"To the lover of wilderness, Alaska is one of the most beautiful countries in the world." - John Muir
Contents

General Information
How Does a NLHA Trip Work? ................................................................. 5
What Treks are Offered? .............................................................. 6
  Yukon River (Yukon-Charley National Preserve) ......................... 7
  Alaska Range (Denali State Park) .................................................. 7
  Birch Creek Wild and Scenic River ........................................ 8
  Tangle Lakes/Delta Wild and Scenic River ................................ 8
  Prindle Mountain (White Mountains National Recreation Area) ........ 9
  Pinnell Mountain (Steese National Conservation Area) .......... 9
  Interior Tour of Alaska ............................................................ 9
  Statewide Tour of Alaska ......................................................... 9
  Custom Tours ......................................................................... 10
What Trip Enhancements are Available? ........................................... 10
What are the Risks? (Risk Advisory) .................................................. 12
Other General Information .......................................................... 12

Getting Started: Reservations, Finances, and Schedule
What are the Requirements to Attend NLHA? .................................. 13
I'm Ready! How Do I Make a Reservation? .................................... 13
What is the Payment Schedule and Policy? .................................... 14
How Do I Pay for My Trip? .......................................................... 14
What are the Fees to Attend? ....................................................... 15
  Trek Fees ........................................................................... 15
  Fishing Licenses ................................................................. 16
  Trip Enhancements ............................................................... 16
What is Included in My NLHA Camping Fees? ................................. 17
  Early Bird Incentives ......................................................... 17
Preparing for Your Trip

- What Do We Need for Check In? ................................................................. 18
- What Physical Conditioning and Preparation is Needed? .......................... 19
- What are the Height and Weight Requirements? ......................................... 20
- What Gear is Needed?
  - Backpacking Treks .................................................................................. 21
  - Canoe and Kayak Treks ............................................................................. 22

What Happens on Base

- What Happens During the First Day I'm on Base? ....................................... 23
- When Should We Plan on Starting the Trip Home? ...................................... 23
- How Do We Know Where We're Going on Our Trip? ................................. 23
- Where Can We Store Our Items While on our Trek? ................................. 24
- Where Do We Sleep on Base? Shower? Do Laundry? ................................... 24
- How Do We Stay in Touch with Our Friends and Family? .......................... 24
- What if There is an Emergency While on the Trail? .................................... 25
- What About Our Food? What Do We Eat? .................................................. 26
- What About Dietary Restrictions? ............................................................... 27

Base Specific Information

- How Do I Contact NLHA Base Directly? ...................................................... 28
- How Do I get to NLHA Base? ................................................................. 28
- What is Medical Service Like in the Area? ............................................... 28

Trail Programs and Policies

- General Overview ......................................................................................... 29
How Does A Northern Lights High Adventure Trip Work?

The Crew
All participants belong to a crew. Each crew can vary in size, but all crews consist of at least two adult leaders, a youth crew leader, and a majority of youth participants. A Northern Lights High Adventure Guide accompanies all crews.

Large troops will be divided into smaller crews. Even though crews may know each other, they will have independent experiences while at Northern Lights High Adventure to maintain the integrity of the wilderness program.

The Crew Leader
The program of the Boy Scouts of America is specifically designed to develop youth leadership. A well-qualified Scout or Venturer should be selected as the Crew Leader early in the planning of each Northern Lights High Adventure Expedition. The Crew Leader is responsible for leading the discussion of the Crew’s route selection, organizing the pace of travel during the day and establishing the Crew duty roster for camp chores.

The Guide
The Guide is a Northern Lights High Adventure staff member who serves as a teacher and resource for the Crew Leader and Crew. The Guide has received special training in the best practices for your Alaskan trek. The Guide aids the Crew Advisor in insuring the safety of the crew. Finally, the Guide is responsible for imparting the unique flavor, history, culture and adventurous spirit of Alaska to the crew.

The Wilderness
Northern Lights High Adventure crews hike and paddle through massive wilderness areas, where solitude allows for deeper meditation and the rugged terrain and spritely elements provide for physical challenge. The wilderness is part classroom and part instructor on Northern Lights High Adventure Expeditions.
What Treks Are Offered?

Northern Lights High Adventure offers three types of Treks: River or Sea, Backpacking, and Ultimate Road Trips. You don't have to settle for just one!

River or Sea Treks
Experienced trek Guides help you to explore Alaska’s beautiful, wild and scenic waterways in a land where the rivers change every hour. The Northern Lights High Adventure Base offers canoe trips for all skill levels, whether your group is made up of novice canoeists or you are looking for the next adventure with class 3 rapids. We have a trip for you!

The Yukon River Trek is a class 1 river that requires basic canoeing skills yet offers the most remote and uniquely Alaskan river experience. For those who are looking for more of a challenge and are eager to learn more advanced white water skills, the Tangle Lakes/Delta River Trek is probably for you. Birch Creek is certainly worth taking a look at if you want a faster river with Class 1, Class 2 and even a few Class 3. If you need help deciding, please call the High Adventure Director for more information. He's pretty cool.

Backpacking Treks
Are you looking for something that Philmont just couldn’t give you? Alaska is home to some of the best backpacking in the world! With a unique and rugged landscape, our Guides will help you explore and understand this exotic land.

We offer backpacking treks that vary in level of difficulty. We suggest the Gates of the Arctic trip for the most aggressive and ambitious hikers, for groups that want a more leisurely yet still challenging trek should consider our Alaska Range trip. If you need help deciding, call the High Adventure Director for more information. I met him once.

Ultimate Road Trip
If you have younger scouts in your Troop but still want to experience Alaska, come with us on an Ultimate Road Trip! Our Ultimate Road Trip offers more of a "glamping" experience while still giving the opportunity to get outside and see what Alaska is all about.

Keep Reading to Learn More!
Yukon River

The Yukon River conjures the visions of stern-wheelers and gold miners who took part in the 19th-century gold rush to the Klondike. This river is rich with history, which is representative of the story of Alaska and the Yukon Territory. Learn about the men and women that searched for gold in the land of the midnight sun and meet the present day gold hunters and homesteaders.

While on the river you will visit areas of the early day gold rush, visit gold dredges, learn about the subsistence life style, and visit a homestead family at their home.

This river, though not difficult technically, is very remote and a good distance from major cities or towns. This Trek is six days and 156 miles.

Alaska Range (Denali State Park)

This hike winds throughout the rugged Alaska Range, skirting the southern flanks of magnificent mountains and high glaciers.

After equipment familiarization, gear shakedown, and backcountry protocol training, you will be taken to the starting point near Kesugi Ridge. From there your guide will lead you on a true wilderness hike though the tundra in the Alaska Range, including Denali National Park.

There are no developed trails here, so you will be choosing your own paths through the mountain passes and streams. Often Denali (Mt. McKinley) will reveal itself on the horizon. There are caribou, Dahl sheep, wolves, and moose in the area. Bald eagles and bear may also be spotted.

The trip length is variable and determined by you! Choose between five and 50 miles. Hiking varies from easy to strenuous.
Birch Creek (Steese National Conservation Area)

Birch Creek is part of the National Wild Scenic River System. From its headwaters north of the Steese National Conservation Area, this river flows swiftly through upland plateaus, forested valleys, and rolling hills where river travelers often see moose, caribou, arctic grayling, and a variety of birds.

This 117 mile trip is predominately Class I-III and feeds into the Yukon River. This is one of Alaska's most popular rivers to float.

Tangle Lakes/Delta River (Wild and Scenic River)

The Tangle Lakes are set on the north side of the Alaska Range. The headwaters of the Delta River, which flows north through Black Rapids Pass, join the Tanana River at Delta Junction. It is a remote and clear alpine river with good grayling fishing.

Most people could only dream about the inspiring scenery! You have a chance to see caribou, moose, wolves, bald eagles, Dahl sheep, and bear.

There is one portage around a series of waterfalls. This trek is an intermediate paddle. Glacial runoff feeds the lower part of the river from the spectacular Black Rapids pass.

This trek has limited space available.
**Prindle Mountain (White Mountains National Recreation Area)**

The area around Prindle Mountain, starting in the 1890s, was home to miners and trappers living a subsistence lifestyle in the Alaska wilderness. Expansive alpine tundra meadows and near endless sunlight making this the ideal spot to begin a trip into the high country of Alaska.

**Pinnell Mountain (Steese National Conservation Area)**

The Pinnell Mountain National Recreation Trail is probably the best known Interior trail outside of the region. The trek is entirely above tree line and offers sweeping views of the White Mountain and Steese National Conservation The trail is rugged and remote.

The remarkable wildlife and ancient rocks (some of the oldest exposed in Alaska) add to the area’s feeling of wilderness. Caribou from the Fortymile Herd are often seen in this area, so keep watch for them. The trek, part of the National Recreation Trail system, is not to be missed.

**Interior Tour of Alaska**

One of our most popular and economical trips. Best combined with our Lost Lake Scout Camp (see trip enhancements) and can be done by younger scouts (Ultimate Road Trip). Fly into Fairbanks (or Anchorage if you wish to take the train to Denali) where we start your tour. It includes an 8 hour shuttle tour in Denali National Park, camping fees, park entrance fees, Kesugi Ridge backpacking trip or a Prindle Mountain hike (2-3 days), Clear Water/Tanana River trip (1 ½ days), and a Salmon Bake Feast upon leaving.

**Statewide Tour of Alaska**

The best way to see more of Alaska! All tailored specifically for your crew. Visit Gulkana Glacier, Kennecott Mine in the Wrangell-St. Elias Mountains. Take a tour of Historic Valdez, Anchorage and Denali Natl. Park. Experience the wonder of Gold Dredge 8 and Discovery Sternwheeler. Additional options may include Halibut and Salmon fishing, glacier climbing, sea kayaking and more. Seven-day trip.
Custom Tour

Call the Midnight Sun Council office BEFORE 31 December 2016 to find out more information about custom tours specifically tailored for your crew.

What Trip Enhancements are Available?

*Northern Lights High Adventure offers numerous trip enhancements. Detailed below are some of our most popular options. Interested in something you don't see? Call us to discuss zip lines, fishing charters and more!*

Alaska Salmon Bake

Your salmon is fire cooked on an open wood grill while the Prime Rib is slow roasted as you watch with mouth-watering anticipation. Don't forget to try the Bering Sea Cod direct from icy Alaskan waters and battered to perfection as only our Alaskan chefs know how!

Riverboat Discovery Sternwheeler

Your three-hour cruise will take you into the heart of Alaska! You will see a bush floatplane takeoff alongside the boat!

Visit the home and kennels of the late four-time Iditarod winner Susan Butcher and see her champion sled dogs in action.

Be immersed into the ancient Athabascan Indian culture when our Alaskan Native Guides take you on a personalized tour of the Chena Indian Village.
**El Dorado Gold Mine / Gold Dredge 8**

Strike it rich- Guaranteed! Join a trip through Alaska’s gold mining history at Gold Dredge 8.

Enjoy a close up view of the Trans-Alaska Pipeline. Take a seat aboard a replica of the narrow-gauge Tanana Valley Railroad and hear tales of prospectors during the gold rush.

Once the train arrives at the camp, you will try panning for yourself!

**Large Animal Research Station**

Scouts get an up close look at large animal colonies and research. You see both Musk ox and Reindeer!

**Chena Hot Springs**

Founded over 100 years ago, Chena Hot Springs is the most developed hot springs destination in Alaska. World famous for its legendary healing mineral waters, beautiful Aurora Borealis displays in the winter, renewable energy projects and the Aurora Ice Museum-a year round geothermal technology wonder.

**Lost Lake Resident Camp**

The Midnight Sun Council encourages any youth visiting Alaska to attend Scout Camp while here! If done before your High Adventure Trek it allows acclimatization and a chance to become more accustomed to Alaska.

Camp Lost Lake is on over 400 acres between the Tanana River and Birch Lake on the beautiful 90 acre Lost Lake. Camp Lost Lake also offers access to nearby hiking trails with some fantastic views.
What are the Risks?

Northern Lights High Adventure Programs have an outstanding safety record. The Boy Scouts of America and Northern Lights High Adventure emphasize safety through education and strict adherence to established policies and procedures. The safety of your group is dependent upon your attention to these procedures as well as being physically fit, properly equipped and trained for the rigors of remote wilderness canoeing.

The policies and procedures of NLHA and the Boy Scouts of America, if followed, will minimize these risks as much as possible. Parents, leaders and participants should be advised that despite our best attempts at risk management, it is not possible to remove ALL risk from a wilderness expedition.

➢ Possible risks include (but are not limited to) motor vehicle accidents; severe weather conditions such as hail, lightning, heat or cold and high winds; forest fires; medical conditions such as heart attack, appendicitis, hypothermia, severe allergies and asthma or diabetes related conditions; insect borne diseases such as the West Nile Virus and Lyme Disease; accidents such as cuts, embedded fish hooks, burns or falls; risks associated with being on large, cold lakes and rivers; and encounters with wildlife.

➢ Medical evacuations and rescue services are coordinated by Northern Lights High Adventure in close coordination with local authorities.

➢ Please carefully read the information in this Planning Guide and share it with your crew(s), leaders, parents and youth. If you have any further questions about risk management, contact Northern Lights High Adventure by phone 907.452.1976 or at Clinton.Stewart@scouting.org

Other General Information

Insurance

Northern Lights High Adventure fees include accident and sickness insurance coverage. This applies for your travel to and from Northern Lights High Adventure base as well as your Northern Lights High Adventure Expedition. This policy is secondary to a family policy. All participants with family insurance should include the insurance company name and policy number on their BSA Health and Medical Record form and should also submit a copy of the insurance card with the medical form.

Emergency Phone Number

If there is a home emergency while your crew is attending NLHA please contact us at 907.452.1976.
What are the Requirements to Attend NLHA?

Each Crew must have:

➢ A minimum of two adults (one of which must be at least 21 years of age and registered with the BSA). There are no gender restrictions for leadership except for co-ed Venturing crews, which must have both male and female leadership 21 years old or older.

➢ 1 adult leader trained in the following:
  o Wilderness First Aid (16 hour course)
  o CPR
  o Weather Hazards
  o Safe Swim Defense
  o Safety Afloat

➢ All adult leaders must be trained in Youth Protection

All participants:

➢ Must be 13 years of age or have completed 8th Grade upon arrival at NLHA

➢ Must weigh 100 LBS and no more than 295 LBS - more information on pg. 20

➢ Must have a current (within 12 months) and complete BSA Health and Medical Record

➢ Must be classified as a BSA swimmer*

➢ Must be a registered Boy Scout, Varsity Scout or Venturer

*Swim Checks will be done at Lost Lake Camp in order to verify that participants are able to swim in Alaskan waters.

I’m Ready to Plan My Trip. How Do I Make a Reservation?

The first step to planning your Northern Lights High Adventure Expedition is to answer the following questions:

1) Which trek do we want to attend? See pg. 7 for more information on the treks.
2) What day do we want to arrive? Arrival dates are flexible on a first come, first serve basis.
3) How long of a trip do we want? From 3 days to 3 weeks we have an option for you!
4) How many crews will we need? Some trips are restricted in size due to land use permits. See fee section for more details.

Once you have answered all of the above questions, contact NLHA to make your reservation. After reserving your trip, you will have 3 weeks to turn in your $300 deposit per crew (note: if making reservation after January 1, we require a $1,000 deposit per crew).
What is the Crew Payment Schedule and Policy?

Each crew pays for their trip in three installments, all of which are non-refundable and non-transferable:

1) The first installment is a $300.00 DEPOSIT PER CREW due within 3 weeks of reservation. (Note: if making reservation after January 1, we require a $1,000 deposit per crew).

2) The second installment is a $200.00 FIRST PAYMENT PER PERSON due February 1st or within 3 weeks of reservation (whichever date is later).

3) The third installment is a $200.00 SECOND PAYMENT PER PERSON due April 1st.

3) The final installment consists of the BALANCE OF PAYMENT. Before making this payment, confirm the number of youth and adult participants on your Final Billing Statement. This installment is due:

➢ June 1st or 30 days prior to trek start date.

ALL FEES (Deposit, Payments, and Balance of Payment) ARE NON-REFUNDABLE AND NON-TRANSFERABLE IN EVENT OF CANCELLATION. EXERCISE CAUTION IN MAKING RESERVATIONS OR PAYING FEES FOR ANYONE WHO HAS NOT MADE A FINANCIAL COMMITMENT.

Northern Lights High Adventure Programs must commit financial resources to employ staff, purchase food and supplies, and prepare for base operations. Participants are, therefore, also required to make a financial commitment to attend. Be conservative in making reservations to avoid losing fees due to cancellations.

How Do I Pay for My NLHA Trip?

We are currently only able to accept checks for your crew payments. Please make checks out to the Midnight Sun Council BSA. Please send payments to:

Northern Lights High Adventure
Attn: Payment
1400 Gillam Way
Fairbanks, AK 99701
What are the Fees to Attend?

The fee is given by trip with a maximum number of participants for each crew. Additional participants will require additional crews. All trips are 7 days unless otherwise noted.

If you bring fewer than the maximum number of participants we will decrease the cost by $150.00/person under the maximum to allow for fewer meals. All other costs are fixed regardless of the number of participants per vehicle.

<table>
<thead>
<tr>
<th>River Treks</th>
<th>Fee</th>
<th>(Person)</th>
<th>Max Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yukon River</td>
<td>$9,130</td>
<td>($830)</td>
<td>11</td>
</tr>
<tr>
<td>Tangle Lakes/Delta River</td>
<td>$8,300</td>
<td>($830)</td>
<td>10</td>
</tr>
<tr>
<td>Birch Creek</td>
<td>$7,750</td>
<td>($775)</td>
<td>10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Backpacking Treks</th>
<th>Fee</th>
<th>(Person)</th>
<th>Max Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alaska Range</td>
<td>$8,250</td>
<td>($750)</td>
<td>11</td>
</tr>
<tr>
<td>Prindle Mountain</td>
<td>$9,030</td>
<td>($645)</td>
<td>14</td>
</tr>
<tr>
<td>Pinnell Mountain</td>
<td>$9,030</td>
<td>($645)</td>
<td>14</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ultimate Road Trips</th>
<th>Fee</th>
<th>(Person)</th>
<th>Max Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interior Tour of Alaska</td>
<td>$9,730</td>
<td>($695)</td>
<td>14</td>
</tr>
<tr>
<td>Statewide Tour of Alaska</td>
<td>$13,230</td>
<td>($945)</td>
<td>14</td>
</tr>
<tr>
<td>Custom Tour</td>
<td>call the Midnight Sun Council office at 907-452-1976 for more information</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

It is to your advantage to recruit to the maximum amount of people to lower the cost per person.

All locations and trek details are subject to change due to weather and land use permitting.
Fishing Licenses

Northern Lights High Adventure recommends that all Fishing Licenses be purchased online in advance of your trip through [http://www.adfg.alaska.gov/store/](http://www.adfg.alaska.gov/store/). All Alaska residents and nonresidents age 16 or older must purchase and possess a sport fishing license to participate in Alaska sport and personal use fisheries. For additional information on types of licenses and requirements visit the Alaska Fish and Game Department website at [http://www.adfg.alaska.gov/](http://www.adfg.alaska.gov/).

Trip Enhancement Fees

*Northern Lights High Adventure offers numerous trip enhancements. Detailed below are some of our most popular options. Interested in something you don't see? Call us to discuss zip lines, fishing charters and more!*

<table>
<thead>
<tr>
<th>Interior Alaska (Near Fairbanks)</th>
<th>Fee per Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alaska Salmon Bake*</td>
<td>$35.95</td>
</tr>
<tr>
<td>Discovery Sternwheeler*</td>
<td>$62.95</td>
</tr>
<tr>
<td>Gold Mine/ Dredge 8*</td>
<td>$39.95</td>
</tr>
<tr>
<td>Large Animal Research*</td>
<td>$12.95</td>
</tr>
<tr>
<td>Chena Hot Springs*</td>
<td>$15.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Statewide</th>
<th>Fee per Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zip Lines</td>
<td>$75.00+</td>
</tr>
<tr>
<td>Glacier Hiking</td>
<td>180.00+</td>
</tr>
<tr>
<td>Salmon Charters</td>
<td>$99.00+</td>
</tr>
<tr>
<td>Halibut Charters</td>
<td>$169.00+</td>
</tr>
<tr>
<td>Whitewater Rafting</td>
<td>$80.00+</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lost Lake Scout Camp</th>
<th>Fee per Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discounted Rate - 15% off</td>
<td>$365.00</td>
</tr>
</tbody>
</table>

*Add on and contractor prices subject to change. We spend a lot of time negotiating to get the best rates for you. Most pricing for ferries, railroads, tourist attractions and services outside the Boy Scouts are not finalized until spring of 2017.

*All locations and trek details are subject to change due to weather and land use permitting.*
What is Included in My NLHA Camping Fees?

➢ Group Gear - Over $5,000 in trail equipment is issued to your crew: stoves, cook sets first aid equipment, and more
➢ All food while on the trail and on base.
➢ Lodging at base the night you arrive and the night before you leave.
➢ Canoes, paddles and PFD’s.
➢ Trained Staff Member (Guide) who will accompany you for your entire trip.
➢ Emergency communications device (satellite phone and spot device)
➢ Special Participant Patch
➢ Land use permits
➢ Camper’s Accident Insurance (see pg. 12 for more info)

Park Permit Fees:
All crews participating in a Wild and Scenic River Trek will need a BLM Permit. All BLM Fees are included in the cost of your trip. No additional fees will be assessed. Other associated land use fees are also included in the cost of your trip.

Early Bird Incentives
Each unit meeting the payment time schedule above will receive a FREE High Adventure Base T-shirt* for each participant and half price tickets to the Riverboat Discovery Sternwheeler or Gold Dredge 8 – That is up to an $80.00/person value!

*Shirt design subject to change
WHAT DO WE NEED FOR CHECK IN?

➢ WILDERNESS FIRST AID AND CPR CERTIFICATION – Each Crew must present proof that one adult leader is currently certified in CPR and one adult leader is currently certified in Wilderness First Aid.

➢ BSA E-CERTIFICATIONS – The following trainings can be found at www.myscouting.org. Each Crew must present proof that at least one adult leader has training in each of the following:
  o BSA Safety Afloat
  o BSA Safe Swim Defense
  o BSA Weather Hazards

➢ BSA YOUTH PROTECTION – All Adult Leaders must present proof of current Youth Protection Training. This training can be found at www.myscouting.org.

➢ SWIMMING CLASSIFICATION RECORD - All participants (both youth and adult) must successfully complete the BSA Swimmers’ Test.

➢ BSA HEALTH AND MEDICAL FORMS – All participants must submit complete and current (within 1 year) Medical Forms and meet Height/Weight Requirements.

➢ Copy of a submitted application for a TOUR AND ACTIVITY PLAN

Crews will also be asked:

➢ If they have a complete and thorough FIRST AID KIT and WATER FILTERS (we recommend MSR-Filters)

➢ If they have any SPECIAL DEPARTURE PLANS (Early Breakfast, etc.)
What Physical Conditioning and Preparation is Needed?

To insure safety, all participants must be physically prepared to enjoy a rugged canoe or backpacking trip. On a canoe trip, you may be paddling 10 miles a day or more in windy conditions and may carry as much as 85 pounds across a portage. On a backpacking trip you may be hiking 8 miles a day or more in alpine environments with packs that may weigh as much as 60 pounds. You will be using your arms and upper body for paddling and your back and legs for portaging and hiking. It is important that everyone be in very good condition so that both youth and adults can participate in the level of adventure they deserve.

A regular program of physical conditioning for at least six months prior to the trip is strongly recommended. Plan some type of aerobic exercise for 30 to 60 minutes a session, three to five times a week. Jogging, running up and walking down hills or flights of stairs, and hiking with a full pack are excellent methods of physical preparation. How fast you can run or how far you go is not nearly as important as regular exercise. Other aerobic exercises such as swimming, bicycling, stationary cycling and aerobic exercise classes can supplement your training. Start slowly and gradually increase the duration and intensity of your exercises.

You should also do some upper body exercises such as pushups, weight training, pull ups, or paddling. Remember; the first step is to check with your physician before starting any physical fitness program.

You must get a physical examination from your physician within 12 months (ideally 30 days) of your High Adventure expedition. No other form other than the BSA Health and Medical Record will be accepted upon arrival. The reason for this is that Northern Lights High Adventure poses unique risks that your doctor needs to be aware of prior to completing your form. Make sure your scouts take the current form to the doctor at the time of their physical.

Anyone with significant hypertension (150/95 or higher) should be treated before coming to Northern Lights High Adventure to reduce their blood pressure and bring it as close as possible to normal (135/90). They should continue on blood pressure medication per their doctor’s orders while participating in the expedition. Hypertension can increase the risk of angina or stroke. Participants will be carrying heavy loads over steep and rocky trails and will experience strenuous activity in remote areas.
What are the Height and Weight Requirements?

The following table shows the recommended weights for each height, as well as the maximum weight for that height. NLHA strongly recommends that each participant not exceed the maximum weight on the table for their height. NLHA requires that you fall below the maximum (295 pounds) allowed weight for participation. Additionally, NLHA strongly recommends that no participant weigh less than 100 pounds. Smaller participants will have a very difficult time due to the strenuous nature of the trek and the heavy weight of items to portage.

**Weight to Height Table**

<table>
<thead>
<tr>
<th>Height</th>
<th>Recommended Weight (Pounds)</th>
<th>Maximum Weight (Pounds)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Minimum Allowed Weight</strong></td>
<td></td>
<td>100 Pounds</td>
</tr>
<tr>
<td>5'0&quot;</td>
<td>100-138</td>
<td>166</td>
</tr>
<tr>
<td>5'1&quot;</td>
<td>101-143</td>
<td>172</td>
</tr>
<tr>
<td>5'2&quot;</td>
<td>104-148</td>
<td>178</td>
</tr>
<tr>
<td>5'3&quot;</td>
<td>107-152</td>
<td>183</td>
</tr>
<tr>
<td>5'4&quot;</td>
<td>111-157</td>
<td>189</td>
</tr>
<tr>
<td>5'5&quot;</td>
<td>114-162</td>
<td>195</td>
</tr>
<tr>
<td>5'6&quot;</td>
<td>118-167</td>
<td>201</td>
</tr>
<tr>
<td>5'7&quot;</td>
<td>121-172</td>
<td>207</td>
</tr>
<tr>
<td>5'8&quot;</td>
<td>125-178</td>
<td>214</td>
</tr>
<tr>
<td>5'9&quot;</td>
<td>129-185</td>
<td>220</td>
</tr>
<tr>
<td>5'10&quot;</td>
<td>132-188</td>
<td>226</td>
</tr>
<tr>
<td>5'11&quot;</td>
<td>136-194</td>
<td>233</td>
</tr>
<tr>
<td>6'0&quot;</td>
<td>140-199</td>
<td>239</td>
</tr>
<tr>
<td>6'1&quot;</td>
<td>144-205</td>
<td>246</td>
</tr>
<tr>
<td>6'2&quot;</td>
<td>148-210</td>
<td>252</td>
</tr>
<tr>
<td>6'3&quot;</td>
<td>152-216</td>
<td>260</td>
</tr>
<tr>
<td>6'4&quot;</td>
<td>156-222</td>
<td>267</td>
</tr>
<tr>
<td>6'5&quot;</td>
<td>160-228</td>
<td>274</td>
</tr>
<tr>
<td>6'6&quot;</td>
<td>164-234</td>
<td>281</td>
</tr>
<tr>
<td>6'7&quot; +</td>
<td>170-240</td>
<td>295</td>
</tr>
</tbody>
</table>

**Maximum Allowed Weight**

**No participants weighing more than 295 pounds will be allowed to participate.**
Also needed are Water Filters (we recommend MSR)
Also needed are Water Filters (we recommend MSR)
What Happens during the First Day I'm on Base?

The day of your arrival will be busy! Please make sure to verify your arrival date and time to ensure a prompt pickup. Be prepared for the following:

➢ Crew Check In (presentation of paperwork, health forms, and copies of your certifications)
➢ Gear and food outfitting
➢ Route Planning
➢ A Guide led shake-down of group and personal gear
➢ Orientation presentation
➢ Visiting the Trading Post

It is highly preferable to fulfill all of these tasks as soon as you arrive. Any unfulfilled tasks will delay your start in morning and cut into the amount of time you will spend on the water or on the trail.

Breakfast will be served at 7:15 AM. Your Guide will lead you through any additional preparations, after which you will be ready to pack up your canoes or hiking gear and hit the trail.

When Should We Plan on Starting the Trip Home?

We’re always sorry to see crews depart, but all good things must come to an end. The Check Out process must be completed as early as possible your final day in Alaska before you leave for home. Arrange with your Guide during the Check In process when you initially arrive a time to be dropped off at the airport.

How Do We Know Where We're Going on Our Trip?

Backpacking Treks
Northern Lights High Adventure requires a set of maps for every five scouts on a trip. The number of maps needed will depend on the route chosen. Some easier routes will only require one or two maps while other more difficult routes will require seven or more.

River and Sea Treks
Northern Lights High Adventure requires every canoe to have a set of maps for their trip. Crews will have up to seven canoes, depending on size (we seat two - three people to a canoe). The number of maps needed will depend on the route chosen. Some easier routes will only require one or two maps while other more difficult routes will require seven or more.
Where Can We Store Our Items While on our Trek?

For crews parking vehicles on base, Northern Lights High Adventure requests that personal gear be stored in the locked vehicle.

For crews that are dropped off at base without a vehicle, each crew will be issued one locker, for storing personal gear that is not going on the water. The dimensions of the locker are 22” wide, 24” deep and 45” high with locks provided by Northern Lights High Adventure. Northern Lights High Adventure suggests packing in duffel bags for an easier fit in the locker.

Please note that these lockers are NOT available for crews that have personal vehicles that will be staying in the base parking lot during their trip. If this is the case for your crew, please plan on locking your non-trail gear in your vehicle.

A lock box is available for all crews to store keys, wallets and other valuables.

Where Do We Sleep on Base? Shower? Do Laundry?

The night you arrive at Northern Lights High Adventure and the night before you return home, you may be sleeping on base or in a campsite. Every effort is made to ensure there are shower buildings with toilet facilities. Crews are encouraged to wait to take a shower until the afternoon they return from their trip in order to save on water resources. Plus, nothing attracts mosquitoes better than a freshly bathed person.

Northern Lights High Adventure does NOT have laundry facilities available. Please come prepared with clean clothes to change into after getting off the water.

How Do We Stay in Touch with Friends and Family?

Remember that you will be embarking on a wilderness trek. Crews are strongly encouraged to leave connections to the urban world on base when out on the trail. Cell phones are discouraged while in the wilderness.

Northern Lights High Adventure provides a reliable means of emergency communication to each crew. Please leave your cell phones behind.

While on base, limited cell phone coverage exists and some service providers are better than others. Due to the remote location of the bases, we cannot guarantee any cell phone coverage. Similarly the bases do not have any internet connectivity available to crews. Our internet bandwidth is extremely limited and reserved solely for our business operations.

*This makes the necessity of completing all E-Certifications ahead of time and bringing paper documentation absolutely IMPERATIVE.*

If there is an emergency at home while you’re on the trail, Northern Lights High Adventure may be called at 907.452.1977 and we will get the message to you as soon as we are able. Please note that this may mean we will not be able to get the message to you until after you get off of your trek.

We do not maintain regular contact with our crews. Remember, you’re in the wilderness. Enjoy it!
What if there is an Emergency While on the Trail?

Before we discuss emergency communications, it is important to note that Northern Lights High Adventure treks are true High Adventure experiences and your crew will be in a vast wilderness area. Northern Lights High Adventure does NOT maintain regular communication with our crews as it is not necessary and is a drain on resources. If an emergency does happen while on the trail, your Guide should immediately contact the base and our management team will work with the Guide and Crew to figure out the best possible solution.

All Northern Lights High Adventure crews are issued a Satellite Phone and a spot device. Your Guide is trained in the operation of these devices and will in turn train your crew. Unless otherwise incapacitated, your Guide is solely responsible for any communication with the base.

Northern Lights High Adventure has an amazing safety record and we rarely have to evacuate someone. When we do have to make that decision, please realize that evacuations can take several hours and potentially multiple days as our primary method of evacuation is by canoe or foot. While float planes are a possibility to some locations, the use of them is considered high-risk and therefore they are only used for exceptional emergencies. Also, please note that float planes are not always an immediate option. Even in cases where it is determined a float plane must be utilized it may still be several hours before the evacuation can occur depending on weather and time of day. This why it is absolutely imperative that every crew have an advisor certified in Wilderness First Aid, CPR, Weather Hazards, Safety Afloat and Safe Swim Defense.

PARENT/LEGAL GUARDIAN NOTIFICATION IN THE CASE OF ILLNESS OR INJURY

The adult crew advisors are responsible for communicating to parents any notification of illness or injury while attending the Northern Lights High Adventure programs. There will be times when an emergency happens in the wilderness and the adult advisor won’t be able to communicate with the parents. In this case the Camp Director or the person operating on his behalf will contact the parent. The Camp Director or the person operating on his behalf will:

➢ Contact the parent or legal guardian, noted as the emergency contact, on the participant’s medical form. It will be noted on the incident report form with time, date and person spoken.
➢ A representative from the crew’s home Council will be notified with time, date and person spoken.
➢ If the person is transported by air, a copy of the medical form will be delivered to the hospital for parent contact or be given to EMS by a Base staff member.
➢ All information will be given on an as needed basis to keep participant confidentiality.
What about Food? What Do We Eat?

Your crew will eat meals on base when not on expedition. Before you hit the trail or water, breakfast will be served in base too. You should plan on wearing your trail clothes to breakfast, in order to expedite your departure on the trail.

After you get off the trail or water, you will again eat dinner and breakfast at base or another location specific to your trek.

**See the Trip Enhancements section to learn more about the Alaska Salmon Bake!**

While on the trail and in the water your crew will partake in some of the best trail food in the business. Our commissary is stocked according to an expertly crafted menu. Your Guide spends the morning before you arrive at base packing your food and getting your crew gear together. After you arrive, your Guide will go through the trail food with you and explain what is included. This also allows you and the Guide to double check and make sure everything is packed. You will pick up the trail food in the morning before hitting the trail or water.
What about Dietary Restrictions?

Please fill out and submit a Dietary Restriction Notification card for each crew member that has a restriction and mail it to the base. These cards MUST BE RECEIVED by NLHA no later than 45 days prior to your trek.

Please keep in mind that while we try to be as accommodating as possible, we will not be able to accommodate all food needs and may ask participants with certain needs to supplement the menu with their own food.

---

Northern Lights High Adventure Dietary Restriction Notification Card

We must receive this card 45 days prior to your trek in order to make the necessary substitutions. If this card is not received within the specified time, we cannot guarantee the substitutions. We will do our best to accommodate your needs, but for certain severe allergies or for a person with an allergy to more than 2 types of food, we may ask you to bring your own trail food. Please bring your own medication (ex. Epipen).

Please fill out ONE CARD PER INDIVIDUAL with a dietary restriction. ALL FIELDS ARE REQUIRED.

1. Troop/Crew #: _________________________________
2. Dates Attending:_______________________________
3. Name of person with restriction:___________________________
4. Phone # and Email (of parent if youth or individual if adult):
   __________________________________________________________________
5. Restriction type (i.e. peanut allergy, vegetarian etc.):
   __________________________________________________________________
6. Please circle all that apply: If an allergy is it by?
   Ingestion  Contact  Airborne  Other _____________________
7. Severity of Allergy (i.e. anaphylactic):
   __________________________________________________________________
8. Is Allergy controlled or treated by medication?
   __________________________________________________________________
9. If so, will individual have this medication on the trip?
   __________________________________________________________________
10. What is the medication?
    __________________________________________________________________
11. Symptoms Experienced (i.e. vomiting):
    __________________________________________________________________
12. Substitution Ideas:
    __________________________________________________________________
    __________________________________________________________________
13. Any other information you think would be useful to the food service staff at High Adventure:
    __________________________________________________________________
    __________________________________________________________________

Fax Completed Form to: 907.452.1977 or Email Form to: Clinton.Stewart@scouting.org

Office Use Only:  Contact Date:_______  Initials:_______
 Accommodations Made: ____  Bringing Own Food: ____
How Do I Contact NLHA Base Directly?

Throughout the year any questions about the NLHA Base should be directed to the Midnight Sun Council's administrative headquarters in Fairbanks, Alaska at Stephen.Smith@scouting.org.

How do I Get to the NLHA Base?

Most crews elect to fly into Fairbanks, Alaska for their trek. Northern Lights High Adventure recommends shopping around with different airlines to ensure the best rate. Also consider airline refund/adjustment policies into your decision.

Once you arrive at the airport in Alaska we will pick you up! Make certain that before you fly you check in with NLHA staff to verify pickup dates and times.

Driving to NLHA? Contact us directly for more details and tips.

What is Medical Service Like in the Area?

The nearest major hospitals are in Fairbanks and Anchorage. These facilities do accept most major insurances and offer all major services.
Trail Programs and Policies

Secure Your Food
Bears, chipmunks, mice and other rodents are fond of trail food. Northern Lights High Adventure provides bear canisters for your food and ‘smellables’ at night. Use of the canisters is necessary. Remember, perfumed items (toothpaste, soaps, lip balm, etc.) may smell like food. Your Guide will advise you on what to do and how to do it. Whether on the trail or on base, do not take food into any tent or cabin.

Respect Wildlife
We are visitors in the wilderness – please be responsible and courteous guests. Do not bother or provoke wildlife. Animals should be enjoyed from a distance and should never be fed.

Purify All Drinking Water
All water from all natural sources - including springs, streams and lakes must be purified by bringing it to a rolling boil, treated with chemical purifier or filtered.

Wash and Rinse Dishes Thoroughly
Protect the health of your crew by thoroughly washing, rinsing and sanitizing dishes. Let dishes and utensils air dry. The dirty dishwater should be disposed of at least 200 feet behind the campsite and at least 200 feet from any water source.

No Climbing Allowed
Rock climbing, rappelling and tree climbing are not permitted. BSA regulations require advanced training and equipment which is not available for use on your trek.

Swimming and Diving
All swimming and water activities must be done in accordance with the BSA Safe Swim Defense policy. In addition, water shoes, a lifejacket and a swimsuit or shorts must be worn by all swimmers at all times.

Diving is prohibited at the NLHA per the BSA Safe Swim Defense policy. Therefore, all entry into the water must be feet first or by wading into the water. Jumping feet first into the water is allowed from rocks or ledges no greater than five feet above the surface of the water, if the water is clear and the depth of the water is 10-12 feet deep. Lifejackets must be worn at all times.

Cliff Jumping
Jumping into the water from any height greater than 5 feet above the surface of the water is prohibited.
Rock Throwing
Rock throwing is prohibited.

Solo Canoeing
There will be no solo canoeing. There must be a minimum of two canoes at all times with 2 canoeists in each canoe.

Boots and Shoes
You must wear boots or shoes in all wilderness trail campsites, while canoeing, swimming, fishing, etc. Bare feet and under-protected feet are a major cause of foot injuries.

Tobacco
The use of tobacco is never permitted within the line of sight of youth. No smoking is permitted in any NLHA building or vehicle. Each base has a single established tobacco use area.

Alcohol and Drugs
Possession or use of alcoholic beverages, illegal drugs or misuse of prescribed drugs is prohibited. Groups or individuals found in violation of this national policy of the Boy Scouts of America will be sent home immediately, as arranged with the council office or parent.

Firearms and Fireworks
Shooting firearms are not allowed at Northern Lights High Adventure. Do not bring firearms or archery equipment with you. Fireworks are a safety hazard and are prohibited by NLHA. Leave them at home.

Youth Protection Policy and Abuse
Boy Scouts of America’s Youth Protection Policies must be adhered to. No one-on-one activities between youth and adults are allowed. The BSA two deep leader policies must be followed. No youth and adults are allowed in the same tents (except family members). Physical, sexual or emotional abuse (including hazing) of a camper by his or her peers or by an adult leader is unacceptable anywhere. Reporting of abuse is the law. The local, county, state or provincial authorities as well as the BSA Council representatives will be contacted if abuse is suspected.

Forest Fires
Our forests are a beautiful and valuable heritage. If you spot a fire or think you have, report it to your Guide, who will report it to the base director by radio or phone. Your crew should not attempt to fight wildfires and should quickly leave the area. Because of the wilderness status, some of the areas which have naturally occurring fires may be left to burn naturally. Other man-caused fires may be extinguished. Trained fire fighters will monitor or extinguish the fires accordingly.