

REGION TEN

BOY SCOUTS OF AMERICA



# GUIDEBOOK

OF THE

CHARLES L. SOMMERS WILDERNESS CANOE BASE

1946

## EXECUTIVES' ADVISORY COMMITTEE

It was the opinion of the new Regional Executive and the Regional Canoe Base Committee that if the Base was to supplement the Camping Program of Local Councils, the Scout Executives of the Region should have a hand in its operation.

An advisory Committee of Executives was appointed in the summer of 1945, consisting of Messrs. L. D. Cornell of the Minneapolis Council, Paul Hesser of the St. Paul Council, A. Mattioli of Headwaters, Forest Witcraft of Pheasant, Wayne Hopkins of Gamehaven, Art Henry of Grand Forks, and Hod Ludlow, former Director and then Field Executive of the Minneapolis Council.

This Committee visited the Base at the close of the 1945 season, and met again in November with members of the Regional Camping Committee and other Executives of the Region, to study and recommend a new plan of operation.

Their recommendations were approved by the Regional Executive Committee, and announced to the field early in 1946.

Those responsible for the Canoe Base will anxiously observe developments in 1946, and always will be on the alert to make desired improvements. Constructive suggestions from those who use the Base will always be welcomed.

### ACKNOWLEDGEMENTS

Our 1946 Guide Book material has been gathered from many sources. It contains lines, paragraphs, pages, dots, dashes and commas; helpful hints and practical suggestions, written by a host of good outdoor men.

The bulk of the material was prepared by the late Carl Chase, Director of Canoe Trips in the years of long ago, and by "Hod" Ludlow, and Ben Conger. "Hod" supervised the construction of the new lodge in 1942, and directed the Base in 1942, 1943, and 1944. Ben Conger directed the Base in 1945.

To many others, largely unknown, who contributed bits here and there, and to Messrs. Fred C. Mills, William E. Lawrence, Wes H. Klusmann, Harry K. Eby, and Lew Hall of the National Staff; Parley Tuttle of the Canoe Base Staff and to members of the Region Ten Staff, we are very grateful and acknowledge help received. In 1947, it is our plan to print this Guide Book with such improvements as result from our 1946 experience.

The cover is reproduced from "Canoe Country" through courtesy of the University of Minnesota Press.

The art work is by "Bob" Marquardt, Special Region Ten Deputy Executive, who will be director of the Canoe Base this season.

# WILDERNESS CANOE COUNTRY GUIDE

REGION TEN BOY SCOUTS OF AMERICA

## INTRODUCTION



**HISTORY** The Region Ten Wilderness Canoe Trips began in 1923 as a local Council camping project for older Scouts in the Headwaters Council of Northern Minnesota. For many years they were under the personal direction of Carl Chase, then Scout Executive of the Headwaters Council, who was a "sourdough camper", early day homesteader, and iron ore prospector.

The trips grew in popularity and other Councils asked to participate in the experience. Sponsorship was eventually transferred from the Local Council to the Regional Committee, which operates through its Camping Committee.

In the first years, the headquarters was near the bridge east of Winton. The canoes were stored in one of the old boathouses, which served as a combination office and warehouse.

Most of the trips moved east, and it was a day's journey to our present Canoe Base. With the improvement of the Fernberg Road, a few resorts opened near the look-out tower, and about 1930 the Base was moved to Canadian Border Lodge on the west end of Moose Lake. A few years later, a bunkhouse was erected at Hibbard's Resort and this served as the headquarters of the trips until 1941.

It had long been the feeling of the Regional Committee that the Region should have a headquarters of its own - not associated with a commercial resort - something that would be designed for this particular purpose, and truly Scouting in its atmosphere and architecture. Under the direction of Dr. E. H. Rynearson of Rochester, Minnesota, a careful search of the north country, from Lake Superior to the west end of La Croix, was conducted, to discover the very best jumping-off place available. Nearly two years were involved in the search - at the conclusion of which it was unanimous that Moose Lake was the spot. A suitable site on Superior National Forest Property was made available, and construction of the present lodge building was undertaken in the fall of 1941.

Kenneth G. Bentz, then the Regional Executive, was a prime mover in the development and promotion of the new Canoe Base.

Hod Ludlow, then of Cook, Minnesota, and Lake Vermillion, who had served as a member of the Guide Staff in previous years, was the chief of the construction crew of local Finn log workers. The winter of 1941 - 1942 was favorable, with very little snow, and the lodge was completed in the spring of 1942.

At the time of the thirty-second National Council Meeting in St. Paul in May of 1942, the Base was dedicated to Mr. Charles L. Sommers, Chairman of Region Ten since the Region was first organized. A distinguished group of National Council Officers, and members of the Regional Committee were in attendance on this occasion.

**PURPOSE** The purpose of the canoe trips as stated by the Regional Camping Committee is to "Support the camping program of the several Local Councils of the Region, through providing an adventurous camping opportunity for Senior Scouts." The Committee feels that the trips have a great deal to contribute to the program of Sea Scout Ships, Explorer Scout Posts, Air Scout Squadrons, and to Troops with a number of Scouts over 15 years. The trips have proven especially worth-while when chartered groups have participated under their own adult leadership. They have been excellent too, under the sponsorship of Council parties, where the Council has organized a "provisional" party or more, under home adult leadership.

**THE PHILOSOPHY OF THE CAMP** Beyond the primary function of supplementing the Local Council camping program, there is the purpose and desire that this Wilderness Camping experience may contribute an eventful and meaningful experience to every Senior Unit and individual participating. Where, in all of the camping world, is there such an opportunity for the leader and his boys to develop teamwork, loyalty, companionship, and knowledge of good camping practice? There is a strange lure, a fascination, that this vast, wild, rugged country has on the hearts of young men. They come back, many of them year after year, to recapture the strength and beauty that springs from its association. They returned in large numbers during the war years, for their last fling at camping before they moved off to the ends of the earth for battle.

Their letters told how they sweated and fought rain and wind and insects and the elements - how they found the satisfaction that comes from callouses on the palm, food at the end of a long portage, contentment at the end of a tough day. Isn't this the kind of camping experience we crave for every Senior Scout in the land? Once the feel of this canoe country gets into a lad's blood, we have another convert - who will find his future recreation in God's great outdoors. The Canoe Base is dedicated to this purpose.

#### SENIOR SCOUTING AND THE CANOE TRIPS

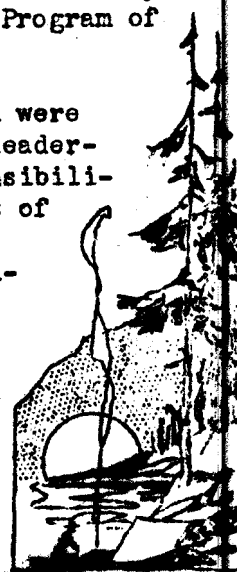
An adventurous camping program is the heart of a good Senior Scouting Unit's activity. As the Senior Program grows, adventuresome camping opportunity must be created by Local Councils and the National Council. The Philmont Scout Ranch, pack-saddle trips in the mountains, and our own canoe trips are designed to serve this need.

It seems evident that the Canoe Trips have a great future, because they have have so much to contribute to the development of the Senior Scout Program of the midwest.

**A NEW APPROACH** In past years, the "guides" provided by the Region were the leaders of the trips. When chartered or Local Council adult leadership participated, the Guide shared a certain amount of the responsibility with these men, but in the main he ran the party, assuming most of the leadership. This was natural, because of the fact that the equipment, cooking practices, and camping problems, were new or unfamiliar to many of the Scouts and Scouters participating.

There was a tendency under this plan, for the Guide (and his assistant, the Swamper) to assume much of the responsibility for cooking and selection of campsites and routes. Since they were familiar with much of the territory, they solved all of the problems of navigation and map reading.

With rare exception, these Guides were either mature leaders or young men with good judgment and a broad background of canoe trip experience



and leadership.

They have made a tremendous contribution to our knowledge and present practices in operating, and they have helped greatly to create an enviable reputation for the Boy Scouts of America with Woodsmen, Forest Rangers and Park officials on both sides of the border.

However, under this plan of direction by these young men, there was a tendency to deprive the campers of much of the experience and adventure to which they were entitled. Then, too, the word "Guide" has been associated in the minds of many men with the commercial guide, who was expected to do the cooking, clean the fish, set up the camp, and row the boat. For some time the directors of the camp have been conscious of these problems, and have been seeking a better method. The difficulty of securing capable adult leadership in the War period brought the problem more clearly into focus.

THE PLAN After a careful study of the situation, the Canoe Base Committee announced a new plan of operation for the 1946 season. Only chartered groups, under their own adult leadership, or Council parties, under adult leadership selected by the Council, are permitted to use the Base.

These groups may travel with or without a "Guide", provided from the Base camp. A substantial reduction in fees is made for groups which travel on their own. In either situation, responsibility for the group rests with the Home leader.

In the case of groups traveling under home leadership, with guide service, the guide will serve as a technical assistant to the normal adult leader, and will not presume to "take over" the heading of the party.

We are aware that this is a radical departure from the former practice, and that problems will arise which must be met. We fully appreciate that we must provide assistance to the home leader - as far in advance of the trip as time will permit, so that he and his party may get organized and be ready for the experience. This "Guide Book" is an attempt to provide a source-book that will be useful both for "pre-trip" preparation, and on the trail after the trip is under way.

It is proposed to follow this "at-home" preparation, with a day and a half of instruction and practice at the Canoe Base, prior to departure. At this time capable leaders at the Base Camp will work with the leaders of each group to give them the help they require in planning their route, organizing the party, canoeing, packing, navigation, cooking, portaging, etc. There will be as much practice and demonstration as time will allow.

Those of you who embark on this new plan in this 1946 season can be of real service to all of those who follow you, if you will study with us the problems and the helps you feel are necessary. We solicit your suggestions and guidance as we progress.

We think that you will conclude with us, that whatever hazards are involved in this new scheme of operation, it is worth the risk and effort in terms of good Scouting procedure, well-rounded camping experience and adventure - with hair on its pine-studded chest!

# ORGANIZATION OF THE PARTY

One of the objectives of a Scout trip of this kind, is to give every member of the party a well-rounded experience in every phase of the Camp activity. Cooking, erection and care of tents, selecting and splitting an adequate supply of firewood, sanitation, and handling the washing of cooking utensils embrace the principal Camp duties. We recommend that these duties be rotated every 24 hours, beginning with the arrival at the campsite in the afternoon, and concluding with lunch the following noon. This is a practical, proven method of organization which has worked successfully. A little study of the chart will explain the plan.

## SUGGESTED PARTY ORGANIZATION

Assignments begin with the evening meal and erection of Camp - end with lunch the following day. Each number represents a Scout. The Assistant Cook becomes Cook, etc.

(Note Plan of Rotation)

DETAIL	1st Day	2nd Day	3rd Day	4th Day	5th Day	6th Day	7th Day
Asst. Cook	1(Bill)	8	7	6	5	4	3
Cook	2(Jim)	1(Bill)	8	7	6	5	4
Asst. Tent Man	3	2(Jim)	1(Bill)	8	7	6	5
Tent Man	4	3	2(Jim)	1	8	7	6
Asst. Firewood	5	4	3	2	1	8	7
Firewood Man	6	5	4	3	2	1	8
Asst. Dish-washing	7	6	5	4	3	2	1
Dishwasher	8	7	6	5	4	3	2

**NOTE:** This suggested organization will vary according to the number or persons in your group. son a definite job - definite re-



sation will vary according to the It's purpose is to give every per-son responsibilities.

### SUGGESTED RESPONSIBILITIES

COOK AND ASSISTANT COOK Full responsibility for preparation and serving of three meals beginning with evening supper. Careful study of menu in advance will save time and improve food. For example; Mix dry milk with water in evening, for breakfast. Soak dried fruit, etc. Cook and assistant must work closely together with firewood men and dishwashers for smooth teamwork. Care and protection and storage of the food and cooking outfit are the Cook's responsibility.

TENT MAN AND ASSISTANT Immediately on arrival at the Campsite, erect all tents for the party, with due regard to protection from fires, location of dead trees, level ground, etc. Tent flaps should be tied down when beds have been made, and about campfire time, shoot in a few bursts from the Flit gun through the closed flaps.

NOTE: Each individual is responsible for his own bed making. This should be done as soon as the tents are erected. When tents are up this crew will construct and mark a trench latrine.

FIREWOOD MEN These two men are responsible for quickly securing a quantity of dry firewood so that the cooks can get a kettle or two of water boiling, in a matter of minutes if necessary, after the party hits the Campsite. (See section on firewood for proper selection of wood). Chop and split a good supply for supper, campfire, and breakfast, including kindling, and store under tarp, or in tent to protect breakfast fuel from weather. Keep axes sharp, sheathed, and protected from moisture.

DISHWASHING CREW These men are responsible for cooperating with the cook to see that an adequate supply of boiling water is available for disinfecting individual plates and cups.

NOTE: (Each member of the party will wash his own dishes, and disinfect them. No towels are necessary if dishwashing crew does its job right.) It is the job of the dishwashing crew to wash all kettles and pans used in preparing the meal, and to keep an adequate supply of water on hand.

CANOES - Each canoe team will store its canoe and the leader will make a final check.

OFF DUTY - After unloading their canoe these men are free to fish or to pitch in with the other camp jobs. The thing to do is to keep busy.

### EQUIPMENT

Each party will be issued the following gear for use during their entire period;

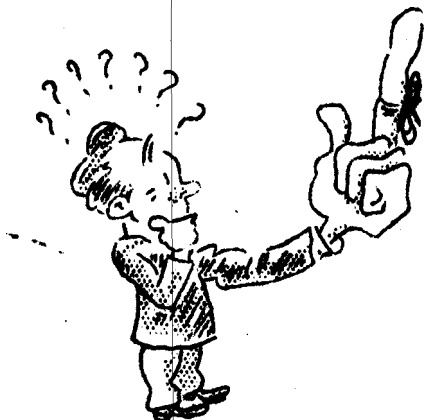
CANOES - one for every two or three campers, depending on related conditions.

PADDLES - Three per canoe

YOKES - One per canoe - for portaging

REPAIR KIT - To repair canoe damage

MAP - With route selected marked on it.



TENTS - Two man forestry tents and four man cruiser tents as desired.  
 GROUND CLOTHS - One per person  
 TARP - For cooking shelter  
 DULUTH PACKS - To carry food and supplies and personal gear.  
 WANNEGAN BOX - For what you may Wannegan soon.  
 COOKING GEAR - Mostly 10 man kits - also 2 man kits.  
 CRUISER AXE - For securing firewood one to a party.  
 FILE - For axes  
 TRAIL OR REFLECTOR OVEN - For baking

TRENCH SHOVEL - For latrines, etc.  
 CANVAS WATER BUCKET - Carrying water  
 WATERBAG - For drinking water  
 FLIT GUN AND DOPE  
 HALAZONE TABLETS - To purify water  
 ONE SIDECUTTING PLIERS  
 FOOD - Complete supply for the trip in bags and containers  
 FIRST AID KIT - For Leader  
 MINNOW NET - (If desired by Party).



### PERSONAL

<p>___ Plate, Knife, Fork, Spoon, Cup for trail use only.          ___ Mosquito netting and dope          ___ First Aid Kit          ___ Flashlight with extra batteries          ___ Raincoat or poncho          ___ Jacket or sweater - or both          ___ Wool shirt          ___ Hat or sunshade or colored glasses          ___ Shoes - heavy for camp wear          ___ Moccasins or sneakers - (will get wet when landing - Moccasins need to fit snugly or be tied on). <u>If used should have good arch support.</u>          ___ Heavy sox - At least 5 or 6 pairs - wool is best          ___ Blankets - 2 Hudson Bay - 4 regular or a sleeping bag. <del>Blanket</del> pins with blankets.          ___ Old Clothes - one change - be sure to have long pants and long sleeved shirts.</p>	<p>___ Towels - wash cloths - Toilet articles - floating soap, etc.          ___ Handkerchiefs          ___ Kneeling pads          ___ *Ditty Bags - see personal pack under <u>PACKING</u>          ___ Scout Uniform (For Traveling)          ___ Chapstick - For chapped lips          ___ *Camera - Extra films          ___ *Hunting Knife or Scout Knife          ___ Waterproof matches or box          ___ Swim trunks          ___ Pajamas          ___ Canteen          ___ Notebook or diary.          ___ *Desirable but not essential.</p>
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\*Fishing tackle - Keep it in a small metal box. One floating "redhead" or "Pikey Minnow". Some that are sinkers. Two or three spoons such as "K.B". "Jarviner" or "Daredevil". A Junebug spinner or two. Three small sinkers and three of four or five ounces. Five fairly long leaders. Casting rod desirable but not essential. Fifty yards of 18 pound test line. Read up on the fishing laws. You need a license. This is a minimum list of tackle. Metal line if you desire to fish for lake trout. 1946 Canadian four day license is \$2.70.

PARTY - Work gloves for the cooks. Compasses, Carborundum, extra axes.

NOTE: Locker space is provided at the Base, to store articles not wanted while on the canoe trails.



## PERSONAL PREPARATION



"Anticipation" somebody said, "is greater than realization". Maybe that's a little strong, but we do know that a good job of "preparation" will help immensely to "realize" a happy, successful trip.

ASSEMBLY OF EQUIPMENT Begin now to get your camping outfit together. Oil your boots, sharpen your knife, get your tackle in good working order, check equipment list to see that nothing is missing. Then get it packed - in an orderly manner, so that you may arrive at the Base looking like a Camper - and feeling like one.

SOAK UP SOME SUN Get as much tan as you can, especially your body above the waist, starting right now, but take it gradually. Sunburn is no fun on a canoe trip!

CONDITION YOURSELF Sail into a good, tough job at home to build up for the trip. Get into a canoe, if possible, even if it is only on a park lake, and practice paddling until you can write your name with the course of the canoe. Get your hands tough. Twist sticks in your hands. (Blisters are no fun either). Work on canoeing merit badge.

Hike and swim as much as you can. Build up your "wind" and endurance.

Have your dentist give your teeth the "once over" for any cavities. Dentists are pretty scarce after you shove off on a trip!

DO SOME COOKING Do some cooking over the open fire. Get your mother to help. Learn to make blancmange, and white sauce. Once you know, you can make a lot of dishes. You can cream fish, meat and vegetables and a whole lot of stuff that might otherwise be as flat as unsalted gruel. Ask her about making simple corn-starch pudding. THE BASIC COOKING is what you want. Read your mother's cookbook.

NORTH WOODS LORE You will be traveling in an historic Region. Your trip will mean more if you know something of the history of the iron mines, and the logging days, and the dramatic story of the Voyageurs - who plied these waters in the fur trading days of 200 years ago. See the bibliography at the end of the Manual for a list of source books. "The Voyageur's Highway" by Grace Lee Nute is invaluable.

## THE PROGRAM AT THE BASE

### FIRST DAY

Arrive - not before 2:00 P.M. nor after 4:00 P.M.  
Council Group Leader reports at office. Registers for entire party. Pays balance of fees.  
Sleeping quarters for first and second nights are assigned.  
Arrange beds for first two nights.  
Get acquainted. Explore the Base.  
Evening meal prepared by Camp Cook in main building.  
Evening Camp Fire Program. Good fellowship.  
Early to bed for a good night of rest and a big day on the morrow.

### SECOND DAY

A full day of preparation and training for the trip. Each group will pack its own food supplies and equipment, study maps, arrange trips, and have everything set out for departure on the Canoe Trail the next morning. Each separate party will have a campfire meeting of its own with one member of the Canoe Base Staff assigned to them for information

**SECOND DAY**  
(Continued)

and general assistance. The day will be full of practice in canoeing, setting up camp, portaging, etc.

**THIRD TO  
TENTH DAY**

Breakfast at 7:00 A.M.

Canoes assigned and all parties off on their Big Adventure by 9:00 A.M.

Out on the Canoe Trails, a total of 7 full days and nights.

On the 10th day, return to the Base, not earlier than 10:00 A.M. nor later than 2:00 P.M.

Check all of your Canoe Base equipment, separating articles needing repairs.

Take a Finnish bath and hot shower.

Change to clean clothing.

Relax, rest up, and prepare your baggage for the return trip home.

Closing dinner at 6:00 P.M. in Main Dining Hall.

Evening Campfire to tell about your trip experiences and receive Canoe Base Emblems.

Have a good night of rest.

**ELEVENTH DAY**

Early breakfast and a full day ahead for your return trip home.

## CAMPING



**PACKING** Your pack and the maintenance of your equipment will reveal your experience as a woodsman. With bad management, you may be lost in detail and confusion. This is hard on your equipment, especially in rainy weather, and still harder on your peace of mind and chance for pleasure.

**PERSONAL PACK** In your personal pack, get all your small things organized into larger units; socks in a cloth bag, toilet articles in a compact container, etc., so when you reach for an item, several larger units come out of the pack instead of a conglomeration of little things. Keep the

things you want on the trail at the top of the pack. DO NOT ALLOW ANYTHING TO BE CARRIED LOOSE SO THAT IT DANGLES AROUND YOUR NECK OR OVER YOUR ARMS, MAKING YOU LOOK LIKE A WALKING CHRISTMAS TREE ON THE PORTAGES.

Put the soft things like blankets or sleeping bag at the back of the pack where they will cushion the load.

**BREAD PACK** This is the largest (and usually the lightest) of the food packs. They are lined with cardboard or light plywood to protect from crushing. It is often convenient to make up sandwiches at breakfast (ready for the short stop at noon lunch) and stow them in the top of the bread pack, together with hard candy or chocolate, as called for in the menu. Then it is necessary to break out only one kettle for your cold beverage from the kettle pack, and the balance of your lunch is ready in the top of the bread pack.

**MEAT PACK** Into this pack go the canned meat and moist food such as dried fruit. In packing it, get the dried fruit, bacon, etc. against your back for protection from sharp cans on the portages. Check your food list for contents.

**DRY PACK** Cereals, beverages, and dehydrated foods are in this pack. Items which

will absorb moisture from the atmosphere are packed in friction-top cans.

**LABELS** - Mark your food bags with a crayon, and friction-tops with labeled adhesive tape for easy identification.

**TENTS** - Pitching tents in the northwoods is a matter of ingenuity developed around basic principles. Pitch on a high ground - face away from the strong winds - (usually from South West), look out for bad timber overhead, and pick a soft spot for beds. If stakes won't work, use scissor poles, plenty of rope, and rocks - or string up between trees and hold sides down with rocks. Take time to fix a comfortable ground-bed - and be sure to use your waterproof ground cloth which we provide.

Pitch tents every night - take pride in your work - see which crew can do the best job. Use proper Scout knots - and regulate tension for wind and rain. The taut line hitch is recommended. Tents are made bugproof with mosquito netting.

If possible, dry tents before packing. Fold correctly and repair any damage immediately.

**CAMP CRAFT** - Camp gadgets are not just for exhibitions. They add to your camping pleasure. Fireplace paraphernalia - small tables and racks if you are in camp for several meals - toilet paper and holders and other such items. You may want to make souvenirs to take home. Keep your tools sharp.

**FIRES AND FUEL** - A small fire of good wood will do much better than a large fire of poor wood. The trappers and criss cross will suit your needs best. Many sites have fire places. Baking requires hot fires. Be sure to clear a wide circle around your fire.

Fuel should be gathered, cut and stacked while the fireplace is prepared and fire laid. The first cooking pot should be in place before the fire is lighted.

The better firewoods on the trails are poplar and cedar, wood from Beaver dams and driftwood. Lengths of 10 or 12 inches will give you no smoking butts. Keep your wood stacked and covered. Leave extra wood for next party, and cover with old birch bark. Be sure your fire is OUT with water after each use. Don't forget the crossed sticks over the campfire spot when you leave camp.

**MENUS** - To assist in providing balanced meals with the minimum of confusion and to conserve food, menus will be given you with recipes. You will have enough to eat - if you follow them.

**COOKING** - Is an art that makes the difference between just existing and having a swell time. It is one of the marks of a real camper.

Ample food is provided, but remember, every ounce on your back over the portage counts up. Some compromise must be made between appetites and convenience. The Wilderness is no place for the person who eats everything in sight. Don't be a glutton.

Baking is essential and not difficult. Will you turn down biscuits, muffins, corn bread, pie and cake on the trail?

Practice cooking at home..

Learn how to use dehydrated foods.

Learn how to use Bisquick, cake mixes, etc.

When you pick up a pack from a canoe, watch your balance. Don't throw the packs, or drop them. Handle them easy. Keep them with your paddles in your own place and pile and start across the portage.

**HANDLING YOUR CANOE** It's easy to badly damage your canoe by improper removal from the water. You'll get instruction and practice in proper methods at the Base.

Nine chances out of ten, if you upset during your trip, it will be at the shore, and because of badly distributed weight. Make sure that your foot is in the center of the canoe before shifting weight. Remember, the laws of physics are still in operation.

On some of the longer portages, "canoe rests" are provided, consisting of a horizontal pole some distance above the ground, on which the canoe may be leaned. Usually there will be none of these, and if you must get the canoe down, use great care. Get your partner to hold one end while you step out of the yoke, or shift the weight to the stern, and roll carefully and deposit gently on the ground. Under all circumstances, avoid sharp rocks and stones as you place your canoe.

A canoe is apt to seem like a heavy load. It is not light, but it looks heavier than it is. Keep a sense of calm and relaxation while under a canoe. A strained outlook will tire one quicker than the weight of the canoe. Try humming a song. This helps.

## NAVIGATION



**YOUR MAP AND COMPASS** Your map and compass are your "direction-finders" in the wilderness. Don't trust your instinct, or your "sense of direction". Science has proven that no one has a "sense of direction". Some have better sense in using clues to follow a course. That is the only difference. Your best clue is your compass. Sun and stars are good, too, if you learn how to use them. Be sure you know your map scale.

A fairly good compass will be provided your party if you need it, but we recommend that you own and use your own. The maps we use are reproductions from aerial photographic surveys and are quite accurate.

Study your map before you start. Continue to study it as you have the opportunity. Every person in the party should know where he is going at all times. To use your map correctly you must understand how to use your compass, correcting it for magnetic variation.

**YOU MAY GET LOST** If you think you are, stick to your canoe, and your outfit. If you are lost alone, don't wander. Make yourself comfortable, keep yourself visible, and give your party a chance to find you. It's best not to wander.

When lost, stop. Take out your map and compass and place it on a flat spot, where you can line it up with the country. Study the body of water you are on. See if it looks like anything on the map. If a stream flows in or out of the lake you are supposed to be on, it may help to set you right. Study your map to see if the stream fits into your picture. Study its relation to points, bays, islands, etc.

Always remember - your compass is correct.

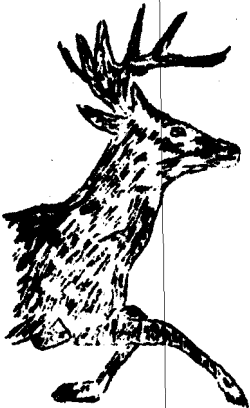
Weather - Keep a weather eye for storms - if weather is threatening, keep near shore. If a storm breaks, head in at once until its severity can be judged. Weather is very sudden and changeable in the north country.

Equipment must be kept dry. If it is necessary to travel in the rain, be sure the packs are raised off the bottom of the canoes, and properly protected.

If heading into a moderate wind, keep the bow down - if with the wind, keep the stern down. If the wind is very strong, don't go out.

Quarter the waves or head into them, never parallel, even if it means tacking to get to your destination.

## KEEPING PHYSICALLY FIT



The most important item of Health and Safety is protection and prevention. It is our first duty to prevent accidents and illness - and much can be done along that line. Discipline, knowledge and skill are all important. No better information can be given than that in the various Scout Handbooks and the American Red Cross First Aid Book.

DRINKING WATER Use the Halazone tablets supplied, and follow directions. The other alternate is to boil the water for 5 minutes. Allow to cool and aerate. Boil the morning's drinking water at night.

DISHES - Should be disinfected by immersing for one minute in boiling water. Allow to dry by own heat and put away immediately, free from flies and dirt. After rinsing the dishes can be put across sticks over the fire for a few minutes for final drying.

POISON IVY - All Campers know it and watch out for it. If there is reason to suspect contact, wash immediately in strong soap or alcohol. A 10% solution of Tannic Acid in alcohol is probably the best known cure at present. Fortunately, poison ivy is not abundant on the Canoe Trails. Method of application will be practiced at the Base.

BLISTERS - Campers should toughen the hands by twisting sticks before going on the trip. Keep hands dry when paddling and do not allow the paddle to roll too much in your hands. A shift in position will help materially.

GLOVES - Can prevent blisters and are very important around the cooking fire to prevent burns.

SHOES - Must be worn at all times. A foot injury is serious and means returning to a doctor at once. There should be no hesitancy about getting shoes wet. Only tenderfeet have dry feet on a canoe trip. Foot gear should be snug - not tight - nor loose, keep laced. Wear wool socks. Loose moccasins should be tied on around the ankle to prevent losing in mud or water.

KNIVES AND AXES - Are not necessary for every canoeist on a trip. Complete instructions will be given every canoeist - and those unable or unwilling to demonstrate skill and knowledge will be requested to turn in their axes.

Do not make smart remarks or wisecracks and under no circumstances visit or set foot on a campsite of another party unless especially invited, and if possible, refrain from camping in the vicinity of other parties.

There are other camps that conduct canoe trips too. We must respect their rights and maintain high standards of camping skills and courtesies.

Clean up the campsite - pick up paper, string, and other debris - the real woodsman does not throw things down, therefore does not have to pick them up.

Dispose of garbage properly. Burn out cans and bury other refuse that will not burn - or take them to a deep spot on the lake.

See that the fire is out - well doused with plenty of water - then stir it with a stick. Leave small dry sticks across the fire.

Pile unused wood in a neat pile for the next party and cover with old birch bark. Stand tent poles neatly.

Always leave the campsite better than you found it. Keep note of the fire violations of others and report same to Base Staff.

Don't allow campers to be fish hogs. Have the proper fishing licenses.

Pile rocks used to hold down tents and ropes in a neat pile. Rocks are necessary around the campsite and should not be thrown in the lake. Throwing rocks is dangerous. Rocks ruin a good swimming beach.

## YOUR GUIDE

Your Guide is not a "do it all" but a friend in your time of need.

## REFERENCE BOOKS

The Voyageurs Highway - Grace Lee Nute.  
The Minnesota Historical Society, St. Paul, 1941.

Publications of the Boy Scouts of America  
Canoeing; Swimming, Watersports and Safety;  
Handbook for Boys; The "How" Book; Boat  
Building and Canoe Repair, Campfires and  
Cooking. Merit Badge Pamphlets: Canoeing,  
Camping, Conservation, Cooking, First Aid,  
Pioneering, Safety, Swimming, Weather.  
Adventuring for Senior Scouts.

Canoe Country, Florence Page Jaques  
University of Minnesota Press, 1938.

American Red Cross First Aid Textbook.



FIREARMS - Are unnecessary and unlawful.

SUNBURN - Can be quite dangerous as well as uncomfortable - and will sneak up on a person in short order in the north woods. Sufficient clothing is the best preventive. A 15 to 20% solution of Tannic Acid in alcohol, spread or rubbed over the exposed parts helps some - but can't work miracles. Leaders should take real pride in having no cases of sunburn in their group. Tannic Acid solution and Tannic Acid Jelly are good for relief and healing. Shorts should not be worn on canoe trips - they afford no protection from sun and brush.

FOOD - Should be kept in clean, dry places and all fresh and recently opened foods in cool places. Keep open food covered and protected from flies. It is important to conserve food, but left-overs must be given careful protection.

HEADACHES - Often result from sun glare and heat. Head covering and sun glasses will do a lot to prevent it.

FISHHOOKS - Are dangerous and rigid rules should be enforced concerning casting.

Several campers fishing from a canoe should cast from the sides only. Side-cutting pliers are supplied to cut out fishhooks if caught in flesh.

CHAPPED LIPS - Mentholatum or vasoline should be carried by campers to prevent dry, parched and cracked lips from sun and wind.

CLEANLINESS - Is the first requisite of good health.

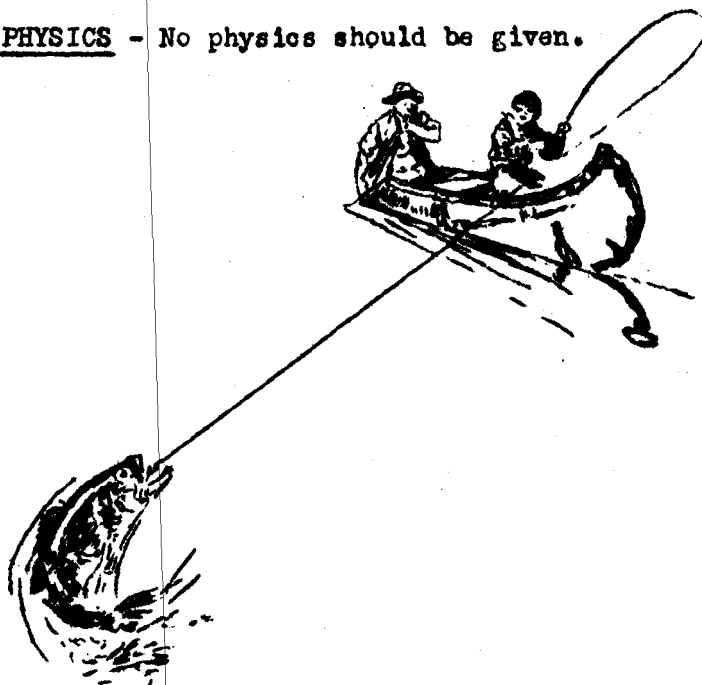
FIRST AID - A Red Cross First Aid Text Book will be supplied each group. Leaders should become familiar with it - and know where to find what they want. Following are some of the most frequent accidents and sicknesses. Know where to find their treatment immediately.

Sunburn  
Wet and dry burns  
Fishhooks  
Puncture wounds

All varieties of cuts  
Bleeding  
Headache  
Stomach ache

Constipation  
Diarrhea  
Blisters  
Poison Ivy

PHYSICS - No physics should be given.



## TRAIL COURTESY

Follow the courteous precedent set by men of the past.

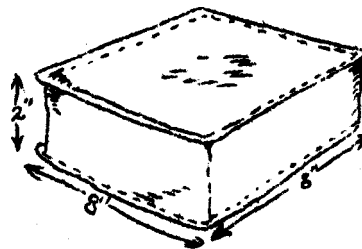
When other parties are on the portage, be courteous - don't crowd - be careful to prevent the mixing of the equipment of both parties.

If a party is going in the opposite direction, offer to give them a lift while going back light. It does not cost much, and leaves a wonderful impression of our thoughtfulness and courtesy.

# KNEELING PADS

To make kneeling comfortable, a pad is essential. The experienced canoeist therefore provides himself with a kneeling pad, which is definitely a standard part of his equipment.

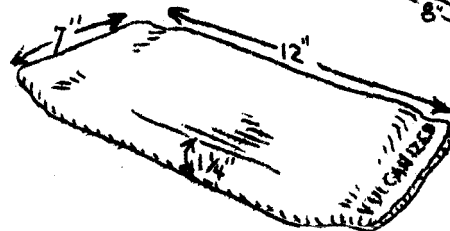
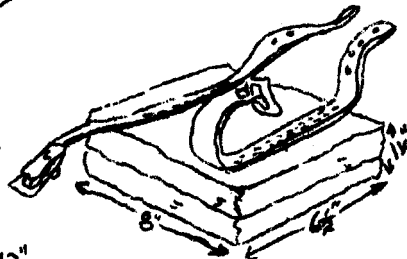
Here ~~then~~ are drawings of kneeling pads you can make.



CANVAS KNEELING PAD

GROUND CORK OR  
KAPOK FILLED.

RACING PAD  
TWO LAYERS OF HARNESS  
FELT, WITH STRAPS.



FLOATING PAD

INNER TUBE WITH  
TWO LAYERS OF SPONGE  
RUBBER FILLER.

WATERPROOF FLOATING PAD  
LINDLEUM LAYERS  
KNEE PROTECTOR



In addition to these types, a basketball knee-protector can be used.

A household sponge rubber kneeling pad folded double is good.

Mark your equipment with your initials or paddle brand.