

Northern Lights High Adventure

Expedition Planning Guide



2025 Edition

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

NLHA Expedition Planning Guide

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

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 Trek Leader accompanies all crews.

Crew sizes larger than 10 people 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 Scouting 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 Trek Leader

The Trek Leader is a Northern Lights High Adventure staff member who serves as a teacher and resource for the Crew Leader and Crew. The Trek Leader has received special training in the best practices for your Alaskan trek. The Trek Leader aids the Crew Advisor in insuring the safety of the crew. When it comes to safety, the Trek Leader has the final say in what needs to be done to keep the Crew safe. Finally, the Trek Leader 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 leaders 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 Trek Leaders 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.



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 is not a high adventure experience, but is intended to be an add-on to a unit's attendance at our Lost Lake summer camp program. You would still get outside and see what Alaska is all about. We share it here, so you would know that there is a summer camp option for your unit.

Keep Reading to Learn More!

Treks

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 Trek Leader will lead you on a true wilderness hike through 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)

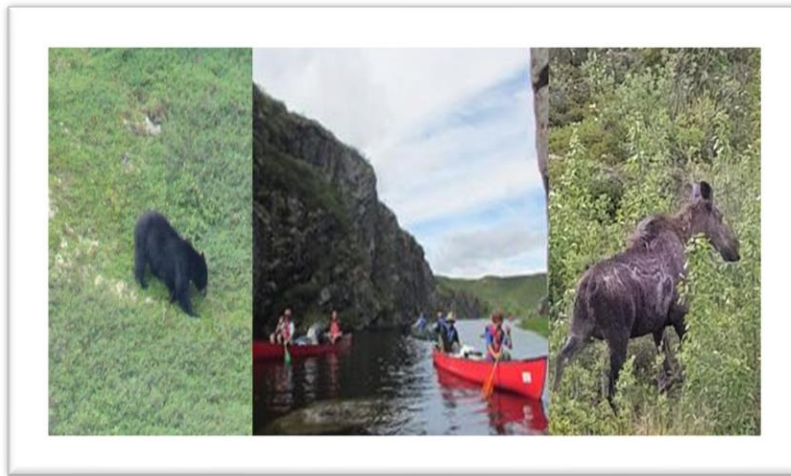
Birch Creek is part of the National Wild Scenic River System. From its headwaters north of the Steese National Conservation Area, this river flows swiftly through upland plateaus, forested valleys, and rolling hills where river travelers often see moose, caribou, arctic grayling, and a variety of birds.

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 Area. 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 treks. Best combined with our Lost Lake Scout Camp (see trip enhancements). Fly into Fairbanks where we start your tour. It includes a shuttle tour in Denali National Park, and Kesugi Ridge backpacking trip (3-5 days) or a Prindle Mountain hike (2-3 days), Clear Water/Tanana River trip (1 ½ days), and a Salmon Bake (Location in Fairbanks) 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 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

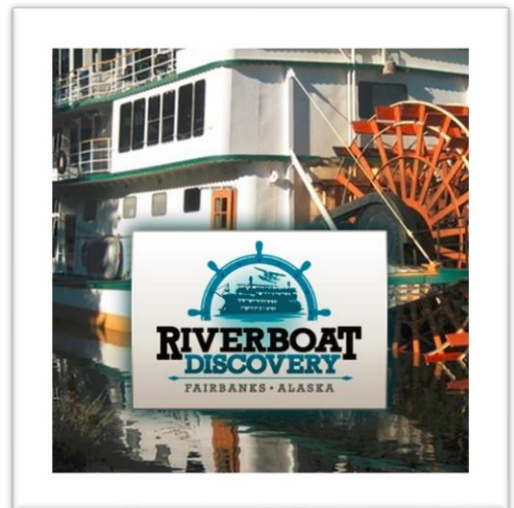
Your salmon is fire cooked on an open wood grill while the Prime Rib is slow roasted as you watch with mouth-watering anticipation. Don't forget to try the Bering Sea Cod direct from icy Alaskan waters and battered to perfection as only our Alaskan chefs know how!

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 Trek Leader takes you on a personalized tour of the Chena Indian Village.



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!

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's 21 hours and 49 minutes of daylight

Lost Lake Camp is on over 625 acres between the Tanana River and Birch Lake on the beautiful 90 acre Chisholm Lake. Lost Lake Camp 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. Scouting 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 treks.

The policies and procedures of NLHA and Scouting 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 Stephen.Smith@Scouting.org
- All emergency decisions by the NLHA staff are final and need to be followed, or you may be removed from your trek and sent home without a refund.

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 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 Scouting America). There are no gender restrictions for leadership except for co-ed Exploring post or Venturing crews, which must have both male and female leadership 21 years old or older.
- At least 1 adult leader trained in the following:
 - Wilderness First Aid (16 hour course)
 - CPR
 - Weather Hazards
 - Safe Swim Defense
 - Safety Afloat
- **All adult leaders must be trained in Youth Protection**

All participants:

- Must be at least 14 years of age upon arrival at NLHA
- Must weigh 100 LBS and no more than 295 LBS
- Must have a current (within 12 months) and complete Health and Medical Record
- Must be classified as a swimmer* for all water activities
- Must be a registered Scout, Explorer or Venturer

*Swim Checks will be done at Lost Lake Camp by our Life Guards 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?**
- 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 member (note: if making reservation after January 1, we require a \$1,000 deposit per crew member). All fees must be paid prior to heading out on your trek.

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 MEMBER** due within 3 weeks of reservation. (**Note:** if making reservation after January 1st, we require a **\$1,000 deposit per crew member**).
- 2) The second installment is a **\$250.00 FIRST PAYMENT PER PERSON** due February 1st or within 3 weeks of reservation (whichever date is later).
- 3) The third installment is a **\$500.00 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 can take credit card (visa, master card, discover, and American express) payments over the phone during normal office hours or we can take a check. Please make checks out to the Midnight Sun Council. 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 your troop or crew decide to customize the trek by adding any of the enhancements mentioned below. Fees are \$1,650 per person plus any add-ons. Base price shown below is reflective of a full crew, add-ons are extra.

River Treks	Fee	Max Persons
	Yukon River	\$16,500
	Tangle Lakes/Delta River	\$16,500
	Birch Creek	\$16,500
Backpacking Treks	Fee	Max Persons
	Alaska Range	\$16,500
	Prindle Mountain	\$16,500
	Pinnell Mountain	\$16,500
Ultimate Road Trips	Fee	Max Persons
	Interior Tour of Alaska	\$16,500
	Statewide Tour of Alaska	\$16,500
	Custom Tour	call the Midnight Sun Council office at 907-452-1976 for more information

All locations and trek details are subject to change due to weather conditions, unit preparation, 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/>. 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/>.

***NOTE :** Northern Lights High Adventure does not have fishing gear to loan out or rent. However, we can make arrangements for your group to purchase the required gear while you're here.

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!

Interior Alaska (Near Fairbanks)	Fee per Person	
	Alaska Salmon Bake*	Please visit https://www.akvisit.com/ for current prices
	Discovery Sternwheeler*	\$90.00
	Gold Mine/ Dredge 8*	\$55.00
	The Salmon Bake you would pay for yourself on site.	
Statewide	Zip Lines	Sea Kayaking
	Glacier Hiking	Whitewater Rafting
	Salmon Charters	Glacier Cruises
	Halibut Charters	Park Permits and Camping Fees, if needed
	Prices vary across the state, so costs will be discussed during your planning	
Lost Lake Scout Camp	Fee per Person	
	Discounted Rate	\$450.00

*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 Scouting America are not finalized until spring of 2025.

All locations and trek details are subject to change due to weather conditions, unit preparation, 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, Crew 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(s) (Trek Leader) who will accompany you for your entire trip.
- Emergency communications device (InReach)
- Special Participant Patch
- Camper's Accident Insurance
- You are welcome to bring your own backpacking stoves. If you do, we will supply the fuel for you.



Park Permit Fees:

All crews utilizing BLM land will need a BLM Permit and per participant fees are charged. Denali has a park entrance fee and campsite fees. Various state parks have permit fees. Fees will be discussed during the planning process. The NLHA Base obtains all permits and reservations needed for your trek.

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.
- **E-CERTIFICATIONS** – The following trainings can be found at www.my.scouting.org. Each Crew must present proof that at least one adult leader has training in each of the following:
 - **Safety Afloat**
 - **Safe Swim Defense**
 - **Weather Hazards**
- **YOUTH PROTECTION** – All Adult Leaders must present proof of current Youth Protection Training. This training can be found at www.my.scouting.org.
- **SWIMMING CLASSIFICATION RECORD** - All participants (both youth and adult) must successfully complete the Scouting America Swimmers' test here at our Lost Lake Camp supervised by our Life guards. This applies only to canoe/float treks, no need to do a swim check for hiking treks
- **HEALTH AND MEDICAL FORMS** – All participants must submit complete and current (within 1 year) Medical Forms and meet Height/Weight Requirements.



Crews will also be asked:

- If they have a complete and thorough **personal FIRST AID KIT** and **WATER FILTERS** (we recommend MSR-Filters)
- If they have any **SPECIAL DEPARTURE PLANS** (Early Breakfast, etc.)
- We strongly recommend that you bring 3-season tents with a fly that extends to the ground.

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 of your High Adventure expedition. No other form other than the 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 should be treated before coming to Northern Lights High Adventure to reduce their blood pressure and bring it as close as possible to normal. They should continue 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

Height	Recommended Weight (Pounds)	Maximum Weight (Pounds)
Minimum Allowed Weight ***Participants weighing less than 100 pounds will have a difficult time and are discouraged from attending.		100 Pounds
5'0"	100-138	166
5'1"	101-143	172
5'2"	104-148	178
5'3"	107-152	183
5'4"	111-157	189
5'5"	114-162	195
5'6"	118-167	201
5'7"	121-172	207
5'8"	125-178	214
5'9"	129-185	220
5'10"	132-188	226
5'11"	136-194	233
6'0"	140-199	239
6'1"	144-205	246
6'2"	148-210	252
6'3"	152-216	260
6'4"	156-222	267
6'5"	160-228	274
6'6"	164-234	281
6'7" +	170-240	295
Maximum Allowed Weight **No participants weighing more than 295 pounds will be allowed to participate.		295

NORTHERN LIGHTS HIGH ADVENTURE BACKPACKING TREK EQUIPMENT LIST

Clothing, Layers and Footwear

Layering is critical. You need a minimum of three insulating layers as well as wind and rain protection.

Footwear

- ☐ 1 Pair Mid-Weight Hiking Boots
- ☐ 3-4 Pairs Hiking Socks (NO COTTON!)
- ☐ 1 pair Closed Toe River Crossing/ Camp Shoes

Lower Body Clothing

- ☐ 1 Pair Long Underwear Bottoms (Mid or Expedition Weight Synthetic or Wool (NO COTTON!))
- ☐ 1 Pair Rain Pants
- ☐ 1 Pair Nylon Hiking Pants

Upper Body Clothing

- ☐ 1 Pair Long Underwear Top (Mid or Expedition Weight Synthetic or Wool. (NO COTTON!))
- ☐ 1 Fleece Jacket (Light to Mid-Weight)
- ☐ 1 Insulated Jacket (Synthetic Filled)
- ☐ 1 T-Shirt
- ☐ 1 Wind Shirt or Jacket
- ☐ 1 Rain Coat

Other Clothing

- ☐ 1 Sun Hat
- ☐ 1 Wool or Fleece Hat
- ☐ 1 Pair Light Glove Liner
- ☐ 1 Pair Wool or Fleece Gloves

Personal Gear

- ☐ 1 Sleeping Bag (20 Degrees G or Colder)
- ☐ 1 Sleeping Pad
- ☐ 1 Sleeping Bag Stuff Sack
- ☐ 1 Internal Frame Pack (75-90 liters)
- ☐ 2-3 Waterproof Bag Liners or Covers
- ☐ 2-3 Small Stuff Sacks

Other Personal Gear

- ☐ 1-2 Bandanas
- ☐ Personal Mess Kit (1 Bowl, 1 Spoon)
- ☐ 2—1 Liter Water Bottles
- ☐ Insect Repellant
- ☐ Mosquito Head Net
- ☐ Lip Balm
- ☐ 1 Pocket Knife
- ☐ Matches or Lighter
- ☐ Sunscreen
- ☐ Notebook and Pen/Pencil
- ☐ Sunglasses
- ☐ Glasses Retainer
- ☐ Watch
- ☐ Personal Care Kit (Toilet Paper, Toothbrush, Toothpaste, Medications)

Optional Gear

- ☐ Camera
- ☐ Trekking Poles
- ☐ Compass
- ☐ Headlamp (unnecessary in June, useful in late July and August)
- ☐ Compact Binoculars
- ☐ Book
- ☐ Swimsuit

Group Gear

- ☐ Backpacking Tents and Ground Tarps (Must share with other scouts)
- ☐ Cash for Souvenirs
- ☐ Medical Forms and Insurance Cards
- ☐ Your Travel Itinerary
- ☐ Water Filter or Chemical Treatment
- ☐ Hand Sanitizer

Group Gear Provided by High Adventure

- ☐ Stoves, Fuel, Pots and Cooking Gear
- ☐ Bear Cans/Bear Spray
- ☐ Food

Weather in the Interior of Alaska ranges from the low 30s to the mid 80s Fahrenheit during the summer. It can rain, snow or be sunny and warm, even in the same day. Prepare and plan for mosquitos.

Also needed are Water Filters (we recommend MSR or Katadyn)

NORTHERN LIGHTS HIGH ADVENTURE

CANOEING AND KAYAKING TREK

EQUIPMENT LIST

Clothing, Layers and Footwear

Layering is critical. You need a minimum of three insulating layers as well as wind and rain protection.

Footwear

- ☐ 1 Pair Mid-Weight Hiking Boots
- ☐ 3-4 Pairs Hiking Socks (NO COTTON!)
- ☐ 1 pair Closed Toe River Crossing/ Camp Shoes

Lower Body Clothing

- ☐ 1 Pair Long Underwear Bottoms (Mid or Expedition Weight Synthetic or Wool (NO COTTON!))
- ☐ 1 Pair Rain Pants
- ☐ 1 Pair Nylon Hiking Pants

Upper Body Clothing

- ☐ 1 Pair Long Underwear Top (Mid or Expedition Weight Synthetic or Wool. (NO COTTON!))
- ☐ 1 Fleece Jacket (Light to Mid-Weight)
- ☐ 1 Insulated Jacket (Synthetic Filled)
- ☐ 1 T-Shirt
- ☐ 1 Wind Shirt or Jacket
- ☐ 1 Rain Coat

Other Clothing

- ☐ 1 Sun Hat
- ☐ 1 Wool or Fleece Hat
- ☐ 1 Pair Light Glove Liner
- ☐ 1 Pair Wool or Fleece Gloves

Personal Gear

- ☐ 1 Sleeping Bag (20 Degrees G or Colder)
- ☐ 1 Sleeping Pad
- ☐ 1 Sleeping Bag Stuff Sack
- ☐ 1-2 Dry Bags (75-90 liters total)
- ☐ 2-3 Waterproof Bag Liners or Covers
- ☐ 2-3 Small Stuff Sacks

Optional Gear

- ☐ Camera
- ☐ Trekking Poles
- ☐ Compass
- ☐ Headlamp (unnecessary in June, useful in late July and August)
- ☐ Compact Binoculars
- ☐ Book
- ☐ Swimsuit

Other Personal Gear

- ☐ 1-2 Bandanas
- ☐ Personal Mess Kit (1 Bowl, 1 Spoon)
- ☐ 2—1 Liter Water Bottles
- ☐ Insect Repellent
- ☐ Mosquito Head Net
- ☐ Lip Balm
- ☐ 1 Pocket Knife
- ☐ Matches or Lighter
- ☐ Sunscreen
- ☐ Notebook and Pen/Pencil
- ☐ Sunglasses
- ☐ Glasses Retainer
- ☐ Watch
- ☐ Personal Care Kit (Toilet Paper, Toothbrush, Toothpaste, Medications)

Group Gear

- ☐ Backpacking Tents and Ground Tarps (Must share with other scouts)
- ☐ Cash for Souvenirs
- ☐ Medical Forms and Insurance Cards
- ☐ Your Travel Itinerary
- ☐ Water Filter or Chemical Treatment
- ☐ Hand Sanitizer

Group Gear Provided by High Adventure

- ☐ Stoves, Fuel, Pots and Cooking Gear and Food
- ☐ Bear Cans/Bear Spray
- ☐ Boating and Emergency Equipment

Weather in the Interior of Alaska ranges from the low 30s to the mid 80s Fahrenheit during the summer. It can rain, snow or be sunny and warm, even in the same day. Prepare and plan for mosquitos.

Also needed are Water Filters (we recommend MSR or Katadyn)

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 Trek Leader 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.



Your Trek Leader 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 Trek Leader 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 trek leaders will brief participants before leaving base on the adventure and have maps available. The number of maps needed will depend on the route chosen. Some easier routes will require fewer maps while other more difficult routes could require more.

River and Sea Treks

Northern Lights High Adventure trek leaders help plan routes and develop plans with adult leaders and SPLs or Presidents before leaving base on the adventure. NLHA will have adequate maps available for each trek. The number of maps needed will depend on the route chosen. Some easier routes will require fewer maps than the more advanced routes.

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 trek. 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. 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 coming off trek.

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 technical world on base when out on the trail. Cell phones are discouraged while in the wilderness, however we do not hold a policy that prohibits them coming on trek. NLHA is also not responsible for any damage or loss of any devices.

Northern Lights High Adventure provides a reliable means of emergency communication to each crew. Each Trek Leader is issued a Garmin Inreach device for satellite tracking and communication.

Due to the remote location of the base, we cannot guarantee any cell phone coverage. Similarly, the base does not have any internet connectivity available to crews.

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

If there is an emergency at home while you’re on the trail, Northern Lights High Adventure may be called at 907.452.1976 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.

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 Trek Leader should immediately contact the base and our management team will work with the Trek Leader and Crew to figure out the best possible solution. The NLHA Base leadership decisions are final and must be followed. Failure to do so may result in your trek being cancelled and everyone being sent home without a refund. Rescues can be expensive and will be your responsibility, if needed.

All Northern Lights High Adventure crews are issued an InReach. Your Trek Leader is trained in the operation of these devices and will in turn train your crew. Unless otherwise incapacitated, your Trek Leader 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 24 hours and potentially multiple days as our primary method of evacuation is by canoe or foot. This is 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.

Northern Lights High Adventure reserves the right to alter trek plans due to weather conditions, unit preparation, and land use permitting.

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, a meal will be provided from base. You should plan on wearing your trail clothes to that meal in order to expedite your departure on trek.

After you get off the trek, you will again eat a meal before heading out to transportation back home.

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

While on the trail or on 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 Trek Leader spends the morning before you arrive at base packing your food and getting your crew gear together. After you arrive, your Trek Leader will go through the trail food with you and explain what is included. This also allows you and the Trek Leader 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 form 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 Card

Dietary Restriction Notification

*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:

Email Form to: Stephen.Smith@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. or by calling the scout office at (907) 452-1976

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

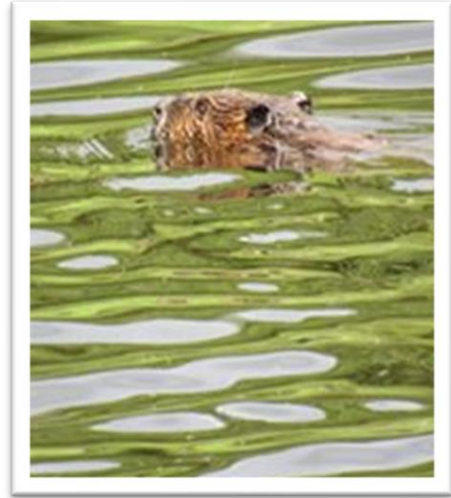
Bears, chipmunks, mice and other rodents are fond of trail food. Northern Lights High Adventure provides bear canisters for your food and 'smellables' at night. Use of the canisters is necessary. Remember, perfumed items (toothpaste, soaps, lip balm, etc.) may smell like food. Your Trek Leader will advise 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. Scouting America 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 **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 **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 40 inches above the surface of the water and if the water is clear and the depth of the water is at least 7 feet deep. No elevated entry is permitted where a person must clear any obstacle, including land. Lifejackets must be worn at all times.

Cliff Jumping

Jumping into the water from any height greater than 40 inches 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 Scouting 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

Scouting America's Youth Protection Policies must be adhered to. No one-on-one activities between youth and adults are allowed. The 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 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 Trek Leader, 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.