BIRCHBARK EXPEDITIONS
ADVISOR HANDBOOK
REVISED 2020

A High Adventure Program of
Greater Niagara Frontier Council, BSA

Voyages through the forests and lakes of
ALGONQUIN PROVINCIAL PARK
and the
WILDERNESS RIVERS of NORTHERN ONTARIO
RISK ADVISORY

Participation in BIRCHBARK EXPEDITIONS BSA canoe trips involves a certain degree of risk and can be physically, mentally, and emotionally demanding. Participation in these activities is entirely voluntary and requires participants to abide by applicable rules and standards of conduct.

Parents, guardians and adults must carefully consider the risk involved and give consent for their child(ren) and/or themselves to participate in these activities.

They also must release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all claims or liability arising out of this participation.
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COMPLETE ADVISOR INFORMATION INCLUDES THESE ITEMS:

- Advisor Handbook
- Voyageur Handbook
- Canoe Routes of Algonquin
- Algonquin Park Canoe Map

WELCOME!

The Northwoods Beckon!

www.wnyscouting.org/birchbark
Even Baden Powell found it a challenge to keep older boys in the Scouting Program. It is particularly ironic, because we are all know that teenagers thrive when challenged in an outdoor program. We believe **Birchbark Expeditions** will appeal to a Scout’s sense of adventure and provide a wholesome outlet for teenage energy.

- **Our Costs are Less / Travel times are Shorter.** Philmont costs over $2,000 per person. BSA’s Northern Tier Base in Minnesota costs more than a locally run program would, plus there is a 1,200 mile, two-day travel EACH WAY, adding greatly to the cost and time involved.

- **You cannot get closer to Canada.** In our area, no council is closer to the Canada than the Greater Niagara Frontier Council. In fact the GNFC borders Canada and has the most direct access to Algonquin.

- **We have years of experience canoeing in and around Algonquin.** North Star Canoe Base was located in Algonquin for many years. Camp Northern Lights was located just south of Algonquin. The Homme du Nord Programme ran successfully in the area immediately surrounding Algonquin, from Minden to Georgian Bay. The 200-mile James Bay Expedition was run successfully down the Missinaibi and Moose rivers. Birchbark Expeditions has also completed whitewater training on the Madawaska River; and the 260 mile Albany River expedition.

- **We have local talent.** With extensive training, the Birchbark Expeditions guides have decades of experience canoe tripping in Algonquin Provincial Park and local waters.

- **Your Guide will “make the program.”** Crews who have participated in Birchbark Expeditions have found that their Guide—who accompanies them for the whole week—is a tremendous asset and resource for them. We have tapped into the extensive tripping experience of many local Scouters, to enhance the program. Our Guides are outstanding Scouters as well as veteran canoe trippers. We think you, too, will like your Guide.

- **We Add Value.** Local pre-trip training by experts. Rich Voyageur and French Explorer history in the Niagara Frontier. New lodge at Stonehaven for units from out of the area, enabling them an inexpensive overnight stay while touring the Niagara Falls area. An historical, interpretive program with a highlighted day at *Sainte-Marie among the Hurons*, the French/Huron settlement of 1639 in Midland, Ontario, enroute to Algonquin.

- **BSA National Accreditation.** First awarded in 2012, the Birchbark Expeditions program has achieved BSA National Accreditation for High Adventure Programs, meeting the rigorous standards outlined by regular annual audits.
The Birchbark Expeditions Guides

We’re proud of our Guides. They have been individually chosen for their outdoors competence, ability to work with youth, and good judgment. Most have been Scoutmasters and adult leaders for years—even decades—and have an indepth knowledge of Boy Scout methods.

Our Guides are friendly and easy to be with. Chances are you’ll get along real well with your Guide. Participants have told us that the Guides added great value to their trips.

For an complete list of guides, visit:

http://www.wnyscouting.org/birchbark/guides/
<table>
<thead>
<tr>
<th>When</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>November –</td>
<td>Promote program in unit, recruiting crew members (6 scouts &amp; 2 adults)</td>
</tr>
<tr>
<td>January</td>
<td>Collect $125 deposit from every crew member</td>
</tr>
<tr>
<td></td>
<td>Secure crew slot(s) with a Reservation Request and a deposit/crew</td>
</tr>
<tr>
<td></td>
<td>Distribute Personal Gear List to crew members</td>
</tr>
<tr>
<td>January</td>
<td>Crew(s) should meet and elect a Crew Leader and other crew positions</td>
</tr>
<tr>
<td></td>
<td>Advisors and Crew Leader should attend Leader Orientation Meeting</td>
</tr>
<tr>
<td></td>
<td>Crew members should make next $100 payment</td>
</tr>
<tr>
<td>February</td>
<td>Advisors and Crew Leader(s) should attend the Trip Planning and Route Selection meeting (all crew members welcome)</td>
</tr>
<tr>
<td></td>
<td>File your Crew Itinerary Worksheet</td>
</tr>
<tr>
<td></td>
<td>File your Food Selection Worksheet</td>
</tr>
<tr>
<td></td>
<td>Submit your Crew Roster (with Tee-shirt sizes)</td>
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<tr>
<td></td>
<td>Crew members should make next $100 payment</td>
</tr>
<tr>
<td>March - April</td>
<td>Swim test at local pool or council-organized event</td>
</tr>
<tr>
<td></td>
<td>File your Tour Permit</td>
</tr>
<tr>
<td></td>
<td>Start collecting completed health forms and permission slips</td>
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<td></td>
<td>Hold first Personal Gear Shakedown with crew, helping crew members make decisions about appropriate gear</td>
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<tr>
<td></td>
<td>Hold backcountry scout skills training sessions with your crew(s), using the Voyageur Handbook as a guide to instruct various required skills</td>
</tr>
<tr>
<td></td>
<td>Create duty roster</td>
</tr>
<tr>
<td></td>
<td>Crew members should make final $100 payment</td>
</tr>
<tr>
<td>May</td>
<td>Continue backcountry scout skills</td>
</tr>
<tr>
<td></td>
<td>Take crew canoeing and practice basic strokes and canoe control skills</td>
</tr>
<tr>
<td></td>
<td>All payments made to GNFC</td>
</tr>
<tr>
<td>June</td>
<td>All crew members should attend Outdoor Shakedown event</td>
</tr>
<tr>
<td></td>
<td>Final personal gear shakedown</td>
</tr>
<tr>
<td></td>
<td>All health forms, permission slips, and copies of birth certificates, passports or other ID should be collected and organized per-car</td>
</tr>
<tr>
<td></td>
<td>Make copies of all materials</td>
</tr>
<tr>
<td></td>
<td>Leave one copy of crew materials with a contact in unit/council</td>
</tr>
<tr>
<td></td>
<td>Pack a second set to take on expedition</td>
</tr>
<tr>
<td>July</td>
<td>Pick-up crew foodstuffs from GNFC offices (in-council crews) or make arrangements for food drop-off elsewhere</td>
</tr>
<tr>
<td></td>
<td>Depart for your Birchbark Expedition!!</td>
</tr>
<tr>
<td>When</td>
<td>What</td>
</tr>
<tr>
<td>----------------------</td>
<td>-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>December</strong></td>
<td><strong>Information Night &amp; Reunion</strong></td>
</tr>
<tr>
<td></td>
<td><em>For interested Units-Parents and Adult and Youth Leaders. Meet the Staff and Guides.</em></td>
</tr>
<tr>
<td><strong>JANUARY</strong></td>
<td><strong>Advisor Orientation Meeting</strong></td>
</tr>
<tr>
<td></td>
<td><em>A “Train the Trainer” event designed for crew advisors (adults) and crew leaders (youth) that will be overseeing the crew training and expedition planning. Covers the responsibilities and preparation process, paperwork and personal gear required to successfully participate in a Birchbark Expedition.</em></td>
</tr>
<tr>
<td><strong>FEBRUARY</strong></td>
<td><strong>Trip Planning &amp; Route Selection</strong></td>
</tr>
<tr>
<td></td>
<td><em>Crews have an opportunity to review their itinerary plans with a guide, then file their plans along with their menu and tee-shirt orders.</em></td>
</tr>
<tr>
<td><strong>MARCH</strong></td>
<td><strong>University of Scouting</strong></td>
</tr>
<tr>
<td></td>
<td><em>Attend Backcountry Skills, First Aid, Navigation and other sessions at regional University Scouting</em></td>
</tr>
<tr>
<td><strong>APRIL / MAY</strong></td>
<td><strong>Advisor Led Crew Training</strong></td>
</tr>
<tr>
<td></td>
<td><em>On their own time crews should work on the back-country skills as outlined in the training materials, practicing their skills</em></td>
</tr>
<tr>
<td><strong>JUNE</strong></td>
<td><strong>Outdoor Canoe Trip Shakedown</strong></td>
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<tr>
<td></td>
<td><em>Mandatory for local crews, this day-long training event gives crews a chance to practice their skills in a simulated “day in Algonquin”.</em></td>
</tr>
<tr>
<td></td>
<td><strong>Food Pick-up and Check</strong> (local crews only)</td>
</tr>
<tr>
<td></td>
<td><em>Local crews will pick-up their food and cooking supplies, verifying contents. Out-of-council crews will have special arrangements made.</em></td>
</tr>
<tr>
<td><strong>JULY</strong></td>
<td><strong>Final Personal Gear Shakedown</strong></td>
</tr>
<tr>
<td></td>
<td><em>A final opportunity for crews to check their personal gear and pack their food in canoe packs, ready to head into Algonquin.</em></td>
</tr>
</tbody>
</table>

**Precise dates and locations for each season can be found listed at:**

[http://www.wnyscouting.org/birchbark](http://www.wnyscouting.org/birchbark)
Meeting is for:
All Adult Leaders, interested Parents, and Youth Leaders from each crew.

Date and Time:
See the Birchbark Expeditions Web Site for this season’s training dates and location:

www.wnyscouting.org/birchbark

Please Bring with You:
- Enthusiasm

Handouts to be given at Meeting:
1. Birchbark Expeditions Tri-fold Brochure
2. Future Training Dates
3. Equipment List

Topics:
- Welcome!
- Voyageur Song
- Introductions to the Staff and Guides
  Get to know the people helping you execute your Birchbark Expeditions adventure
- Program Overview Presentation
  Highlights of the program, what to expect and an overview of preparation expectations
- Video: Crew Expedition
  Follow along as a crew takes you on their Birchbark Expedition!
- Reservations for next year
  Sign-up sheet for next summer’s trips
- Crew-gear hands-on
  See some of the crew gear used during a Birchbark Expedition
- Tasty Snack!
  (A well-fed crew is a happy crew)
- Round Robin
  What do YOU hope to get from your trip?
- Voyageur Song
- Questions & Answers

DECEMBER
INFORMATION NIGHT & REUNION

To Do:
- Mark your calendar
- Bring adults and youth leaders
### JANUARY ORIENTATION MEETING

**Meeting is for:**
All Adult Advisors, interested Parents, and Youth Leaders from each crew.

**Date and Time:**
See the Birchbark Expeditions Web Site for this season’s training dates and location:

[www.wnyscouting.org/birchbark](http://www.wnyscouting.org/birchbark)

**Please Bring with You:**
- Notebook

**Handouts to be given at Meeting:**
1. Advisor Handbook
2. Canoe Routes of Algonquin book
3. Voyageur Handbook
4. Algonquin Park Map
5. Algonquin Information Newspaper

<table>
<thead>
<tr>
<th>Time</th>
<th>Topics</th>
</tr>
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</table>
| 7:00 | Training Outline  
Goal and objectives of the training sessions |
| 8:00 | Materials Hand-out and Overview  
Needed materials and resources |
| 9:00 | Canadian Customs  
Passports and Border Crossing regulations. |
|      | Medical Forms |
|      | Red Cross Wilderness First Aid Course  
Sign-up sheet for the Course |
|      | Travel Itinerary  
To Sainte-Marie, and to Algonquin |
|      | Physical Conditioning  
Issues for adults and youth |
|      | Swim Skills  
Training and testing your crew members |
|      | Safe Swim Defense and Safety Afloat  
Offered on-line |
|      | Equipment  
Personal Gear instruction |
|      | Food Selection Process |
|      | Canoe Routes / Itinerary Selection Process  
Canoe Routes of Algonquin book  
Reservation System,  
Algonquin Park Maps, Chrismar Maps |
|      | Finances |
|      | Questions & Answers |

**To Do:**
- Mark your calendar
- Bring adults and youth leaders
Meeting is for:
All Adult Leaders, interested Parents, and Youth Leaders from each crew.

Date and Time:
See the Birchbark Expeditions Web Site for this season’s training dates and location:

www.wnyscouting.org/birchbark

Please Bring with You:
- Notebook
- Proposed Algonquin Canoe Trip Itinerary
- Menu Selection

Handouts to be given at Meeting:
1. Birchbark Expeditions Leader Travel File

<table>
<thead>
<tr>
<th>Time</th>
<th>Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:10</td>
<td><strong>Leave No Trace Tripping</strong> (Whole Group)</td>
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<tr>
<td></td>
<td>(10 min)</td>
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<tr>
<td></td>
<td>▪ Plan ahead and prepare</td>
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<tr>
<td></td>
<td>▪ Travel and camp on durable surfaces</td>
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<tr>
<td></td>
<td>▪ Dispose of waste properly</td>
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<td></td>
<td>▪ Leave what you find</td>
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<tr>
<td></td>
<td>▪ Minimize campfire impact</td>
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<tr>
<td></td>
<td>▪ Respect wildlife</td>
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<tr>
<td></td>
<td>▪ Be considerate of others</td>
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<tr>
<td>7:20</td>
<td><strong>The Risk Zone</strong> (15 min)</td>
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<tr>
<td></td>
<td>▪ Adults Beware</td>
</tr>
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<td></td>
<td>▪ Don’t Drive Drowsy</td>
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<td></td>
<td>▪ Get sleep the night before, Rest stops, breaks</td>
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<tr>
<td></td>
<td>▪ Go slow days 1 and 2, Friday at Algonquin</td>
</tr>
<tr>
<td>7:35</td>
<td><strong>Menu Selection</strong> (15 min)</td>
</tr>
<tr>
<td></td>
<td>▪ Finalize Selection, Turn into Guides</td>
</tr>
<tr>
<td>7:50</td>
<td><strong>Canoe Trip Itinerary Selection</strong></td>
</tr>
<tr>
<td></td>
<td>Finalize Routes (subject to review by Director and Guides), Turn into Guides for reservation booking.</td>
</tr>
<tr>
<td>8:05</td>
<td><strong>Tee-Shirt Order Submission</strong></td>
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<tr>
<td>8:15</td>
<td><strong>Travel Binder Preparations</strong></td>
</tr>
<tr>
<td></td>
<td>▪ Roster</td>
</tr>
<tr>
<td></td>
<td>▪ Medical Forms</td>
</tr>
<tr>
<td></td>
<td>▪ Passports / IDs</td>
</tr>
<tr>
<td></td>
<td>▪ Permission forms</td>
</tr>
<tr>
<td>8:30</td>
<td><strong>Future Training</strong></td>
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<tr>
<td></td>
<td>▪ University of Scouting Sessions</td>
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<td></td>
<td>▪ Wilderness First-Aid</td>
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<td></td>
<td>▪ Water Shakedown</td>
</tr>
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<td></td>
<td>▪ Food Pickup</td>
</tr>
</tbody>
</table>
**Meeting is for:**
FOR ALL YOUTH AND ADULTS
This is a VERY IMPORTANT training session!

**Date and Time:**
See the Birchbark Expeditions Web Site for this season’s training dates and location:

[www.wnyscouting.org/birchbark](http://www.wnyscouting.org/birchbark)

**Please Bring with You:**
- **Pack**, completely packed. You will throw it into the lake for a 1-hour waterproofing test.
- **Rope** – 8-foot shank for knot tying
- **Compass**
- **Medical Exam**, completed
- **Parental permission form**, completed
- **Water shoes**. Your water shoes will get wet. An old pair of sneakers is fine.
- **Change of clothes**. We are NOT planning on swamping, but it is wise to have a change.
- **Lunch**
- **A hearty snack.**
- **TARP and ropes** for your troop/crew

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**JUNE**
**OUTDOOR CANOE TRIP SHAKEDOWN FOR ALL YOUTH AND ADULTS**

**To Do:**
- Mark your calendar!! Very important Shakedown
- Bring materials listed on left

**Topics:**
- **Crew Tarp Setup**
- **Voyageur Songs**
- **Canoe Skills Part I** –
  “The Magic of Paddling”
  Strokes: Forward, Bow Draw, Cross Bow Draw, Sweep, Skulling, Back Stroke, Reverse Sweep, J-Stroke, Stern Draw, Stern Pry
- **Canoe Skills Part II** –
  “Let’s Paddle”
  Pivots, Sideslip, J-Stroke, Changing positions while afloat. 100-yard paddle.
- **Camp Skills** –
  “Pack Dunk, Bear Bag, Tie the Fly”
  Gear Dunk Test, Duluth Packs, Packing personal equipment. Tarp pitching. Bear bags.
- **Portaging** –
  “Lake to Lake”
  Landing at a portage; The “Gear Pile”. Portage Yoke. One-man carry; two-man carry. Launching at the next lake. Voyageur knots
- **Safety Issues in Canoe Tripping**
  Rough Water Canoeing; Safe Swim Defense; Safety Afloat
- **Wilderness Camping Technique**
  Emergencies, signalling, evacuation. Water purification, filters and chemicals, Steri-Pens. Paddling tips: kneeling pads, rubber bands, hats, sungalsses, nylon-blend clothing. Permethrin and DEET.
- **Personal Gear Review & Demonstration**
  An opportunity to see an example collection of personal gear and ask questions about your crew’s selections.
Canoe Tripping is a sport that can become a lifelong avocation. It can lead you to places only accessible to true wilderness adventurers. We have assembled here a solid training program that your Unit can use at home to prepare for a Northwoods trip. This *Training for Adventure* program is designed to take many months to complete. Enjoy the process; you’ll probably find out that no matter how experienced you are, there is still room to improve!

<p>| | | | | |</p>
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<tr>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Date</td>
<td>Location</td>
<td><strong>Canoe Lore</strong></td>
<td>Canoe types, Duluth packs, food packs, slide show, Presentation by Birchbark Expeditions Guide</td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td><strong>Equipment</strong></td>
<td>Personal equipment list, tents, sleeping bags, Crew equipment.</td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td><strong>Knots</strong></td>
<td>Tie the 8½ Voyageur Knots blindfolded and behind your back. Practice one knot each week. Test at the end. Bear Bag. 50’ Rope toss.</td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
<td><strong>First Aid</strong></td>
<td>Red Cross WILDERNESS First Aid Course, emergency protocols, evacuation planning</td>
</tr>
<tr>
<td>6.</td>
<td>Inside / outside</td>
<td></td>
<td><strong>Map &amp; Compass</strong></td>
<td>Orient a map; map symbols, take degree readings, measuring pace, take a back azimuth to find position, bushwhack off trail for 1 mile.</td>
</tr>
<tr>
<td>7.</td>
<td>Inside / outside</td>
<td></td>
<td><strong>Woods Tools</strong></td>
<td>Tote-n-chip, split a 3-inch log, knife, ax and saw safety.</td>
</tr>
<tr>
<td>9.</td>
<td>pool</td>
<td></td>
<td><strong>Swimming</strong></td>
<td>Use a community pool for practice. 100 yard swim test.</td>
</tr>
<tr>
<td>10.</td>
<td>Inside / outside</td>
<td></td>
<td><strong>Tent Pitching</strong></td>
<td>Pitch the tent in daylight-one person. Pitch in darkness-two people</td>
</tr>
<tr>
<td>11.</td>
<td>outside</td>
<td></td>
<td><strong>Trail Tarp</strong></td>
<td>Rigging a trail tarp “lean-to” style. Rigging a “James Bay Tarp,” Bowline, taut line hitch, sheet bend, Pierre’s slippery hitch, daisy chain</td>
</tr>
<tr>
<td>12.</td>
<td></td>
<td></td>
<td><strong>Food</strong></td>
<td>Nutrition for canoeing, supermarket shopping for the trail, can/bottle ban</td>
</tr>
<tr>
<td>15.</td>
<td></td>
<td></td>
<td><strong>Personal Equipment Shakedown</strong></td>
<td>Thorough and final check of all your personal equipment for size and appropriateness.</td>
</tr>
</tbody>
</table>
Now that you are planning a canoe trip, it is a great time to bring your training up-to-date. The purpose of training is to prepare you for traveling safely in the woods.

Held in March every year at various locations, the University of Scouting event is an excellent resource to augment your training.

GET YOUR CREDENTIALS!

To Do:
- Set up time for Red Cross Wilderness First Aid
- Block out time for Online training

American Red Cross Training
- Cardio-Pulmonary Resuscitation (CPR) (one adult should be currently trained in CPR)
- Wilderness First Aid (recommended, but not required)

BSA Training
- Safe Swim Defense (offered online)
- Safety Afloat (offered online)
- Hazardous Weather (offered online)
- Youth Protection (offered online-required for adults)
- GNFC Liquid Fuels (offered at University of Scouting)
- BSA Lifeguard (recommended, but not required)
- BSA Paddle Craft Safety (may be offered by your Guide on your trip)
- BSA Lifeguard (recommended, but not required)
- BSA Swimming and Water Rescue (recommended, but not required)

Check out the following websites for BSA online training:
www.wnyscouting.org
www.myscouting.org
# Personal Gear List

## Wear in the Canoe
- Hat with brim
- Wicking T-Shirt
- Light Long Sleeve Shirt (bugs, sun)
- Wicking Underwear
- 1 Pair Shorts (nylon)
- Belt (nylon)
- Wool Socks
- Watershoes – (closed toe sandals)
- Bandanna
- Watch (optional)
- Eyeglasses w/ Sport Strap
- Grocery Bag for organizing clothes to wear on Day 1

## Extra Clothing
- 20L Dry Bag for packing clothing
- Long Pants (nylon blend)
- Fleece Jacket
- Knit Cap
- 1 Wicking T-Shirt
- 1 Wicking Undershorts
- 1 Bandana (also use for first aid)
- 2 Good Pairs Wool Blend Socks
- Camp Shoes (pair of old sneakers)

## Fanny Pack/Day Pack
(1/person for essentials)
- Sunglasses w/ Sport Strap
- Small Note Book w/ pencil*
- Medication* (give to leader)
- Sunblock #30 or #45
- 1/2 roll Toilet Paper*
- Water bottle-1 quart (nalgene)
- Rain Jacket (NO PONCHOS)
- Drinking Cup (12-ounce size)
- Spoon and Bowl
- Pocket Knife
- Matches/Lighter*
- Chapstick
- Whistle
- Bug repellent
- Head Net (optional)
- Small map*
- Camera (waterproof)*
- Extra battery for camera*
- Headlamp (waterproof)
- …with extra Batteries
- 10’ piece of paracord
* Protect these items from wetness with a sturdy zip-lock bag or other water-tight container.

## Wash Kit
(Share with buddy)
- Small bottle Camp Suds- (biodegrades)
- Tooth Paste (sample size)
- Desenex Powder
- Hand Cream (sample size)
- Comb or brush
- Small Pack Towel-microfiber sports towel or “Sham-Wow”

## Miscellaneous
- Swim Trunks
- 2 heavy duty 30-gal plastic bags

## Travel / Night Before
(leave in car)
- Gym Bag for gear
- Uniform (wear on Saturday)
- Clothes for ride home
- After-trek towel, shaving kit & toiletries
- $40 cash for souvenirs, meals
- Sharpie permanent marker

## DO NOT BRING
- Aerosol Cans (danger of puncture)
- Ponchos (dangerous in water)
- Illegal Drugs / Alcohol
- Fireworks
- Firearms or Weapons

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YOUR CREW SHOULD BRING:
- First Aid Kit, 2 compasses, 1 pair leather gloves, 200 feet of Nylon Parachute Cord, Extra Zip-lock Bags, duct tape, 6 x Extra heavy duty 39 gal plastic bags, & stick lighter.

BIRCHBARK EXPEDITIONS PROVIDES THE FOLLOWING:
The Duluth Pack

The favorite pack of canoe trippers is named for the city in Minnesota where it was first manufactured. A Duluth Pack pack is made large, to carry lots of gear. It has soft sides to conform to the hull of your canoe; and it is frameless so it won’t puncture the canoe body. Birchbark Expeditions uses a high quality nylon version of the famous Duluth pack.

Space Limitation

The Voyageurs of old were limited to a small pack of personal items, the size of a modern day airline carry-on case. Space in the canoe was needed for hauling trade goods. If a man was taller than five feet six inches, he could not become a Voyageur. His legs took up too much space! Today, tall Scouts are welcome on trips, but gear still must pass the size test.

Dry Bags

Bring one 20L or two smaller compressable dry bags. All your belongings should fit into the dry bag(s). Compression dry bags are very helpful for packing.

Dry Bag #1 - Your Sleeping Bag

Put your sleeping bag and any sleeping cloths in one of the dry bags. Squeeze the air out before closing the dry bag, making sure you get three full folds of the entry before closing.

Dry Bag #2 - your Clothing

To keep your gear dry follow this foolproof method:

1. Pack your clothing in sets in separate plastic bags. Each bag has one set of clothes. Squeeze out all air. Zip-lock bags work well.
2. Put all these bags inside a your dry bag.
3. Give the dry bag a good squeeze, forcing the air out, then close the dry bag.
4. Put the dry bag(s) inside your Duluth Pack.

Fanny Pack

Many guides like to bring a fanny pack for their water bottle, sun glasses, raincoat and sundries. The loaded fanny pack should weigh just a few pounds, because you will carry it with a Duluth Pack on the portages. A lightweight carabiner will allow you to clip the fanny pack to a thwart while canoeing.

Watch out for “Dangles”

All items should be packed inside your packs. Tying items onto the outside of a pack make it difficult to load and unload your equipment in the canoe and may damage the equipment.

Hold a personal equipment shakedown.

A few days before your canoe trip, lay out personal equipment so everything can be seen at once. Check against checklist. Make sure you have all the essential items; there is no store on the trail. Remember that extra unnecessary items carried by one person put an additional burden on everyone else.

Travel Clothes

In one bag, place your backcountry gear - a fabric grocery bag works well for this. In a separate bag, pack your travel-home clothes, shower sundries and towel. This keeps them dry and minimizes mix-ups prior to the trip. Bring extra plastic bags. Heavy duty bags are best.

Packing the Duluth Pack for Three (3) Persons.

Approximate weight: 50 pounds. 30"W by 36"H.
Stuff Sacks or Dry Bags for personal gear and sleeping bags each measure 10” x 18” or less.
Specialized Canoe Tripping Equipment

It is our intention to provide all crews participating in Birchbark Expeditions BSA state-of-the-art equipment. All equipment has been extensively field tested, and we believe it to be of the highest quality and durability. We hope the equipment issued to you enhances the enjoyment of your trip. The value of each crew’s equipment is over $6,000, and we appreciate your taking good care of it, so the next crew can also find it in excellent shape.

Crew-supplied Crew Gear
(not supplied by Birchbark Expeditions BSA):

-  Crew First Aid Kit
-  200’ Nylon 1/8 inch Parachute Cord (for tying tarps and camp use)
-  Lightweight Ax (optional)
-  Cell Phone in waterproof case (optional)

Equipment Provided by Birchbark Expeditions

-  $4,500  17’ Old Town Penobscot Tripping Canoes (3)
-  $  300  Paddles (11)
-  $  400  Life Jackets (8)
-  $  750  Eureka 3-man Timberline Tents (3)
-  $  150  BSA 12’ x 12’ Dining Fly (1)
-  $  100  Gas Stoves (2)
-  $  200  Kelly Kettles (2)
-  $  20  Stove Grate (1)
-  $  50  Fuel Bottles (4)
-  $  20  Folding Saw (1)
-  $ 100  Cook Kit - pots and pans (1 kit)
-  $  20  Chef Kit – spoon, ladle, spatula (1 kit)
-  $  80  Water Purification System
-  $  15  50’ Bear Bag Ropes (2)
-  $  15  5/16 Bear Bag Pulleys (3)
-  $  20  Messenger weight and line

~ $6,000  TOTAL VALUE OF CREW EQUIPMENT

NOTE: Equipment Agreement

Each crew is asked to return equipment in good condition. A crew may be charged for abuse of equipment (other than normal wear and tear).
Important Notes regarding First Aid supplies
Certain medical emergencies should be carefully prepared for:
- **Medications.** All the leaders will want to be aware of prescription medications taken by everyone, including the other leaders.
- **Diabetes** must be monitored carefully. High energy consumption due to intense physical activity may cause blood sugars to drop more than at home.
- **Allergic Reactions.** The person allergic should carry an *unexpired* EPIpen, and the Adult leader should also carry a spare. The allergic person should consult his doctor about the advisability of also using an antihystamine in conjunction with the EPIpen.

First Aid Kit Supplies
*(Not supplied by Birchbark Expeditions):* Your crew first aid kit should weigh under 4 pounds. Here are items other crews have carried with them. You may want to adapt the items for your own crew.

**Common Prescription Medications used:**
The leader may (but is not required to) carry and dispense all prescription and over the counter medications.
- Asthma inhalers
- Bee-sting kits (Epi-pens) carry two (2)
- ADD / ADHD medications
- Anxiety medication
- Diabetes medication
- Blood pressure medication
- Cholesterol medication

---

**Crew First Aid Kit**

**To Do:**
- Assemble Crew First Aid Kit
- List Crew Members’ medications

**MEDICAL INFORMATION**
- 1...Small first aid handbook and Pencil
- 2...Patient assessment form
- 2...Evacuation forms

**MEDICATIONS (OVER THE COUNTER)**
- 20...Ibuprofen (anti-inflammatory)
- 20...Tylenol (headaches)
- 20...Aspirin (blood thinner for suspected strokes)
- 1...Glucose Paste (glucose) for diabetics
- 1...Afterbite sting and itch relief wipe
- 2...Packets powdered Gatorade (electrolytes for leg cramps and heat exhaustion)

**ESSENTIALS**
- 1...Sam splint 4” x 36”
- 1...CPR face shield
- 1...EMT shears
- 1...Tweezers
- 1...Nail Clippers
- 1...Nail File
- 1...Magnifying Glass
- 1...Duct tape 2” x 5 yards
- 3...safety pins

**WOUND CARE**
- 1...Triple Antibiotic Ointment
- 2...Gloves
- 2...Hand wipes
- 1...Syringe or plastic bag (for wound cleaning)
- 1...Small bottle hand sanitizer
- 20...Band aids assorted

**BANDAGE MATERIALS**
- 1...Trauma Pad 5” x 9”
- 1...Trauma Pad 8” x 10”
- 8...Sterile Gauze Dressing 4” x 4”
- 8...Sterile Gauze Dressing 2” x 2”
- 1...Sterile Conforming Gauze Roll 3”
- 1...Sterile Eye pad
- 1...Triangular Bandage
- 1...Tape 1” x 10 yards
- 1...Ace Elastic Bandage 3”

**BLISTER / BURN CARE**
- 1...“Second Skin” dressing 3” x 4”
- 1...Molefoam 5” x 6”
- 1...Moleskin 4” x 7”

**LEECHES**
- 1...Salt Shaker-small (salt removes leeches)
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**Breakfasts**

1. Pop Tarts, Instant Oatmeal, hot cocoa, Tang. (Bulky & Heavy - best for Monday & Saturday AM) **◆◆**
2. Pancakes, precooked bacon, maple syrup, cook spray (Requires cooking) ◆
3. Plain granola, powder milk, hot cocoa◆
4. Cranberry raisin granola, powder milk, hot cocoa. ◆◆

**Lunches**

1. Peanut butter and squeeze jelly on pita bread with fruit snack packs (Bulky & Heavy) ◆
2. Triscuits crackers, stick pepperoni, peanut packages ◆
3. Triscuits crackers, tuna salad packages, summer sausage◆
4. Peanut pkgs(9), granola bars(9), summer sausage, fruit snacks◆
5. Black beans and rice wraps (Requires cooking - prepare during morning breakfast) ◆◆

**Dinners**

All dinners include a side vegetable or soup, dessert and powdered drink

1. Chicken and Rice ◆
2. Beef Stroganoff ◆
3. Macaroni and Cheese ◆
4. Spaghetti and Sauce ◆
5. Sweet and sour pork w/rice ◆
6. Lasagna w/meat sauce ◆
7. Vegetable stew w/beef
8. Chicken teriyaki w/rice ◆
9. Chicken a la king
10. Chicken stew
11. Chicken alfredo
12. Chili mac w/beef◆

◆ indicates standard menu item for crews that fail to submit their menu selections by March 1st.

**Snacks - Crews will be provided a universal snack assortment consisting of:**

- 16 pkgs of fruit snacks
- 8 pkgs of Ramen Noodles
- 20 pkgs granola bars
- 1 Large bag of GORP (1.5-2 lbs)

**Birchbark Supplied Cleaning and Cooking Materials**

- 1 roll of paper towel
- 2 rolls of toilet paper
- 6 Turkey roaster bags
- Sponge, scrubbie & gloves
- Dishwashing Soap and Bleach
- Stove fuel cans 2 or 3 per crew
- 8 pkgs fryingpan bread - use at any meal
- Vegetable oil, for fryin bread and pancakes

**Suggested Crew-supplied Spices and Materials**

- Coffee/ tea
- Salt/ pepper
- Sugar/ Tabasco/ hot sauce
- Matches/Lighter
- Hand soap

Submit your Menu Plan at: February Route/Menu Planning Meeting or via email: birchbark@wnyscouting.org
Do We Have Enough Food?

That is a question that arises on every canoe trip. What should a good leader do?

Menu selections are designed to be more than adequate.

For the vast majority of Birchbark Expeditions BSA crews, meals are generally more than sufficient in quantity. It’s fairly common for crews to return to basecamp with uneaten snacks and side-dishes.

Beware! extra food adds weight very quickly. So think twice about adding another food pack to your crew gear.

How Do We Get Our Food?

For crews from Western New York, you will receive an email when your food is ready to pick-up (usually a few weeks before your expedition) with instructions on the pick-up location.

For crews outside Western New York, be sure to coordinate with your guide for delivery at Wye Marsh or Camp Stonehaven.

How Do We Pack Our Food?

Checking and packing your food is one of the activities on Saturday evening at Wye Marsh (see photo). The process takes place in the Community Room and starts by setting up two buffet tables end-to-end and laying out the food in the order that you will consume it, starting with Saturday morning, working through to the next Saturday morning. We recommend spreading the snacks throughout the week, usually packed with the breakfast for each day. All the dry goods, spices and cleaning supplies go with Monday’s dinner.

Once everything is layout and checked, it’s time to start packing:

Since Sunday’s dinner and the two Saturday breakfasts are eaten in basecamp, they should be put in a box, clearly marked with your crew number and set aside. (we recommend taking Friday dinner on the trail, just in case your expedition gets extended by bad weather)

All the cans of dehydrated food need to be opened (removing the oxygen absorber) and the contents of each are put into a supplied roaster bag and zip-tied closed. Remove the label from each can and put it and the respective roaster bag into a large zip-lock bag.

You will be provided five color-coded food pouches and two food canoe packs. Each of the pouches should be marked with a day of the week (Monday – Friday) Each day’s food should be put in the respective pouches, and loaded into the food canoe packs starting with Friday on the bottom. All the dry goods and cleaning supplies go in toward the top with Monday’s dinner.

Once all the packs are loaded, use a piece of tape and marker to label your packs with your crew number and which day’s food is in which pack.

Congratulations! Your food is ready for the trail!
# Day by Day Schedule

## Day 1
**Saturday**
- **Destination:** Sainte Marie among the Hurons
- 10:30 am: Check-in at Wye Marsh Nature Reserve Picnic Shelter (back of parking lot)
- 11:30 am: Tour Wye Marsh and Nature Center at your leisure
- 12:30 pm: Lunch at Sainte-Marie
- 1:30 pm: Program at Sainte-Marie – Living History
- 5:00 pm: Dinner at Sainte-Marie
- 6:00 pm: Evening Program at Sainte-Marie
- 7:30 pm: Mass / Scouts Own at Martyrs Shrine
- 9:00 pm: Final Shakedown

## Day 2
**Sunday**
- **Destination:** Whitefish Lake Campground / Birchbark Expeditions Base
- 7:00 am: Breakfast at Sainte-Marie
- 7:45 am: Medical Screening by Staff / Final Prescription Drug packing
- 12:00 noon: BUY LUNCH ON THE ROAD or at Algonquin Visitor Center
- 1:00 pm: Check-in at Whitefish Lake Campground / Guide Training
- 6:00 pm: Trail Dinner
- 8:00 pm: Opening Campfire

## Day 3
**Monday**
- **Destination:** Algonquin Interior
- 6:00 am: Trail Breakfast
- 8:00 am: Hit the Trail!

## Day 4, 5, 6
**Tuesday, Wednesday, Thursday**
- **Destination:** Interior Canoe Campsites

## Day 7
**Friday**
- **Destination:** Whitefish Lake Campsite / Birchbark Expeditions Base
- 1:00 pm: Crew program day in Algonquin
- 8:00 pm: Closing Campfire, Patches

## Day 8
**Saturday**
- **Destination:** HOME!
- 6:00 am: Trail Breakfast
- 8:00 am: Head for Home
- 12:00 noon: BUY LUNCH ON THE ROAD

### To Do:
- Follow the program for maximum enjoyment
- A Scout is Reverent – Bring Scouts to church services
### SUNDAY TO DO LIST

#### Leaving Saint-Marie

- **7:30 am** (before leaving Sainte-Marie)
  - **MEDICAL RECHECK**
    - Ask: “Any health changes since the medical was completed?”
    - Two leaders and the Guide should review the medical forms.
    - Keep one set of medicals IN THE CAR in case of emergency
    - Keep one set of medicals WITH YOU IN THE CANOE

- **7:30 am** (before leaving Sainte-Marie)
  - **MEDICINES**
    - Youth should give all medicines to the designated leader
    - Leader should know about all medicine distributions including Tylenol, Ibuprofen and other over the counter drugs
    - Leaders should let the other leader and Guide know where they keep their medicines

- **7:30 am** (before leaving Sainte-Marie)
  - **AUTO KEYS**
    - Double-waterproof one electronic key (in case of a canoe upset)
    - Or bring valet key with you on canoe trip. Be sure it opens car.
    - Keep one key with you on the canoe trip
    - Keep a second key in the other leader’s vehicle
    - Give each leader a roster with emergency phone contacts

- **7:30 am** (before leaving Sainte-Marie)
  - **TO DO LIST**
    - Things to buy in Huntsville, enroute to Algonquin
    - Food to buy
    - Equipment to buy
    - Gas up in Huntsville (you need about 150 miles of gas in your car when you reach Algonquin)

- **11:am** (Huntsville)
  - **HUNTSVILLE**
    - Gas in Huntsville
    - Food at A&P, Independent Food Mart
    - Equipment at Walmart, Canadian Tire
    - Tripping equipment at Algonquin Outfitters, Langford Canoe

- **12:00** (Algonquin)
  - **ALGONQUIN**
    - Roster of crew members
    - Automobile licenses (including your Guide’s auto plate number)
    - Stop at Access Point to confirm reservation for the Interior
    - Visit the magnificent Nature Center in Algonquin

- **1:30** (Base Camp)
  - **BASE CAMP**
    - Base Camp: Arrive at 1:30 pm ready to go
    - Crew Equipment will be issued
    - Canoe practice
    - First evening’s meal
Importance of Friday. Leaving for home on Saturday, after a day of rest on Friday provides many advantages for your crew.

- **Hot Showers** are welcome after a week in the northwoods. Canoe Lake, Rock Lake, Opeongo Lake and Whitefish Lake all have clean, tiled shower facilities.

- **Safety – A Chance to rest.** If they leave on Saturday, then they can get an early start and drive fresh, as opposed to traveling 300 miles on Friday afternoon, through Toronto traffic, after a long day of paddling.

- **Avoid the Risk Zone.** It is not prudent to drive through heavy Toronto traffic if you are physically exhausted. Wait till early Saturday morning to leave, and enjoy Algonquin for one more day!

- **Opportunity for a longer trip.** Several crews have been anxious to get on the canoe trail early. Instead of foregoing the terrific program day at Sainte Marie, a crew can get an extra day of paddling in on Friday. It is a great opportunity to spend an extra day in the Interior, because they have a place to land and camp at Whitefish Lake on Friday night.

- **Equipment Cleanup.** Each crew should take 45 minutes to wash out the canoes, and hang the life vests and packs out to dry for the next week’s groups.

FRIDAY IN ALGONQUIN

To Do:
- Select your Friday afternoon program

- **Restaurant Dinner.** The Portage Store at Canoe Lake, and the Mad Musher in Whitney are both about 15 minutes from Whitefish Lake. They offer good meals at reasonable prices, and the crew can spend an extra few minutes at the outfitter on Canoe Lake or at Opeongo Outfitters in Whitney.

- **Algonquin’s Outstanding Program Opportunities.** The park has done the program work for us. Friday may give just that chance to take in some of the Highway 60 Corridor. Usually a canoe trip does not allow time to take in a museum or trail, but Friday afternoon may provide a fine opportunity to do so.

- **Algonquin Loggers Museum.** It would take a couple of hours to tour the Loggers Museum, and would be a good way to take in the program features so wonderfully prepared by the Park, at no additional cost.

- **Hiking Trails.** Booth Rock Trail, Centennial Ridges Trail, Spruce Bog Walk, Hardwood Forest Trail, Tall Pines Trail—these are superb interpretive hiking trails in Algonquin. Most trails take about an hour or two to hike.

- **Closing Campfire.** At the closing campfire patches are presented to the participants and the Voyageur Baptism is performed.

- **Algonquin’s Evening Programs** are usually free. Wolf howling, Wakami Wailers, Slide shows. The theater is only a few minutes from Whitefish.

- **Conservation Good Turn.** Friday may be a good time to perform a 1-hour service project for the Park. Make arrangements ahead of time with the Park.
BSA Registered Scout, Venturer or Leader

Scouts and Scouters from the Greater Niagara Frontier Council (GNFC) are covered under an excess claims policy, provided the participant is registered with the GNFC or with the BSA. That is why it is important that EVERY participant be a registered member of the Boy Scouts of America.

If you are from outside the Greater Niagara Frontier Council, you will need to provide proof of registration with the Boy Scouts of America.

BSA Accident Insurance

GNFC members are covered by the GNFC policy with their registration. You will not need a copy of your GNFC insurance, as the Council has the information.

If you are from another Scout Council, you will need to bring a copy of your Council’s or Unit’s accident insurance coverage.

Auto Insurance in Canada

A Canadian Auto Insurance ID Card gives evidence that your United States auto policy covers you while traveling in Canada. Call your insurance carrier about coverage in Canada, and they will send you a card. Usually there is no charge for the Canadian ID Card.

Province of Ontario Auto Insurance required minimums are higher than New York State minimums.

- Ontario requires $200,000 minimum liability coverage. Ask your own company if you will be covered in Canada.
- The BSA requires each car to have minimum coverage of $50,000 per person / $100,000 per accident / $50,000 property.
- It is prudent to consider carrying even more liability coverage (or perhaps an umbrella policy) because there are often multiple passengers in your vehicle, and because of Ontario’s higher claims patterns.
- Note: in Ontario, not only the driver but also the owner of the vehicle is liable when an accident is caused with his vehicle. Be sure you give permission to drive your car only to competent drivers

Hospitalization

Emergency evacuation, (for example, an air evacuation from a remote site) may be covered by your medical insurance company. Check ahead of time with your medical insurance carrier. You may also wish to ask your insurance company if there are any restrictions on receiving medical care in Canada. Each person should have a copy of his or her medical insurance ID card.

Credit Card for Emergency Care

Canadian Hospitals do not normally accept USA medical coverage, because they have a different health care system than the United States. In case medical treatment is necessary, generally the hospital will require payment by a credit card. Keep the receipts. Then your US medical care company will usually reimburse you for covered expenses.

Carry In Your Canoe

The adult leader should carry in his canoe these items in the event an evacuation is necessary:
- Medical Forms
- Permission Forms
- Credit Card
- Keys to your vehicle(s)
- Cell Phone (For use on Highway 60. Note that there is no reception in most of the Algonquin interior)
Travel to Canada

(A) Rules for Adults - AGE 19 AND ABOVE

An Adult will need a Passport, Passport Card, Enhanced Drivers License or NEXUS Pass.

Passports can be obtained at many US post offices. Enhanced Drivers Licenses can be obtained at the Department of Motor Vehicles.

(B) Rules for Youth - UNDER AGE 19

Traveling with Boy Scouts

A Youth traveling with a Scout Unit will need a copy of his or her birth certificate and government ID (a school-issued ID is sufficient).

Each crew will also need a letter on troop letterhead, listing those participating and include their parent’s names and telephone numbers (see sample on the next page)

We recommend that parents who share custody of their children carry copies of their legal custody documents, such as custody rights. If you share custody and the other parent is not travelling with you, or if you are travelling with minors for whom you are not the parent or legal guardian, we recommend you carry a consent letter to provide authorization for you to take them on a trip and enter Canada. A consent letter must include the custodial parents' or legal guardians' full name, address and telephone number.

Parents should travel in the same vehicle with their youth.

CANADA
PASSPORTS & BORDER CROSSING

To Do:

☐ US-Canada Bridge Traffic Information 1-800-715-6722
☐ Adults: get your passports ASAP
☐ Youth: bring birth certificates and Picture ID and permission forms
☐ Fill gas tank before you reach the bridge

THIS INFORMATION IS CURRENT AS OF JANUARY 24, 2010

Carry with you in the car in which you travel:

- Certified copy of Birth Certificate (for youth)
- Parental Permission Form (for youth)
- Driver’s License (for drivers)
- Passports/Passport Cards/Enhanced Drivers Licenses for Adults

Department of Homeland Security Website

For up-to-date border crossing information please go the Department of Homeland Security website: WWW.DHS.GOV Then go to Travel Security, then to Crossing US Borders and to Western Hemisphere Travel Initiative.

Phone Numbers:

Rainbow Bridge (Niagara Falls) 716-282-3141
Lewiston-Queenston Bridge 716-282-1400
Peace Bridge (Buffalo) 716-884-6744

US-Canada Bridge Traffic Information Hotline 1-800-715-622

NOTE: At times bridge traffic can back up, causing a 1 to 2 hour delay, especially during the August 1st Canadian civic holiday weekend.
SAMPLE CREW TRAVEL LETTER

(on Troop Letterhead)

<date>

To whom it may concern:

The following youth are members of Boy Scouts of America, Troop <troop #>:

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<tr>
<th>Youth</th>
<th>Parent’s Name(s)</th>
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The aforementioned scouts are traveling as a youth group from <town, state> to Midland, Ontario and Algonquin Provincial Park, Ontario from <dates of expedition>. The youth are traveling under the direct supervision of the following adult advisors:

<list of adults>

Please facilitate their passage to/from Canada without delay.

Sincerely,

__________________________

<name>
Scoutmaster
HEALTH AND SAFETY FORM AND NOTICE

Form can be found at: http://www.scouting.org/filestore/HealthSafety/pdf/680-001_ABC.pdf

Part A: Informed Consent, Release Agreement, and Authorization

Full name: __________________________
Date of birth: ________________________

Informed Consent, Release Agreement, and Authorization

I understand that participation in Scouting activities involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. Information about these activities may be obtained from the venue, activity coordinators, or your local council. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.

In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to receive proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CPI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.102, 164.501, et seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up communication with the participant’s parents or guardian, or/determination of the participant’s ability to continue in the program activities.

If applicable, I have carefully considered the risk involved and hereby give my informed consent for my child to participate in all activities offered in the program. I further authorize the sharing of the information on this form with any BSA volunteers or professionals who need to know of medical conditions that may require special consideration in conducting Scouting activities.

With appreciation of the dangers and risks associated with programs and activities, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with any program or activity.

I also hereby assign and grant to the local council and the Boy Scouts of America, as well as their authorized representatives, the right and permission to use and publish the photographs/videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication. I further authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the BSA, and I specifically waive any right to any compensation I may have for any of the foregoing.

Every person who furnishes any BB device to any minor, without the express or implied permission of the parent or legal guardian of the minor, is guilty of a misdemeanor. (California Penal Code Section 19915(a)) My signature below on this form indicates my permission.

I give permission for my child to use a BB device. (Note: Not all events will include BB devices.)

☐ Checking this box indicates DO NOT want your child to use a BB device.

NOTE: Due to the nature of programs and activities, the Boy Scouts of America and local councils cannot continually monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. However, so that leaders can be as familiar as possible with any limitations, list any restrictions imposed on a child participant in connection with programs or activities below.

List participant restrictions, if any: □ None

Complete this section for youth participants only:

Adults Authorized to Take Youth to and From Events:

You may designate at least one adult. Please include a phone number.

Name: ___________________________    Name: ___________________________
Phone: ___________________________    Phone: ___________________________

Adults NOT Authorized to Take Youth to and From Events:

Name: ___________________________    Name: ___________________________
Phone: ___________________________    Phone: ___________________________
Part B1: General Information/Health History

Full name: ____________________________  High-adventure base participants:

Date of birth: ________________________  Expedition/crew No. __________________

Age: __________  Gender: __________  Weight (lbs.): ________

Height (inches): ________  Address: ____________________________

City: __________________  State: __________  ZIP code: ________

Phone: __________________

Unit leader: __________________  Unit leader’s mobile #: __________________

Unit No.: __________  Health/Accident Insurance Company: __________________

Policy No.: __________

In case of emergency, notify the person below:

Name: __________________  Relationship: __________________

Address: __________________  Home phone: __________________

Other phone: __________________

Alternate contact name: __________________  Alternate’s phone: __________________

Health History

Do you currently have or have you ever been treated for any of the following?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Condition</th>
<th>Explain</th>
<th>Last HbA1c percentage and date:</th>
<th>Insulin pump: Yes ☐ No ☐</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐</td>
<td>☐</td>
<td>Diabetes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Hypertension (high blood pressure)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Adult or congenital heart disease/heart attack/angina/pain/heart murmur/arteriovascular disease. Any heart surgery or procedure. Explain all &quot;yes&quot; answers.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Family history of heart disease or any sudden heart-related death of a family member before age 50.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Stroke/VA</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Asthma/chronic airway disease</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Lung/respiratory disease</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>COPD</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Ear/nose/sinus problems</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Muscular/skeletal condition/muscle or bone issues</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Head injury/concussion/TBI</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Altitude sickness</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Psychiatric/psychological or emotional difficulties</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Neurological/behavioral disorders</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Blood disorders/inside blood disease</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Fainting spells and dizziness</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Kidney disease</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Seizures or epilepsy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Abdominal/stomach/digestive problems</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Thyroid disease</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Skin issues</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Obstructive sleep apnea/sleep disorders</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>CPAP: Yes ☐ No ☐</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>List all surgeries and hospitalizations</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>Last surgery date:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐</td>
<td>☐</td>
<td>List any other medical conditions not covered above</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Part B2: General Information/Health History**

Full name: ________________________________
Date of birth: ____________________________

**Allergies/Medications**

**DO YOU USE AN EPINEPHRINE AUTOINJECTOR? Exp. date (if yes)**

**DO YOU USE AN ASTHMA RESCUE INHALER? Exp. date (if yes)**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Allergies or Reactions</th>
<th>Explain</th>
<th>Yes</th>
<th>No</th>
<th>Allergies or Reactions</th>
<th>Explain</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Medication</td>
<td></td>
<td></td>
<td></td>
<td>Plants</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Food</td>
<td></td>
<td></td>
<td></td>
<td>Insect bites/stings</td>
<td></td>
</tr>
</tbody>
</table>

List all medications currently used, including any over-the-counter medications.

- Check here if no medications are routinely taken.
- If additional space is needed, please list on a separate sheet and attach.

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Frequency</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<td></td>
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<td></td>
</tr>
</tbody>
</table>

- Check here if non-prescription medication administration is authorized with these exceptions:

  Administration of the above medications is approved for youth by:

  ______________________________________________________________________

  Parent/Guardian signature: ____________________________

  MD/DO, NP, or PA signature (if your state requires signature): ______________

---

**Immunization**

The following immunizations are recommended. Tetanus immunization is required and must have been received within the last 10 years. If you had the disease, check the disease column and list the date. If immunized, check yes and provide the year received.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Med Disease</th>
<th>Immunization</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Tetanus</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pertussis</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Diphtheria</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Measles/mumps/rubella</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Polio</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chicken Pox</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hepatitis A</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hepatitis B</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Meningitis</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Influenza</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Other (i.e., HIB)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Exemption to immunizations (form required)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please list any additional information about your medical history:

________________________________________________________________________

**DO NOT WRITE IN THIS BOX.**

Review for camp or special activity:

Reviewed by: ____________________________
Date: ____________________________
Further approval required: [ ] Yes [ ] No
Reason: ____________________________
Approved by: ____________________________
Date: ____________________________
**Part C: Pre-Participation Physical**

This part must be completed by certified and licensed physicians (MD, DO), nurse practitioners, or physician assistants.

Full name: ________________________________

Date of birth: ______________________________

High-adventure base participants:
Expedition/crew No.: ________________________
Or staff position: ___________________________

You are being asked to certify that this individual has no contraindication for participation in a Scouting experience. For individuals who will be attending a high-adventure program, including one of the national high-adventure bases, please refer to the supplemental information on the following pages or the form provided by your patient. You can also visit www.scouting.org/health-and-safety/answers to view this information online.

Please fill in the following information:

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Medical restrictions to participate</th>
<th>Explain</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Allergies or Reactions</th>
<th>Explain</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Medication</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Food</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plants</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Insect bites/stings</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Height (inches)</th>
<th>Weight (lbs.)</th>
<th>BMI</th>
<th>Blood Pressure</th>
<th>Pulse</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

### Examiner’s Certification

I certify that I have reviewed the health history and examined this person and find no contraindications for participation in a Scouting experience. This participant (with noted restrictions):

<table>
<thead>
<tr>
<th>True</th>
<th>False</th>
<th>Explain</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Meets height/weight requirements.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Has no uncontrolled heart disease, lung disease, or hypertension.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Has no uncontrolled psychiatric disorders.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Has had no seizures in the last year.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Does not have poorly controlled diabetes.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>If planning to scuba dive, does not have diabetes, asthma, or seizures.</td>
</tr>
</tbody>
</table>

Examiner’s signature: ____________________________ Date: ____________________________

Address: ____________________________
City: ____________________________ State: ____________________________ ZIP code: ____________________________

Office phone: ____________________________

---

**Height/Weight Restrictions**

If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/accessible roadway, you may not be allowed to participate.

**Maximum weight for height:**

<table>
<thead>
<tr>
<th>Height (inches)</th>
<th>Max. Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>106</td>
</tr>
<tr>
<td>61</td>
<td>117</td>
</tr>
<tr>
<td>62</td>
<td>128</td>
</tr>
<tr>
<td>63</td>
<td>139</td>
</tr>
<tr>
<td>64</td>
<td>150</td>
</tr>
<tr>
<td>65</td>
<td>161</td>
</tr>
<tr>
<td>66</td>
<td>172</td>
</tr>
<tr>
<td>67</td>
<td>183</td>
</tr>
<tr>
<td>68</td>
<td>194</td>
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<tr>
<td>69</td>
<td>205</td>
</tr>
<tr>
<td>70</td>
<td>216</td>
</tr>
<tr>
<td>71</td>
<td>227</td>
</tr>
<tr>
<td>72</td>
<td>238</td>
</tr>
<tr>
<td>73</td>
<td>249</td>
</tr>
<tr>
<td>74</td>
<td>260</td>
</tr>
<tr>
<td>75</td>
<td>271</td>
</tr>
<tr>
<td>76</td>
<td>282</td>
</tr>
<tr>
<td>77</td>
<td>293</td>
</tr>
<tr>
<td>78</td>
<td>304</td>
</tr>
<tr>
<td>79 and over</td>
<td>315</td>
</tr>
</tbody>
</table>
Birchbark Expeditions Experience. Participation in any unit high-adventure backcountry/wilderness activities can be physically, mentally, and emotionally demanding. Each high-adventure base offers a unique experience that is not risk-free. Knowledgeable staff will instruct all participants in safety measures to be followed. Be prepared to listen to and carefully follow these safety measures and to accept responsibility for the health and safety of yourself and others.

Birchbark Expeditions Requirements. Each person must be able to carry a 50- to 85-pound pack or canoe from a quartermile to 2 miles several times a day on rough, swampy, and rocky portages and paddle 10 to 15 miles per day, often against a headwind. The portage trails can be very muddy, slippery, and rocky, and those conditions can potentially lead to tripping and falling. All participants must wear boots that cover their ankles while on the trails. Climatic conditions can range from 30 to 100 degrees in summer.

Be Prepared. While participating in Birchbark Expeditions’s canoeing and camping backcountry/wilderness areas, life jackets must be worn at all times when on the water. Crew members travel together at all times. Emergency communications via mobile phone, and in more remote locations by satellite phone, are provided by Birchbark Expeditions. Communication and/or emergency evacuation can be hampered by weather, terrain, distance, time of day, equipment malfunction, and other factors, and are not a substitute for taking appropriate precautions and having adequate first-aid knowledge and equipment.

Seizures (Epilepsy). The seizure disorder must be well-controlled by medication. A well-controlled disorder is one in which a year has passed without a seizure. Exceptions to this guideline may be considered on an individual basis and will be based on the specific type of seizure and likely risks to the individual and/or other members of the crew.

Diabetes Mellitus. Both the person with diabetes and one or more other persons in the group need to be able to recognize signs of excessively high or low blood sugar and adjust the dose of insulin. An insulin-dependent person who was diagnosed or who has had a change in delivery system (e.g., insulin pump) in the last six months is advised not to participate. A person with diabetes who has had frequent hospitalizations or who has had problems with low blood sugar should not participate until better control of the diabetes has been achieved.

Asthma. Asthma must be well-controlled before participating. This means: 1) the use of a rescue inhaler (e.g., albuterol) less than once daily; 2) no need for a rescue inhaler at night. Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You may not be allowed to participate if: 1) you have asthma not controlled by medication; or 2) you have been hospitalized/gone to the emergency room to treat asthma in the past six months; or 3) you have needed treatment by oral steroids (prednisone) in the past six months. You must bring an ample supply of your medication and a spare rescue inhaler that are not expired. At least one other member of the crew should know how to use the rescue inhaler. Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trek. If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate.

Allergy or Anaphylaxis. People who have had an anaphylactic reaction from any cause will be required to keep appropriate treatment with them. You and at least one other member of your crew must know how to give the treatment. If you do not bring appropriate treatment with you, you will be required to buy it before you will be allowed to participate.

Recent Musculoskeletal Injuries and Orthopedic Surgery. Participants will put a great deal of strain on their joints. Individuals who have significant musculoskeletal problems (including back problems) or have had orthopedic surgery or injuries within the last six months must have a letter of clearance from their treating physician to be considered for approval, and Birchbark Expeditions should be contacted in advance of participation. Permission is not guaranteed.

Psychological and Emotional Difficulties. Parents and advisors should be aware that no high-adventure experience is designed to assist participants in overcoming psychological or emotional problems. Experience demonstrates that these problems frequently become worse when a participant is under stress from the physical and mental challenges of a remote wilderness setting. Medication must never be stopped prior to participation and should be continued throughout the entire experience.

Cardiac or Cardiovascular Disease. Adults or youth who have a history of chest pain, myocardial infarction (heart attack), a family history of premature heart disease, or heart surgery including angioplasty may consider a physician-supervised stress test. Even if the stress test results are normal, the testing is done without portage packs or canoes and does not guarantee safety. If the results are abnormal, the individual is advised not to participate.

Medication. Each participant who needs medication must bring enough medication for the duration of the trip, as well as enough to store two supplies in two separate locations. Due to the possibility of packs and equipment getting wet, every attempt is made to store medications in two separate packs in different canoes while travelling.

Weight Limits. Each participant in a Birchbark Expeditions should not exceed the maximum acceptable weight for height in the table shown in Part C of the Annual Health and Medical Record. Those who fall within the recommended weight limits are much more likely to have an enjoyable trek and avoid incurring injuries and other health risks. Extra weight puts strain on the back, joints, and feet. No participant’s weight can exceed 295 pounds.
**CREW ROSTER WORKSHEET**

An Excel version is available from: [http://www.wnyscouting.org/birchbark](http://www.wnyscouting.org/birchbark)

<table>
<thead>
<tr>
<th>Column 1</th>
<th>Column 2</th>
<th>Column 3</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Only a worksheet - submit your final roster on-line
### CREW POSITION DESCRIPTIONS

<table>
<thead>
<tr>
<th>Position</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Crew Leader</strong></td>
<td>The Crew Leader is a youth with overall leadership responsibility for the crew before, during and after the expedition. Leading up to the expedition, responsibilities include choosing crew members and roles, organizing skills training meetings and reminder calls. During the expedition, responsibilities include setting and managing the duty roster, making decisions along the expedition on camp site organization, layout and other camping details.</td>
</tr>
<tr>
<td><strong>Assistant Crew Leader</strong></td>
<td>Acts as the “right hand man” for the Crew Leader, working closely to implement decisions and able to step in as needed if the crew leader is absent or needs a break. Ideally the Assistant Crew Leader would take the lead for one day during the trek.</td>
</tr>
<tr>
<td><strong>Quartermaster</strong></td>
<td>Responsible for designing the crew menu, organizing and inventory of the food stores, bear bag procedures and the contents of the “kettle pack” along with other crew gear.</td>
</tr>
<tr>
<td><strong>Navigator</strong></td>
<td>Responsible for designing the crew back country itinerary (with help), creating the crew map set, and navigation during the expedition.</td>
</tr>
<tr>
<td><strong>Medic/First Aider</strong></td>
<td>Responsible for reviewing and refreshing the crew first aid kit, keeping the first aid kit readily accessible while in the back country, managing the crew hydration and dealing with small injuries or other first aid requirements.</td>
</tr>
<tr>
<td><strong>Chaplain’s Aid</strong></td>
<td>Before the expedition, Chaplain’s Aid is responsible for choosing a set of readings for use at the nightly “thorns and roses”. During the expedition, Chaplain’s Aid is responsible for nightly “thorns and roses”, crew morale, songs, games and entertainment during down times.</td>
</tr>
<tr>
<td><strong>Adult Advisors</strong></td>
<td>Adult Advisors are BSA Registered adults, overseeing the safe execution of the crew expedition, providing advice to the Crew Leader and his/her assistants. As the name suggests, adult advisors are to support and advise the crews, not direct/lead.</td>
</tr>
</tbody>
</table>
**DUTY ROSTER**

“A happy crew is a prepared crew”

Completing a duty roster before departing on your expedition allows the crew leader to save a lot of time trying to remember who did what and when, avoiding the inevitable “I already did that” or even worse the “hey, how come Bobby hasn’t done dishes yet?”

Take a few minutes to pre-assign the various camp tasks, sharing this information with the crew before your back country departure:

<table>
<thead>
<tr>
<th>Day</th>
<th>Bear Bags and Tarp Set-up</th>
<th>Water Purification</th>
<th>Prepare Meals</th>
<th>Clean-up after Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(in Base-camp)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td></td>
<td></td>
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<tr>
<td>Friday</td>
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</tr>
</tbody>
</table>
**CREW SWIM CERTIFICATION**

**TROOP/Crew __________________________**

To Do:
- [ ] PRINT LEGIBLY
- [ ] COPIES TO: Leaders, Home, Birchbark Expeditions BSA

My signature after each name certifies that the following Adults and Youth have passed the BSA 100 yard swim test.  
*(Signature of BSA Lifeguard or Equivalent - Date)*

<table>
<thead>
<tr>
<th>NAME</th>
<th>Adult / Youth</th>
<th>Date of Birth</th>
<th>Passed Swim Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jim Scoutmaster</td>
<td>A</td>
<td>01-01-1990</td>
<td>Joe Lifeguard</td>
</tr>
<tr>
<td>SAMPLE</td>
<td></td>
<td></td>
<td>(signed)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>03-01-2012</td>
</tr>
<tr>
<td>(signed)</td>
<td></td>
<td></td>
<td>(date)</td>
</tr>
</tbody>
</table>

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Crew Trip Itinerary Planning Worksheet

TROOP / CREW __________________________

NAME OF ROUTE ________________________

Trip Dates ____________________________

Algonquin Park
Backcountry Reservation
Booking Number # ______________________

Route # _____________________________

(Booking Number will be issued when Itinerary is booked by Birchbark Expeditions BSA)

Start Trip from Access Point # _______

Name of Access Point __________________

(e.g.: Canoe Lake)

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>LAKES TRAVELLED DURING DAY</th>
<th>EVENING DESTINATION LAKE</th>
<th>PORTAGES</th>
<th>MILES TRAVELLED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td></td>
<td>XXXXX</td>
<td>Birchbark Expeditions Base Camp at Whitefish Lake</td>
<td>XXXXX</td>
<td>XXXXX</td>
</tr>
<tr>
<td></td>
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<td>Monday</td>
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<tr>
<td>Thursday</td>
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</tr>
<tr>
<td>Friday</td>
<td></td>
<td></td>
<td>Birchbark Expeditions Base Camp at Whitefish Lake</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
<td>Home!</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

End Trip at Access Point # _______

Name of Access Point __________________

(e.g.: Canoe Lake)

Submit your itinerary plans at: February Route Planning Meeting
Or via email: birchbark@wnyscouting.org
**POST-TRIP EVALUATION**

<table>
<thead>
<tr>
<th>Troop/Crew</th>
<th>Leader Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canoe Trip Dates</td>
<td>Number of Youths/Adults</td>
</tr>
<tr>
<td>___________________</td>
<td>_____________________</td>
</tr>
<tr>
<td>___________________</td>
<td>_____________________</td>
</tr>
</tbody>
</table>

We would like your input! And, we need your input so we can become more responsive to our troops and crews, as we seek to deliver the best high adventure program the BSA has to offer. Thanks for your help. Hand it in or mail it to the address below.

<table>
<thead>
<tr>
<th>How was your trip?</th>
<th>Your Guide.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Give us a quote!</td>
<td>Did your guide add value to your trip? How so?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Trip Planning.</th>
<th>What characteristics should a good Guide possess?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did you receive adequate help in planning a canoe trip that met the needs of YOUR group?</td>
<td>Base Camp.</td>
</tr>
<tr>
<td>Was the Interior canoe trip exciting and challenging for your crew? Did it meet your expectations?</td>
<td>Any comments on Paddle Practice, Swamping, Other Units?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cost.</th>
<th>Your Interior Canoe Trip.</th>
</tr>
</thead>
<tbody>
<tr>
<td>How much did you pay for your trip? Was it affordable?</td>
<td>Were you adequately prepared for your canoe trip?</td>
</tr>
<tr>
<td>Do you feel you got good value for your money?</td>
<td>Did you cook with gas stoves or the Kelly Kettle? Why / why not?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sainte Marie among-the-Hurons</th>
<th>Departure from Algonquin.</th>
</tr>
</thead>
<tbody>
<tr>
<td>How would you rate the tour of Sainte-Marie?</td>
<td>Is Friday or Saturday the best day to leave for home?</td>
</tr>
<tr>
<td>Is historical touring a valuable part of a high adventure?</td>
<td>Why do you feel that way?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food.</th>
<th>Any tips for future crews?</th>
</tr>
</thead>
<tbody>
<tr>
<td>What was your favorite meal? / What was your worst?</td>
<td>Water purification.</td>
</tr>
<tr>
<td>Were the portions adequate?</td>
<td>Which system do you prefer? Why?</td>
</tr>
<tr>
<td>Anything you would like to see on next year’s menu?</td>
<td>Base Camp.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Water purification.</th>
<th>Any comments on Paddle Practice, Swamping, Other Units?</th>
</tr>
</thead>
</table>

Mail completed form to: Birchbark Expeditions c/o GNFC BSA 2860 Genesee Street Buffalo, NY 14225
Camp Stonehaven
670 Albright Road
Sanborn, NY 14131
(716) 731-5959  Ranger Jerry Sullivan

Schoellkopf Scout Reservation
1373 Burroughs Road
Cowlesville, NY 14037
(585) 591-1171  Ranger Steve Slazak

Camp Scouthaven
10784 Route #98
Freedom, NY 14065
(716) 492-4429  Ranger Digger Ashley

Greater Niagara Frontier Council
Council Service Center
2860 Genesee Street
Buffalo, NY 14225
(716) 891-4073
www.wnyscouting.org
Wye Marsh and Sainte-Marie among the Hurons
Highway 400 north to Highway 93
Highway 93 north to Highway 12 East
Highway 12 east to Wye Marsh, Ste Marie

Niagara Falls to Sainte-Marie
162 miles via Toll Road
3 hours drive time plus
1 hour to cross International Bridge

MILEAGE
➢ 0 -Niagara Falls Rainbow Bridge
➢ 45 -407-East TOLL ROAD (45 mi)
➢ 86 -Hwy 400 North (41 mi)
➢ 125 -BARRIE Service Center (39 mi)
➢ 133 -Junction 400 and 11 ( 8 mi)
   Continue on 400 North
➢ 143 -Hwy 93 North (10 mi)
➢ 158 -Hwy 12 East (Midland) (15 mi)
➢ 162 -Ste-Marie and Wye Marsh (  4 mi)

Total (162 miles)

Map from www.GeorgianBayTourism.on.ca
Birchbark Expeditions Base Camp is located at Whitefish Lake Campground Along Highway 60 At Kilometer (KM) 36.9 Between Canoe and Rock Lakes

Directions to Algonquin
Highway #11 North to Huntsville
Highway #60 East to Park

Sainte-Marie to Algonquin Park
140 miles
-3 hours (plus time for stops in Huntsville and/or Algonquin Outfitters)

From Sainte-Marie:
TURN RIGHT OUT OF ENTRANCE onto HWY 12E

- Hwy 12E to Hwy 11N (25 mi)
- Hwy 11N to Hwy 60E
  (Huntsville exit – sign says TO OTTAWA (80 mi)
- Hwy 60E to Hwy 35 junction (15 mi)
- Hwy 60E from junction to Whitefish Lake (35 mi)

Total (140 miles)
PHONE NUMBERS

To Do:
☐ Keep this phone list in your wallet
☐ Give a copy to each parent

Canada

- **Algonquin Provincial Park**
  PO Box 219, Hwy #60
  Whitney, Ontario, Canada K0J 2M0
  www.algonquinpark.on.ca
  (705) 633-5572 Information Line
  (705) 633-5583 Gate Park Staff West (8:30-4:30 pm)
  (613) 637-2780 Administration East Gate (8:30-4:30)

- **Ontario Provincial Police (OPP)**
  (You will need to know the planned location of the crew when calling – refer to the crew itinerary)
  1 (888) 310-1122 or +1 (613) 283-2313

- **Birchbark Expeditions Base Camp**
  Located at Whitefish Lake Campground
  Algonquin Provincial Park
  The Base has no phone. For emergencies call: GNFC Scout Service Center, Algonquin Park, or Ontario Provincial Police

- **Huntsville Hospital**
  100 Frank Miller Drive
  Huntsville, Ontario, Canada P1H 1H7
  (705) 789-2311

- **Wye Marsh Wildlife Centre**
  PO Box 100, 16160 Hwy #12 East
  Midland, Ontario, Canada L4R 4K6
  (705) 526-7809 www.wyemarsh.com

- **Sainte Marie Among the Hurons**
  PO Box 160, Midland, Ontario, Canada L4R 4K8
  (705) 526-9193 www.hhp.on.ca

- **Restaurant Sainte Marie**
  PO Box 160, Midland, Ontario, Canada L4R 4K8
  (705) 527-4162

- **Martyrs’ Shrine**
  PO Box 7, Midland, Ontario, Canada L4R K6
  (705) 526-3788 121613 Hwy. 12 W
Algonquin Park Procedures

“Although Algonquin Park does not operate search and rescue patrols, they will respond if they are contacted. During the summer months there are 20 rangers working throughout the Interior, and there is an aircraft that they use for various management purposes. There are also other campers, so help is usually close at hand. Three signals of any kind, either audible or visible, constitute the universal call for help. Also, if a Park aircraft is in your vicinity, a smoke fire could help to attract the pilot’s attention.

If darkness is approaching, make camp along a lakeshore or in a clearing; the more visible you are, the easier you will be to find. If you are traveling with a group, stay together, and reassure the other members of your party. Do not wander aimlessly off into the bush. Traveling at night is especially foolish and should not be attempted.

“Serious injury or sickness may require more immediate action on your part. In some circumstances, it may be advisable to leave the injured person and paddle out for assistance. If you are forced to leave someone behind, make them as comfortable as possible, leave someone with them who can continue to signal for help, and be sure that you know exactly where they are.”

(The above Algonquin Park Procedures are from “Canoe Routes of Algonquin Provincial Park” map.)

Note: This information, “In Case of Emergency,” is also found in the Voyageur Handbook

Boy Scout Procedures

At times during your Algonquin trip you will be a day or two from help. Please exercise sound judgment and take the prudent course of action.

- Follow procedures outlined in the Algonquin Park canoe routes map (see adjoining column).
- Cell phones generally do not work in the Park, because of the mountainous terrain and lack of transmitting towers. Sometimes they do work.
- Crew leaders provide routine first aid. Get additional help from other groups.
- For emergencies requiring medical or police attention, you must get to the nearest Algonquin Provincial Park Access Point office, where Access Point office staff will assist you.
- As you paddle out, try the cell phone on lakes near Hwy 60 where reception may be obtained.
- Note the locations of Youth Camps and cottages. They may be able to offer assistance.
- After Hours Park staff may not be present at Access Points after 8:00 pm.
- If you reach a phone after hours, then call the Ontario Provincial Police at 1-888-310-1122.
- Then call the Greater Niagara Frontier Council to explain your situation 716-891-4073.

If an air evacuation is required, it is considered an air ambulance. You may wish to confirm with your health insurance carrier about coverage. Carry your health forms with you so benefits can be verified and treatment can be administered.

If an evacuation is necessary, it is best to be near the shore of a body of water large enough to land a float plane. You will need to use good judgment about deciding to transport an injured party with your crew, or to wait until professional help arrives.