from the elements and optimum insulation. Synthetic or wool layers are recommended as they insulate when wet (cotton does not insulate when wet).**

# Registration & Fees

## procedures for registering campers

### 2015 Camper Fees

- Cost for Isle Royale is \$675 per person.
- Cost for Porcupine Mountains is \$450 per person.
- All fees include special equipment, staff support, transportation from Tesomas or Camp Phillips, and food.

### How to Register Campers

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

### Payment Schedule

- Reservation Deposit (due at signup, nonrefundable): 10% of trip cost
- Payment 1 due January 15: 40% of trip cost
- Campers registered after March 15 will pay a \$25 late fee (excluding new Scouts).
- Final Payment due June 1: 50% of trip cost

### 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 at the Program Center, Scout Center, or 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 & 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.**
- 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.

**Part A: Informed Consent, Release Agreement, and Authorization**

Full name: \_\_\_\_\_ Expedition/Event No.: \_\_\_\_\_  
 Staff position: \_\_\_\_\_

**High-adventure base participants:**  
 DOB: \_\_\_\_\_

**Informed Consent, Release Agreement, and Authorization**

I, the undersigned, hereby authorize the participation of my child in the activity, conditions, or your local council. I also understand that participation in these activities is an individual sport and requires participants to follow instructions and safety rules as applicable to the particular activity.

In the event of an emergency involving one of my child, I understand that while all reasonable care will be taken, the Boy Scouts of America, its members, and staff are not liable for any injury or damage to property, personal or real, caused by the activity. I understand that the Boy Scouts of America, its members, and staff are not liable for any injury or damage to property, personal or real, caused by the activity. I understand that the Boy Scouts of America, its members, and staff are not liable for any injury or damage to property, personal or real, caused by the activity. I understand that the Boy Scouts of America, its members, and staff are not liable for any injury or damage to property, personal or real, caused by the activity.

**NOTICE:** Due to the nature of programs and activities, the Boy Scouts of America and its members, staff, and volunteers are not liable for any injury or damage to property, personal or real, caused by the activity. I understand that the Boy Scouts of America, its members, and staff are not liable for any injury or damage to property, personal or real, caused by the activity. I understand that the Boy Scouts of America, its members, and staff are not liable for any injury or damage to property, personal or real, caused by the activity.

Participant signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Parent/guardian signature for youth: \_\_\_\_\_ Date: \_\_\_\_\_  
 (Participant under the age of 18)

Second parent/guardian signature for youth: \_\_\_\_\_ Date: \_\_\_\_\_  
 (If required for example, California)

**Complete this section for youth participants only:**

**Adults Authorized to Take to and From Events:**  
 You must designate at least one adult. Please include a telephone number.  
 Name: \_\_\_\_\_ Telephone: \_\_\_\_\_  
 Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

**Adults NOT Authorized to Take Youth To and From Events:**  
 Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

## 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 Porcupine Mountains trek is designed for Scouts and Venturers 14 years of age or older (OR 13 years of age and completed the 8th grade by date of participation).
- Crew size is strictly limited by wilderness permits and Leave No Trace practices. Full crews have a maximum of 10 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 Samoset Council activities, you agree to allow Samoset Council 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 a emergency, the trek staff will inform all participants of appropriate actions. The trek staff undergoes training in handling common types of emergencies.
- Emergency situation 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 other 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](mailto: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

1. Arrive by 2:00 PM at Camp Tesomas or Camp Phillips (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 camp dining hall.
6. Following dinner your crew will depart for your backpacking adventure.

## Monday - Friday

- 8:00 AM - Breakfast
- 9:00 AM - Hiking/exploring
- 12:30 PM - Lunch on the trail
- 1:00 PM - Continue hiking/exploring
- 3:30 PM - Arrive at destination for the night, setup camp
- 6:30 PM - Dinner
- 7:30 PM - Evening program (GPS, Leave No Trace, Campfires)

## 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.**



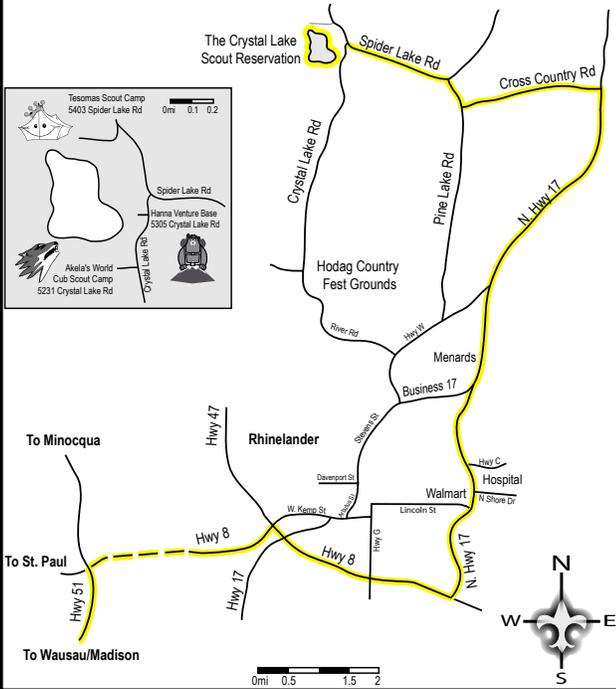
## Check-Out Process

1. Your crew will return to Camp Tesomas 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 Tesomas after breakfast on Saturday morning.

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

### Map to the Crystal Lake Scout Reservation

Crystal Lake Scout Reservation is located approximately 8 miles north of Rhinelander, WI. You have your choice of routes to reach camp. All major intersections near camp are marked with large black & white directional arrows. We suggest that first time visitors take I-39/Hwy 51 to Hwy 8. Go east on Hwy 8 and turn North on to Hwy 17. Take Cross Country Road until it ends at Pine Lake Road (approx 2 miles). Turn north on Pine Lake Road for 1/2 mile and finally Spider Lake Road will be the first road to the west. Crystal Lake is 1 1/2 miles from Pine Lake Road.



### DIRECTIONS TO L. E. PHILLIPS SCOUT RESERVATION



L. E. Phillips Scout Reservation is located Northwest of Rice Lake, Wisconsin. To get to camp take Hwy 53 to Haugen and take **Exit 150**. At the bottom of the exit ramp turn West onto County Road V. Follow County Road V through Haugen to Plecty Avenue. Turn Right on Plecty Avenue and go to the next stop sign at County Road VV. Turn left at the stop sign on to County Road VV. Continue on County Road VV for 3 miles.

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From Hwy VV, Turn Left into Cub World
- 

End of Hwy VV, turn Left into Camp Phillips
- 

End of Hwy VV, turn Right to Winter Camp

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

**Chippewa Valley Council, BSA**  
710 S Hastings Way  
Eau Claire, WI 54701  
715-832-6671  
www.bsa-cvc.org

**Tesomas Scout Camp**  
5403 Spider Lake Road  
Rhineland, WI 54501  
715-365-3111

**L.E. Phillips Scout Reservation**  
2900C 16th Street  
Rice Lake, WI 54868  
715-234-7723

**Scott Domino - Camping Director**  
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**Luke McNeese - Staff Advisor**  
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## **Northwoods High Adventure | Est. 2015**

### **Ultimate Scouting Destination**

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#### **A Nationally Accredited Program**

The Samoset and Chippewa Valley Council Camping Committees 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!