

Maine High Adventure Participant Guide



Contents

Welcome To Maine High Adventure!	2
Are You Eligible?	4
Adult Leadership	5
Preparing For Your High Adventure	6
Program Possibilities	10
What Gear Is Needed?	14
Overall Schedule	15
Arrival At Base and Day One Activities	18
On The Trail	23
Wrap Up Your Adventure	33

Welcome To Maine High Adventure!

Maine High Adventure (MHA) offers challenging and exciting opportunities for older Scouts, Venture Crews, and other youth-oriented groups. Private landowners and the State of Maine have made available the use of 4 million acres of woodlands and waterways for incomparable backcountry travel via canoe or on foot.

Whether your interest is canoeing or outdoor photography or hiking or wildlife observation or any of the other, numerous, program possibilities, High Adventure in the Maine north woods is exciting and inspirational. The key to this successful program is flexibility... flexibility in what you do, as well as, when and where you do it.

This flexibility starts with when you plan to arrive and how long you plan to stay. It is possible to schedule arrival on any day of the week, so you can mesh dates with travel times and plans. Length of stay is also flexible with 7 or 8 days being the average. The minimum trip is six days. There is no maximum... it is limited only by your imagination and resources. Each group, called a crew by MHA, can be flexible in size between seven and eleven people, including adults, called advisors. One advisor becomes the advisor of record and serves as the contact person, or liaison, with MHA. Each crew also selects or elects a youth member, the Crew Leader, who helps with planning and assumes many of the leadership duties of the crew, particularly while on-the-trail. Groups larger than eleven must split up into two or more crews with separate adult leadership. These multiple crew groups, called contingents, will plan unique trips for each crew. Co-ed Venture Crews are very welcome to participate in Maine High Adventure.

To support this varied program, crews are assigned a trained staff member, the guide, who will accompany the crew for their entire expedition. The guide oversees orientation day process, and then offers environmental and historical interpretation while on-the-trail. The guide also serves as a consultant and advisor in matters of safety and outdoor skills. The guide will help ensure your crew gets the most out of its Maine High Adventure! In addition to the guide, your crew will be out fitted with the best and latest equipment available including canoes, paddles, PFD's, tents, packs, and cooking equipment designed to help prepare the

provided trail food. Participants need only bring their personal clothing and equipment.

The Maine High Adventure, BSA program is designed as a youth program that teaches and requires teamwork and communication and offers the opportunity to develop or enhance youth leadership and skills growth. The guides and other MHA staff strive to allow this process to occur. Once Day One, orientation day, is complete, the guide and advisors will step back into roles of support, and let the youth members of the crew, under the direction of the Crew Leader, develop their abilities to lead themselves and grow together as a team, and as individuals, and as backcountry travelers. It is hoped that the knowledge and confidence gained at MHA, by both the youth and adult crew members, will serve a conduit for taking the message of responsible backcountry use and resource conservation, to others in their units and communities across the country and world.



Maine High Adventure - Big House

Are You Eligible?

To participate with Maine High Adventure, the participant **MUST**:

1. **Be a registered member of Scouts BSA or Venture Scouts**
2. **Be 13 years of age** before September 1st of the year they attend
3. **Be classified as a BSA 'swimmer' prior to arrival** (See appendix III)
4. **Be under the maximum weight limit of 295lbs and have a current BSA Annual Health and Medical record** (completed and signed by a medical professional within 12 months of your trek)

Above are the minimum requirements to participate at Maine High Adventure. However, due to the rugged and remote nature of backcountry treks, MHA recommends taking the following items into consideration:

- 1) Mental maturity
- 2) Experience camping/canoeing/hiking.
- 3) Physical condition and ability to carry a heavy load (≥ 65 lbs.) over steep, muddy, and rugged terrain. The recommended minimum weight for MHA participants is 100lbs.



Important Note:

Maine High Adventure requires that everyone wears a life jacket, 'wet shoes', and follows the BSA Safe Swim Defense Plan anytime you are swimming or boating.

Physical Examination and Parental Permission

All participants, youth and adult, MUST bring a completed, current (within 12 months), BSA Health and Medical Record. You can find a blank BSA Health and Medical Record form online at www.scouting.org/health-and-safety. Make sure that the emergency contact portion, parent/ guardian authorization, and health history have been completed by the participant or parent/guardian, and that the medical evaluation section is completed and signed by your physician. All participants must weigh 295 lbs. or less. Failure to bring this form properly completed, for every member of the crew, including advisors, could result in extra expense and loss of trail time.

BSA Health and Medical Record Parts A, B, and C are REQUIRED.

Adult Leadership

Safety is our number one priority. All crews must have a minimum of 2 advisors aged 21+. All crew advisors must be a registered with the BSA. Advisors must be physically capable of hiking and/or canoeing and camping in Maine's north woods without undue strain. Advisors should be Scout-minded, cooperative, enthusiastic, and should support youth leadership through the patrol method of Scouting. Co-ed crews are required to have co-ed leadership, with at least one male and one female advisor aged 21+. One advisor must be currently certified in BSA Weather Hazards, Safe Swim Defense, and Safety Afloat. All adults (age 18+), MUST present proof of current Youth Protection Training. BSA Training courses are found online at <https://my.scouting.org/>. At least one crew member (typically an advisor) must be certified in Wilderness First Aid and CPR. WFA/CPR certification is recommended for all participants.



Preparing For Your High Adventure

CREW SIZE

Crews may have 7 to 11 participants. This includes all participants, youth plus adults. MHA crew size restrictions ensure a safe and enjoyable backcountry experience that minimizes environmental impacts and satisfies all landowner and State agency requirements. Larger groups must divide into two or more crews who travel and camp separately. In addition to the 7-11 participants, each crew will have a Maine High Adventure Staff Guide with them at all times.

FINANCIAL PLANNING

Planning for a trip to Maine High Adventure is an excellent opportunity for Scouts to learn about financial planning, including developing a budget, comparing costs, and carrying out fundraising initiatives. The timeline for booking travel arrangements, making crew payments, and carrying out fundraisers may be much longer than the time needed to prepare in other areas.

PRE-TRIP CREW INTEREST SURVEY

Your crew will be given a 'Pre-Trip Crew Interest Survey' in the months leading up to your arrival. The survey is designed to help guide your crew to better describe its overall ability and define its goals. The survey will be used to help Maine High Adventure staff better prepare for your trek. This activity and further discussions about the details of your High Adventure experience should be conducted as a group and team building exercise.

CREW TRAINING AND SHAKEDOWN

To have a safer and more enjoyable MHA experience, every crew should prepare at home in the months leading up to their trek. While a long weekend training trip is ideal, there are many additional ways your crew can prepare.

- **SHAKEDOWN WEEKEND CAMPING TRIPS**

The best way to prepare for your trek is by planning a shakedown camping trip with your crew that mimics the program at Maine High Adventure. For example, spending a weekend paddling down a river and camping in a primitive campsite. Trips like these allow crew members to try different gear,

understand their strengths/weaknesses, and learn how the crew performs in an outdoor setting.

- **DAY TRIPS**

While a weekend (or longer) campout with just the crew is the ideal way to prepare for a trek. A crew can accomplish a lot of learning through a day trip. These could include program specific goals related to Maine High Adventure, such as canoeing on a public lake, or general teambuilding goals related to fellowship, such as going to a rock-climbing gym as a crew.

- **TROOP MEETINGS**

Troop meetings can be a great way for the crew to develop steadily and consistently over time. The crew should take time to separate from the remaining members of the troop for a short team or skill building activity. These can include merit badges, such as cooking or first aid, COPE Initiative Games, or recording how long it takes to set up a tent blindfolded.

- **ABILITY LEVELS AND ACTIVITY PLANNING**

In order to maximize the effectiveness of your time and preparation activities, it's critical for the crew to take an early, honest, assessment of their ability levels. Spending time as a group and developing communication skills is fundamental. While building physical ability and outdoor skills is important, a crew that can work as a team will have a more positive experience and overcome any obstacles.

- **HARD SKILLS AND PHYSICAL DEVELOPMENT**

Use your BSA Handbook, Fieldbook, Canoeing Merit Badge Book, and online resources to become educated in, and sharpen, the skills you'll need on your adventure. These include areas like:

- Assigning Duties and Conflict Resolution Practices
- Backcountry Cooking, Campsite Set-Up, and Hygiene Practices
- Map & Compass, Identifying Weather Patterns, Environmental Interpretation
- Physical Fitness, Strengthening Core and Balance Muscles, Endurance Training

- Canoeing Skills, Paddling Practice, Canoe Loading/Balancing, & Swamp Rescue

ROLES WITHIN THE CREW

An organized crew quickly accomplishes its chores and has more time to enjoy canoe country. Ideally, you and your other crew members are organized and experienced before your arrival at Maine High Adventure. A primary purpose of BSA High Adventure programs is to develop youth leadership using the patrol method.

- THE CREW LEADER

Each crew should elect or select their youth Crew Leader before they begin their trip. He or she leads by example. This position requires a demonstrated leader, respected by all crew members with an awareness of the interests and capabilities of everyone in the crew. Successful Crew Leaders exhibit the following traits: positive attitude, attentiveness to all crew members' needs, and the ability to identify and resolve conflicts before they develop into larger issues.

- THE ADVISOR

Adult advisors should support youth development with a positive attitude, cheerful service, and by taking a backseat role as the crew overcomes challenges and makes decisions. Advisors should counsel and advise the Crew Leader and crew as needed. The advisor is financially responsible for the crew and its participants. The advisor takes primary leadership for any disciplinary needs as well as ensuring the safety and well-being of each crew member.

- THE GUIDE

A Maine High Adventure Staff Guide will greet your crew upon arrival and stay with the crew throughout the duration of the trek. The Guide will be heavily involved in the beginning of the trek, including first-day procedures/orientation, and outdoor skills training. As the trek continues, the Guide will step back while continuing to support the Crew Leader, acting as a resource for further skills development, program facilitation,

environmental awareness, and historical insight. In an emergency or any situation involving safety, the Guide will act in conjunction with the adult advisors to take over the leadership of the crew.

- **ADDITIONAL YOUTH LEADERSHIP OPPORTUNITIES**

Your crew may wish to develop, define, and designate additional leadership positions within the crew. A few examples are listed below.

- **CHAPLAIN'S AID** – Conducts daily reflections such as thorns and roses, assists with conflict mediation, leads spiritual and religious practice preferences of the crew.
- **LNT GURU** – Responsible for ensuring crew members follow Leave No Trace principles. May be responsible for leadership on daily activities such as policing the campsite and proper food/waste disposal, as well as unique events such as conservation activities or historical impact interpretation.
- **PHOTOJOURNALIST** – Captures, collects, and collates experiences of the crew through multiple mediums (photo, video, journals) to create an overall record of the crew's MHA journey.
- **SUBJECT MATTER SPECIALIST** – This is a great way to develop specialized skills or take advantage of existing expertise. Examples can include fishing, cooking, fellowship coordinator, plant/animal identification, merit badge instructor, STEM in the outdoors, etc. Everyone should have the opportunity to participate in all aspects of the MHA experience but breaking down the various jobs and allowing every participant to be in charge of something is a great way to delegate responsibilities, empower leadership, and develop advanced teaching & learning skills.

Program Possibilities

Whitewater

Whitewater canoe travel allows your crew to challenge their paddling and teamwork skills! Maine has some of the nation's most inviting whitewater rivers and streams. The Maine High Adventure program offers our participants a choice of entry level up to Class III whitewater, based on the crew's skills.



Environmental Interpretation / Foraging

Every MHA Staff Guide is prepared to share knowledge of the flora, fauna, and geology with the crew. They can also help you try some edible plants!

Rump bumping

Float feet first down rushing whitewater (Class 1 and 2) while wearing protective gear.



Wildlife Watching

Spot moose, eagle, osprey, otter, black bear, loons, beavers, and a host of other species in their natural environment.

Canoe Poling

Learn the lost art of canoe poling! Believe it or not, in the right conditions you can propel your boat twice as fast as traditional paddling!





Exploration

With over 4 million acres of program area, there is always something new to discover. Pictured left is a 'sawdust angle' created after a crew discovered what was left of an old mill!

Photography

Opportunities abound to capture Maine's scenic wonders and your crew in action. Take all of the pictures in this packet as an example!



Swimming

Enjoy swimming in cool blue lakes and rivers.

Fishing

For the patient and determined angler, species such as trout, salmon, perch, bass, and chub lurk in the waters of northern Maine. (State of Maine fishing license may be required.)



Star Gazing

Maine's dark night skies provide a wonderful classroom to study the heavens.



Canoe Sailing

Tired of paddling? Wind at your back? Why not rig your dining fly into a sail and cruise down a lake!



Cooking and Baking

Backcountry cooking and baking over an open fire is a fun skill to learn at MHA and a perfect activity for layover days.



Journaling and Sketching

Taking time to reflect on your adventure and record your observations through journaling and sketching is a unique way to record your experience.



The Matagamon Skyline

Want to do some hiking? MHA offers hiking from a base camp up three mountains that surround Grand Lake Matagamon. We do not offer backpacking.





Mount Katahdin

Why not try and summit Mount Katahdin! Come off the water a day or two early, spend the night in Baxter State Park, and hike up Katahdin. Requires advanced planning and is subject to availability.

Historical Sites

Treks with Maine High Adventure offer interpretation of and visitation to historic logging sites and remnants along the East and West Branches of the Penobscot River, the St. Croix River as well as the Allagash Wilderness Waterway. Many trips follow routes traveled over 150 years ago by Henry David Thoreau.



Historic Trails Award

To earn the award, a unit must locate a historical trail (which are plentiful in MHA's program area), hike or camp 2 days or 1 night along the trail, and plan or stage a historic pageant or public event to instruct the greater community about the trail.

Merit Badges and Rank Advancement

MHA Staff are not Merit Badge Instructors but very capable to assist with various requirements associated with related Merit Badges and Rank Advancement.



50 Miler Award

To recognize members who cover the trail or canoe or boat route of not less than 50 consecutive miles; take a minimum of five consecutive days to complete the trip without the aid of motors.

What Gear Is Needed?

Crews are furnished with 90-110L Osprey Internal Frame Backpacks. Each 'Personal' pack carries the personal equipment for TWO participants, including items like tents, sleeping bags, clothing, and toiletries. Selecting pack partners is important. Because of the limited space available, your crew may want to consider selecting pack partners based on their gear. i.e., Two people with relatively large sleeping bags probably shouldn't pair up.

Plan on bringing a small drybag (about 10L capacity) or fanny pack that can be easily attached to a canoe thwart. This will offer you a chance to keep some equipment easily accessible, such as sunscreen and rain jacket, and relieve some pressure on the personal pack.

Your personal equipment and clothing selection should reflect several factors: versatility, packability, and safety. You are participating in a backcountry experience where weather and other environmental conditions, such as insects, can have an impact on your safety and comfort. You are also limited by space. Some principles for clothing selection should include: quick drying fabrics and those that retain heat while wet; using the layering system of several lighter weight layers that will trap or release air space; proper footwear; proper headwear; and a good rainsuit.

For canoe camping, clothing to consider are items made of synthetic material, a blend of synthetic and cotton, or nylon are desirable. They are lightweight and quick drying. Items made of polar fleece or wool are best for your insulation layers. Sweaters or jackets made of these materials will keep you warm even when damp. These materials also resist water better than other materials. A warm jacket or a wool shirt or sweater is necessary... even though your trip is during the summer, remember that Maine is in a northern latitude and has a cold climate. Low temperatures in the forties are not uncommon in Maine, especially in June and August.

Maine High Adventure recommends that each individual write their name and crew number with a permanent marker on their clothes, uniforms, and personal equipment. This will help in reclaiming lost and found items.

Appendix I at the end of this guidebook includes a Packing List of items provided by Maine High Adventure, items for each individual, & items for the whole crew.

Overall Schedule

Example of a typical 8-Day Trek.

Day	Paid Days	Details:
Friday		<i>Travel to Maine and spend the night at a nearby lodging option.</i>
Saturday	1	<i>Arrive by 9am, 1st day procedures, spend the night at MHA Base Camp sites</i>
Sunday	2	<i>transportation to 'put-in' and paddle to camp site.</i>
Monday	3	<i>travel/camp. On water</i>
Tuesday	4	<i>travel/camp. On water</i>
Wednesday	5	<i>travel/camp. On water</i>
Thursday	6	<i>travel/camp. On water</i>
Friday	7	<i>travel/camp. On water</i>
Saturday	8	<i>Paddle to 'pull-out', transport to MHA, last day procedures, dinner, cabins</i>
Sunday		<i>Depart Maine High Adventure by 8am</i>

PRE-ARRIVAL, LODGING & TRAVEL OPTIONS

Maine High Adventure treks begin with the crew arriving by 9am on their first day. Therefore, the vast majority of crews will travel the day before arrival and spend a night at nearby lodging options. Traveling the day prior arriving at Maine High Adventure allows crews extra time to visit prominent attractions during their journey, work through unexpected delays, and ensure a good night's sleep plus clear focus on day one of the trek. The vast majority of MHA crews will stay at either Mt. Chase Lodge or the Matagamon Wilderness Campground. Both these lodging options are located very close to Maine High Adventure and have been serving MHA crews for decades. Most MHA crews will travel by personal vehicle. Rental vehicles and local shuttle options may be available from nearby airports, such as Bangor International Airport, but can sometimes be costly. More information for lodging and travel options will be shared with the lead advisor who is planning the trek.

PARKING LOT to BASE CAMP

There is no BSA High Adventure program in the country that immerses participants in the backcountry experience as Maine High Adventure. Although Maine High Adventure's Base Camp has many modern amenities, it is inaccessible by traditional means of transportation; the only way to arrive and depart is via boat or boot!

Therefore, crews arrive by driving to the Matagamon Gate public landing and transition from four wheels to float buoys. Cars are locked and left at MHA's parking lot and a motorized water taxi will carry all persons and gear the 3 kilometers to the shores of Maine High Adventure's secluded Base Camp.

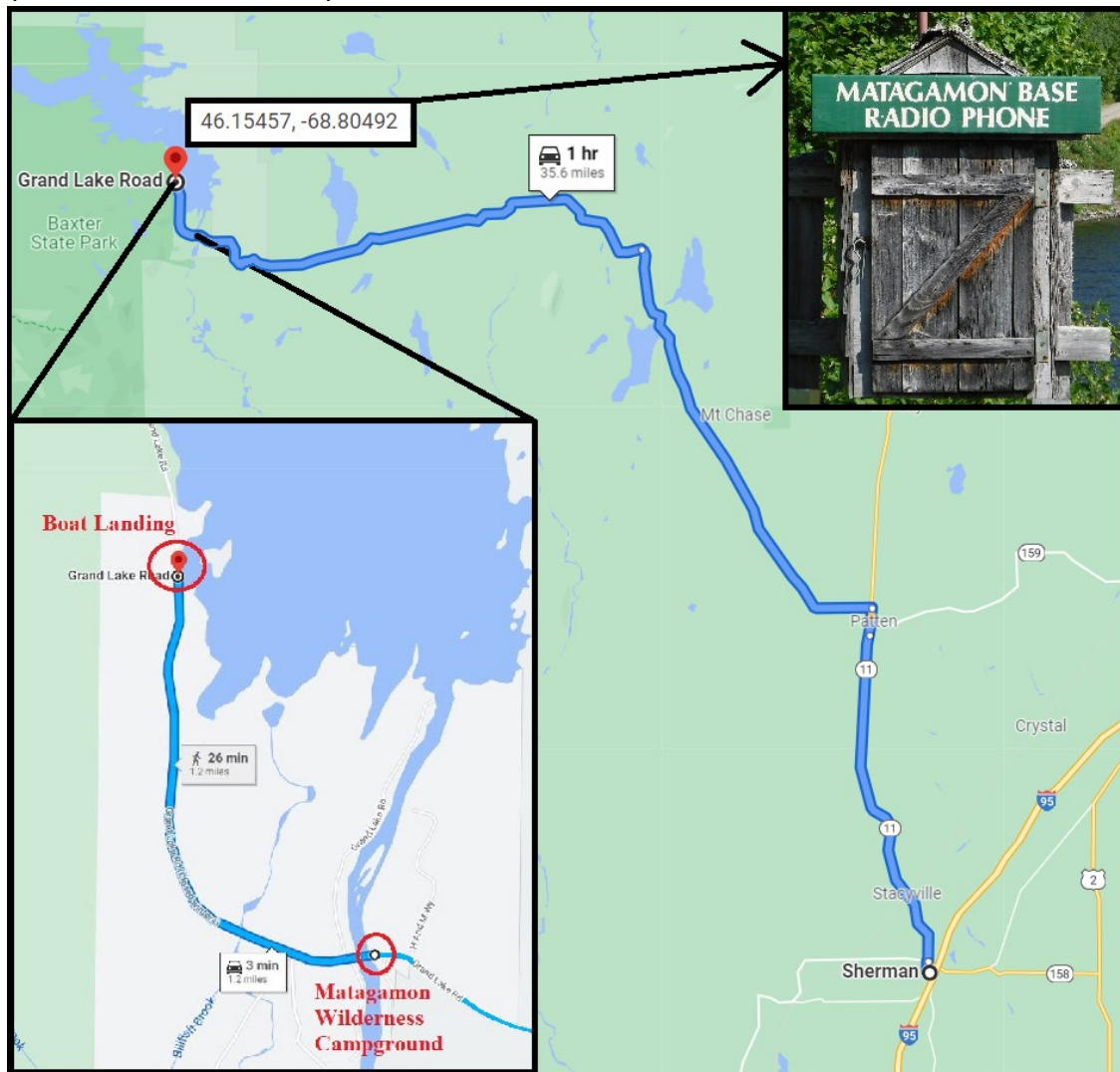
ARRIVE IN STYLE

Lastly, be proud of your adventure by wearing your Scout or Venture uniform when traveling to and from Maine High Adventure. Very few peers will ever get to experience something like a MHA trek. Share your excitement with others and let them know that you are a member of the greatest youth organization in the world! Nothing is more impressive than watching a properly uniformed, good looking, polite crew arrive on our base.



DIRECTIONS TO MATAGAMON BASE FROM INTERSTATE 95

1. Take Exit #264 at Sherman. (~1 1/4 hours north of Bangor). Turn left at bottom of exit ramp.
2. Follow Route 11 north to Patten (9 miles).
3. Go through Town of Patten, take left on Route 159 west.
4. Travel through Shin Pond. (10 miles from Patten).
5. Continue 17 more miles on Route 159 to the bridge crossing the Penobscot River at Matagamon Wilderness Campground and Store. (27 miles from Patten).
6. Continue over bridge and look for the "Entering Baxter Park" sign.
7. Continue to the west shore of Grand Lake Matagamon and look for a picnic shelter and boat dock on your right. There will also be a sign and box labeled Matagamon High Adventure Base (approximately 2 miles beyond the Penobscot crossing).
8. Use the radio in the box to call the Base (follow directions inside door) and advise them of your arrival. Be prepared to give your crew number and number of people.
9. Your vehicles will be moved to a parking area before crew 12 members and equipment will be transported across the lake by boat.



Arrival At Base and Day One Activities

Day One is a day of transition and preparation - transition from your usual routine and, possibly, from a long stretch of vehicle travel. This day will prepare the crew for the backcountry experience ahead. The crew will receive orientation in: gear and equipment outfitting, use, and packing; route planning and trip organization; setting up a backcountry campsite; and cooking and preparation of trail food. Also included on Day One, is a swim review, canoe paddling, and rescue exercise.

The canoeing and camping methods used represent many years of experience and constant evaluation. The Maine High Adventure terrain is vastly different from most of the rest of the country. Therefore, some practices necessarily may vary from yours at home. You will gain much more from training at the base if you keep a positive attitude, open mind, eagerness to learn, and willingness to accept the skills as they are taught.

YOUR GUIDE

When you arrive at the base, you will be met by your MHA Guide. The role of the Guide is, at first, that of host. He or she orients the crew in MHA procedures and the proper use of program equipment while leading the crew through the Day One process. After Day One, the Guide assists the Crew Leader and advisor as a resource, but does not direct the crew. The Guide has been trained to handle emergencies and to represent the best interests of the crew and individual safety, Maine High Adventure, and the BSA. Guides have also been prepared to offer environmental and historical interpretation as your group travels through the beautiful north woods of Maine.

PRE-TRIP CONFERENCE

Orientation begins with a short base tour. The tour will take the crew to the office where the advisor(s) will remain to meet with an MHA administrator. The advisor of record should have the following items:

- 1) Health and medical records for each crew member.
- 2) An updated crew roster.
- 3) Proof of Wilderness First Aid/CPR, Youth Protection, Hazardous Weather, Safety Afloat, and Safe Swim Defense.
- 4) Signed MHA Liability Waivers

At this time, the base director or his/her representative reviews the medical forms and discusses other topics of special interest with the advisor(s).

TRIP PLANNING

During orientation, the crew meets with the trip planner (in the map room) to discuss the variety of experiences available to the crew. As spokesperson for the rest of the crew, the Crew Leader will help the MHA trip planner 'custom' design a trip plan that best meets the crew's desires and abilities. With the endless variety of program possibilities available, every crew's trip is unique. See the section on Program Possibilities for a full list of what Maine High Adventure has to offer.

This session gives the crew an opportunity to discuss their goals and objectives with the trip planner. The trip planner will provide more detail and guide the crew through specific questions about routes, distances, geography, and program features. The crew develops a written itinerary and trip plan which describes each day's camping location, route, and program objectives. Maps are then issued for use while on the trek. A copy of the itinerary is kept by the crew to use as a daily reference and a copy is also retained at Base Camp in case of an emergency.

MAIL

Due to the remoteness of Maine High Adventure, mail delivery takes longer than normal and sending personal mail to the base is discouraged. If any mail is sent, please include a return name and address in case the mail arrives after the crew has departed for home. Mail can only be picked up during the first and last day of the trek, when the crew is at Base Camp. Delivering mail to a crew in the backcountry is not possible. The only mail service available is the US Postal Service and any mail should be posted to the following address:

"Name and Crew Number"
Maine High Adventure Base
RR 1, Box 283
Patten, ME 04765

CREW PHOTOGRAPH

While your crew is still in their travel uniforms, a crew photo will be taken with your Guide to keep as a formal record of your visit.

OUTFITTING

At the commissary, crews are professionally outfitted with all crew equipment necessary for the trail. This equipment (worth approx. \$6500) becomes the responsibility of the crew for the duration of the trip. Equipment checkout forms are filled out in duplicate and signed by the Crew Leader and Advisor of Record. Copies are given to the crew and retained by Outfitting Staff for the crew's equipment return on their final day at Maine High Adventure.

The commissary staff will also issue your crew all the trail food you will eat while on the trail. Your first meal at the base will be noon the first day. Your last meal while on the trail is lunch on the day you return to Base Camp. The evening meal on your final night is a traditional Maine logger's dinner prepared by the staff. A small non-cook 'travel' breakfast is provided on the morning you depart for home.

AT THE WATERFRONT

An important part of your orientation takes place at the base waterfront. Activities include: the swimming review, basic canoeing review, and a swamped canoe rescue exercise.

The swimming review consists of each crew member (including advisors) swimming 75 yards using a BSA approved forward stroke, and swimming 25 yards using elementary backstroke. During the swimming review, your wet shoes and PFD's will be worn. This review is performed on Grand Lake Matagamon, and it is not uncommon to experience cold water, wind, and waves. This is NOT a BSA swim test. The BSA Swim Classification Form, sent to your advisor, must be completed prior to your arrival and verify that each and every participant is classified as a swimmer. **Non-swimmers and beginners cannot participate in a wilderness canoe trek.** It is the responsibility of the contingent, unit and/or Crew Leader to make sure all participants (including adults) are swimmers as indicated in the Safe Swim Defense Plan. **If you are not a swimmer, be sure to talk to your leader(s) well before your trek.**

The canoe swamping exercise consists of paddling canoes offshore, paring up with another canoe, and swamping (submerging) your boat under water. The second canoe will approach the swamped boat and work together to perform a canoe over canoe rescue, also known as a 'T-rescue'. This practice ensures that each crew member will know what to do in the event that his or her canoe swamps during the trek. You will be required to do the T-rescue twice, once as the swamped canoe and again as the rescue canoe.

See Appendix III for the BSA Swimming Classification Form.

SHAKEDOWN

During the personal equipment shakedown, all crew members must check through their individual equipment one last time before "hitting the trail". Everyone spreads out their personal equipment on the ground. The Guide then goes through the packing list item by item. Depending on the length of the trip, the weather, and the insect situation, the Guide may have additional recommendations about what to take along and what to leave behind.

See Appendix I for Packing List.

PACKING YOUR GEAR

Maine High Adventure Provides a Osprey Pack with 90-110 liters capacity. Two crew members will share one Osprey pack to carry all their personal gear. You will have about 30 liters to pack all of your personal gear with tents taking up the remaining space. Each pack comes with a plastic liner which, when packed properly (not over packed), will serve as a first line of defense to keep your personal equipment dry. If you are not using a waterproof stuff sack for your clothes and personal items, packing them into zip closure style freezer bags within your stuff sack provides additional protection. The Osprey packs are designed for tall and narrow packing organization. Remember to pack the items you may need throughout the day, such as your crew first aid kit, compass, sunscreen, camera, and rain jacket, so they are easily accessible.

Do not pack aerosol cans (unless bug repellent or medication) or glass jars because they are bulky and prone to break or empty their contents.

STORAGE OF EXCESS PERSONAL GEAR

After all your personal gear for the trail has been packed and ready to go, all the remaining items that you don't need for the trek, such as your travel uniform, may be secured in a locker at Base Camp. Each crew is assigned a padlock and large 2'x2'x4' locker for this purpose.

Money and other valuables may be stored in the Base Camp office for safekeeping while you are on the trail. The crew is provided with a lock bag for storing valuables. The trip planners can give advice about whether any money may be needed for a particular trip plan.

RELIGIOUS SERVICES

While Maine High Adventure does not host any organized religious services, all Scouts and Scouters are encouraged to comply with the 12th point of the Scout Law: "A Scout is Reverent." The woods and waters of northern Maine gives an unparalleled opportunity to remove the distractions of everyday life and truly connect with a higher power. Planning ahead to develop a spiritual program, earn a BSA religious emblem, and/or selecting daily devotionals/reflections while on your trek will multiply the value of your MHA experience. This is a great way to give leadership to a crew member and designate them as the Chaplain's Assistant.

TRADING POST

The Maine High Adventure Trading Post is a small but well stocked store with many trail necessities, as well as souvenirs to take home. The items marked with an (*) in the checklist in the packing list are found in our Trading Post. Campers spend an average of \$45-\$75 in the trading post.

Wait until you return from your trek before purchasing your souvenir items such as: t-shirts, long sleeve shirts, golf shirts, sweatshirts, fleece wear, hats, mugs, pins, patches, stickers, belts, belt buckles, paddles, and other gift items.

On The Trail

HITTING THE TRAIL

After planning a trip to suit your crew's needs and desires, and after learning the ways and methods of MHA, your crew is ready to hit the High Adventure trail. Then, your crew will be able to experience all the fun, excitement, and beauty of the great north woods. At night you can hear the longing call of the loon and see the mysterious shimmering of the northern lights. During the day, you can feel proud and self-sufficient as you paddle through waters that dance with sunlight and edge on earth, stone, pine, fir, and birch. You will likely observe much wildlife along the shore and new surprises around every bend. Plan to record your observations and sightings.

LOGBOOK AND FIELD GUIDE

Each crew member is given a Logbook on their first day at Maine High Adventure to record the highlights of their journey. This Logbook and Field Guide also serves as a ready reference to help with flora and fauna identification as well as other areas of the north woods environment. This journal will be a great souvenir and provide a permanent record of your visit to Maine.

NAVIGATION

Crew members should take turns being navigator in the lead canoe so that everyone gets the opportunity to experience the thrill of being the first person to see what adventure is just around the next turn. Before you leave home, learn to use your compass, to orient a map, to find your direction of travel from the map, and how to use the compass to keep your course. Gain experience in reading topographic maps. Learn the conventional signs and symbols, and the use of the scale and contour lines.

PADDLING - It takes a team of two working together to paddle a canoe. The bow paddler sets the pace (it should be acceptable to both paddlers) and picks the side on which he/she wants to paddle. The stern person paddles on the opposite side, and at the same time as the bow. Try to get rhythm in your strokes and keep them strong, and steady...timed for the full day's paddle. Inexperienced paddlers often set a fast but ineffective pace, and tire themselves out in a matter of minutes. For

safety in rough water, keep your center of gravity low. The stern paddler is in a better position to direct the canoe, and usually gives direction to the bow paddler. An exception may be in quick water when the person in the bow sights an obstruction ahead and indicates the need to stop or change course. Keep a sharp watch for logs or rocks in your line of travel, remembering that many of these hazards are lurking just below the water level. These hazards multiply in low water conditions. Paddlers may need to exit the canoe to increase its buoyancy while navigate around obstacles. This is known as 'frogging'.

SWAMPING ON A LAKE - It's unlikely that you'll swamp on a lake but it can occur and is usually caused by moving parallel to waves in windy conditions, paddling out of rhythm or on the same side of the canoe, or being poorly balanced and/or trimmed. If you swamp on a lake, **STAY WITH THE CANOE**. The crew will work together to remove equipment, perform a canoe over canoe rescue, get to shore, addressing any medical needs (such as hypothermia), and evaluating/drying wet gear and clothing. Try to stay within 75 yards of shore while traveling on a lake.

SWAMPING IN RAPIDS - The greatest danger in swamping in turbulent rapids is being pinned between the canoe and a rock. Filled with water a canoe can weigh as much as one ton while also being propelled by a powerful current. The moment swamping occurs, **GET UPSTREAM AND STAY UPSTREAM OF THE CANOE**. Don't attempt to stand and walk toward shore. Float on your back facing downstream with your feet up. Use your arms to work your way to the shore. If you can keep a hand on the canoe without endangering yourself, try to work it toward shore keeping it parallel to the current. In extremely cold water, or when the canoe seems lodged too solidly to be easily moved, leave it until help from your crew arrives. In the event that the swamped canoe is drifting free, the canoeist should hold on firmly to the upstream end and ride the current into quieter water below the rapids where rescue can be effected. Should the downstream prospects appear to include more heavy rapids, or possible danger, the only alternative is to stay put until help arrives. At no time should someone put themselves at risk to save equipment.

PORTAGING

A portage is the piece of land that connects two bodies of water or circumnavigates an impassable or dangerous section of a river. Portages present an excellent

personal and team-building challenge that all crews should experience. A successful portage depends largely on having a positive mental attitude and perseverance. A negative and strained outlook will tire someone much more quickly than will the weight of a canoe. Most river trips, and some lake trips, require at least a couple portages. Your group should be well organized and orderly while making a portage... each member should know their role in advance, before reaching the landing.

Two-Trip Portage: The easiest method for most crews is the 2-trip portage. The first trip is made to scout and inspect the trail while carrying all the packs and loose equipment. Then, the second trip is made carrying the canoes. There should be no loose items dangling from canoes or packs that may fall off or snag trees. Looking professional is not only impressive, but also builds confidence, good habits, and a more successful journey. The Crew Leader should assign someone to bring up the rear while checking the landings and trail for any misplaced gear as well as policing the areas for litter.

WET FOOT POLICY

The use of 'wet' shoes is required. Wet shoes are a pair of sturdy boots or shoes that participants will wear while paddling and portaging throughout the day. Using wet shoes will prevent damage to the canoes and to your feet. Canoes must never be run up on shore because underlying shale, slate, and granite easily cut, dent, and scratch the hulls. All canoe passengers should step out into the water so that the canoe does not touch the shore at any time when launching or landing. Always carry your canoe out of, or into, the water empty and never with a load in it. It's recommended to wear socks with your wet shoes to prevent blisters.

FISHING

A license is required for fishing. Fishing has been a long-standing tradition in the waters of Maine High Adventure's program area. Fishing provides the opportunity to use the many renewable natural resources that can be found in the Maine north woods. The rivers, lakes, and ponds which you will visit are perhaps best known for their cold-water game fish - the brook trout, land-locked salmon, and lake trout. These species are noted for their fighting ability, especially on light tackle, and their excellent eating quality. Best fishing for them occurs early in the season when

waters are still cool, and fish can be found near the surface. Not to be overlooked, however, are the warm water pan fish such as the white and yellow perch. Where they occur, they are often more abundant and easier to catch than cold water game fish, especially during July and August when warm surface water temperatures send trout and salmon into the cooler depths. Both perch species provide excellent eating. *See Appendix II for Fishing Info.*

CAMPSITES

The trail campsites used by Maine High Adventure are owned by private landowners and the state of Maine. The sites are usually small and simple where one may, with permission, camp and build a cook fire. Many of these sites are available for public use also. Therefore, you may encounter other traveling groups. High Adventure crews do their part to maintain the wild character of those sites by respecting the principles of “Leave No Trace”. MHA crews frequently clean up littered sites left by careless campers, picking up non-burnable waste and adding it to their own. The future of the High Adventure program in Maine depends on the cordial relationships that have been developed with landowners and these clean-up efforts are always appreciated. The land you camp on and travel over is as remote as it is beautiful. Although most of the land is privately-owned, professionally managed timberland, it is doubtful that you will see any actual cutting operations during your trip.

FOOD ON THE TRAIL

All meals, starting with lunch on your arrival day through breakfast on the day you depart, are provided. Food is carried and prepared by the crew, with your Guide as a resource for the tips and tricks needed to being successful. Cooking is typically conducted in the traditional manner over a campfire and Maine High Adventure is one of the few places where Scouts can still practice this unique opportunity. However, a modern camp stove is always available for use if needed or desired. Proper sanitization practices should always be followed for cooks, crew, utensils, and cookware.

Maine High Adventure’s trail food is, by necessity, high in calories and carbohydrates. You may need to abstain from special diets during your trek to ensure adequate energy for the physical demands required. Maine High

Adventure's food contains wheat, milk products, sugar, and other ingredients commonly found in the food items below:

Breakfasts include both non-cook and cook options. A typical non-cook breakfast will have items like granola bars, dried fruit, nuts, and beef jerky. Cook breakfasts include items like oatmeal, hash browns, pancakes, and reconstituted eggs. Drinks can include coffee and hot chocolate.

Lunches include both non-cook and cook options. A typical non-cook lunch will have items like trail mix, various bars, Hudson Bay Bread, peanut butter and jelly, chicken and crackers. Cook lunches include items like grilled tortilla, cheese, and summer sausage wraps. Drinks can include lemonade and other flavors.

Dinners are an important cooking skill building activity and opportunity for warm food and fellowship at the campsite. Dinners include pasta/potato/rice, various vegetables, proteins like chicken/pork/beef, and a dessert. Drinks can include coffee and hot chocolate.

If an individual is allergic to some food products or requires a special diet, Maine High Adventure will do its best to meet the need, including vegetarian and religious-based restrictions. However, suitable trail food may need to be purchased at home and brought to Maine High Adventure, at the individual's expense, to help supplement food provided. In the case of a severe food-borne allergy with a potential anaphylaxis response, the afflicted participant should be prepared with the appropriate medical response tools, such as epinephrine. This should be noted on their medical form and the entire crew should be prepared to respond if emergency assistance is needed.

A sample menu is included in the appendices of this guidebook.

RISK ADVISORY AND SAFETY TIPS

High Adventure is a rugged outdoor experience and everyone should "Be Prepared" to meet the challenge. Your safety is of the utmost importance to us and Maine High Adventure has an outstanding safety record. The Boy Scouts of America and

Maine 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, hiking, and camping. Following these policies and procedures, following the instructions of your MHA Guide, working as a team, and taking responsibility for your own health and safety, maximizes the potential for a safe and enjoyable experience for all involved.

Parents, leaders and participants should be advised that it is not possible to remove ALL risk from a backcountry expedition. Possible risks include (but are not limited to) motor vehicle accidents; severe weather conditions such as hail, lightning, heat or cold, high winds, medical conditions such as heart attack, appendicitis, hypothermia, severe allergies, asthma, diabetes, and other medical conditions, accidents such as cuts, embedded fish hooks, burns, or falls, and encounters with wildlife.

HYGIENE - Practice good personal hygiene. Anyone can go camping in the backcountry and come out looking like they've been in the woods for a week, but an expert outdoorsperson will finish their journey and return to Base Camp looking like they never left. Proper hygiene is essential for both mental and physical health. Daily washing ensures identification and care for minor medical needs and prevents dirt/grime related injuries, such as trench foot and foot borne illnesses.

FOOD & WATER – Practice good food handling skills. Cooks and crew members should always sanitize hands after using the restroom and prior to cooking/eating. Wash and Rinse Dishes thoroughly. Use proper water purification techniques at all times while on the trek. Maine High Adventure provides an iodine solution for water sanitization, called Polar Pure. Crews are welcome to bring their own water purification methods if preferred, such as filters or chlorine tablets. In the case of a loss of all other methods, water may be boiled for 5 minutes and given time to cool and aerate prior to drinking.

FOOTCARE - While you are canoeing and portaging, sound, healthy feet are a must. Cut your toenails short and square; don't round the corners. Wearing two pairs of socks in your wet shoes may help prevent blisters. Your feet will be wet throughout the day while you're paddling due to the wet foot technique so be sure to dry them thoroughly, air them out and apply foot powder liberally to prevent trench foot and other problems. Put on dry socks and camp shoes as soon as you can when you get to camp. Due to sharp rocks, fishing tackle, and other potential ground hazards, avoid walking around the campsite or swimming barefoot.

HORSEPLAY - Prevent Accidents o Most Accidents involve horseplay. Fatigue, hunger and mild hypothermia or dehydration may impair a crew member's performance and judgment. Common causes of accidents include rock throwing, improper use of knife and axe, getting snagged by a fish hook, running through campsites barefoot and carelessness around fires. Maintain crew discipline and practice safety at all times to avoid injuries from accidents. Always use the principles of Safe Swim Defense when swimming and Safety Afloat when on the water. Always wear your wet boots and PFD while swimming, and always wear shoes in camp.

MINOR INJURY ESCALATION - The vast majority of major medical emergencies are caused by an escalation of something very minor and treatable. Know how to identify, treat, and be prepared practice First Aid for the following ailments:

- o Bugs, bee stings, other insect bites, and rashes.
- o Minor cuts, scrapes, and superficial foot injuries.
- o Hypothermia and cold related illnesses
- o Sunburn, blisters, and Dehydration
- o Heat Exhaustion and Heat Stroke

FLYING INSECTS - Mosquitoes, black flies, and other flying insects can be annoying and unpleasant. Dress adequately with long sleeves, pants, and head nets if needed. Be prepared with repellent and itch relief. High Adventure tents have mosquito netting but it only works when kept closed. Avoid excess flashlight use during buggy times of the evening and be sure to kill any mosquitoes in the tent before going to sleep. Mosquitoes are their most active between dusk and dawn when winds are typically calm. They tend to stay away from large bodies of water

and few mosquitos will be experienced while paddling. Mosquitoes are attracted to dark colors. Wear light colored clothing to reduce their attraction. Avoid wearing or using floral fragrances. Colognes, perfumes, soaps, shampoos, and detergents as mosquitoes are attracted to these types of smells. Before coming to Maine High Adventure, consider soaking your clothes with Permethrin, as it is a highly effective way to keep mosquitoes and other insects away, but make sure to properly follow directions and check for a possible allergic reaction.

ANIMALS - Respect wildlife, we are visitors in the wilderness, please be responsible and courteous guests. Maine's north woods are home to many creatures, including moose, bear, and beavers. Do not bother or provoke wildlife. They will usually keep their distance and run away if approached. Animals should be enjoyed from a distance and should never be fed. Do not take food and other 'smellables' into your tent and secure them properly at night and when away from your campsite to prevent access by curious bears, chipmunks, mice, and other rodents. Your Guide will advise you on proper animal procedures.

WEATHER - The high adventure challenge revolves around traveling for an extended period of days unsupported by creature comforts. It's very possible to experience both hot and dry, as well as rainy and cold, weather patterns. The weather is constantly changing and storms can move in quickly. Pay close attention and take notes while completing the BSA Weather Hazards online training course required for crew advisors. Remember to Be Prepared, "There is no such thing as bad weather, only improper clothing".

LIGHTNING - Lightning can pose a serious risk and should always be avoided. Lightning can still strike even if a thunderstorm is not directly overhead. If storm clouds are on the horizon, crews should paddle near shore and pull onto dry land if thunder is heard. Crews should wait 30min after the last thunder before continuing on their journey. If a crew is in their campsite during a lightning storm, tall trees, large flat open areas, wet rock faces, and high exposed ground should be avoided.

HEAVYWIND - Your crew should not and cannot layover every time there is wind blowing. Learn to read the wind and travel on leeward routes if possible. Even though the distance may be greater, you'll make better time and be safer. While

traveling with or against waves, make every effort to ‘quarter’ the waves, or keep your canoe at an angle with them. Try to never let your canoe get ‘broadside’ or parallel to waves. Your crew may also need to rearrange the daily schedule to accommodate ‘windbound’ delays or to take advantage of calm morning or late afternoon conditions. Take on the mental and physical challenge of overcoming adverse weather but also use common sense and don’t court imminent danger.

NO ‘SOLO’ POLICY - Crews with an uneven number of people, including the Guide, will have one canoe of three people. The third person sits in the middle of the canoe and is called the ‘rider’. The rider typically doesn’t paddle but may join the effort if needed. Most crews take turns in the rider position, but it should be a crew decision. For the safety of the crew and participants, **NO SOLO PADDLERS ARE PERMITTED.**

FOLLOW BUDDY SYSTEM - As you are canoeing or portaging, always keep your crew together and stay within hearing and visual distance. The Buddy System is a part of the BSA Safety Afloat policy. Keep your party close enough together to respond to any emergency or group activity. The lead canoe sets a steady pace that allows everyone else to keep up comfortably and makes sure the crew travels in the proper direction. The sweep, or end canoe, calls a halt when anyone needs to stop. This is done by passing the word to the canoe in front of you until everyone gets the message. Staying together is safer, avoids anyone becoming lost, promotes teamwork and looks sharp. It is the responsibility of the Crew Leader to keep his/her crew from spreading too far out, so his/her position usually is in the middle. The crew’s pace should match the slowest canoe. The crew leader facilitates when to take a rest stop, where to eat lunch, when to seek shelter from bad weather and, with the counsel of the MHA Guide and advisors, when to stop or turn back. Traveling in a canoe or portaging after dark is not recommended except in an emergency.

MISSING PERSONS - North Maine is heavily wooded and very remote. It can be very easy to get ‘turned around’, especially if alone and anxious. If separated from your crew, lost, or confused, **STAY PUT**, and do not attempt to ‘find’ your crew. Search and rescue efforts are exponentially more successful when individuals stay put.

YOUTH PROTECTION - 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 adult leaders is unacceptable anywhere. Reporting of abuse is the law. The local, county, or state authorities as well as the BSA Council representatives will be contacted if abuse is suspected.

TOBACCO, ALCOHOL, and OTHER DRUGS - The use of tobacco is never permitted within the line of sight of youth. No smoking or vaping is permitted in any Maine High Adventure building or vehicle. MHA Guide Staff can direct tobacco users to established tobacco use areas. Possession or use of alcoholic beverages, illegal drugs, and/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 - Do Not bring firearms and fireworks to Maine High Adventure, they are not allowed. Leave them at home.

EMERGENCY RESPONSE and COMMUNICATION - Medical and other emergent evacuations and rescue services are coordinated by Maine High Adventure in close coordination with local authorities. Most of the locations where crews travel and camp are miles from any sort of public communications. However, the Maine High Adventure Area has its own radio network. The network provides EMERGENCY communication between the MHA Base Camp and the crews on trail. MHA staff are trained and capable of responding to a variety of emergency situations, calling on additional law enforcement or medical resources, and/or extracting or evacuating crew members if needed. In case of an emergency at home, call Maine High Adventure at 207-949-5260 and it may be possible to relay the messages to the crew.



Wrap Up Your Adventure

Crews return to base between 1-3 p.m. of their last full day with Maine High Adventure. This typically includes a shuttle ride from your final destination back to Grand Lake Matagamon and the MHA Base Camp.

After arriving back at Base Camp, crews will clean and return all their MHA issued equipment to the commissary. Any damages and/or missing items will be noted by the commissary staff. Charges will be assessed for lost gear and/or damages beyond normal wear.

After returning your MHA issued crew gear and disposing of food and garbage, crews will retrieve their belongings from the MHA storage lockers and settle into their assigned 'homebound' cabins. The remaining afternoon and evening is spent getting cleaned up with hot showers and new clothes, purchasing snacks and souvenirs in the Trading Post, completing evaluation forms, debriefing with base staff personnel, and celebrating a successful trek. Maine High Adventure staff prepare a traditional 'Lumberman's Supper' including a generous helping of bean-hole beans, ham, brown bread, slaw, apple crisp, fellowship, and good company.

The last day's transition time is an important part of the experience. It offers a good chance to relax and collect yourselves before entering the world back home. The last evening is a great time for the crew to reflect upon the trek, its lessons, hardships, accomplishments, memorable moments, and sharing stories with other crews who may also be coming off the trail. Maine High Adventure's Base Camp is a serene and beautiful place to spend some time before a long trip home. After a good night's rest, your Guide will provide a non-cook breakfast while escorting the crew to the landing for one last goodbye.



POST-TRIP CONFERENCE

During the afternoon or evening of the last day, the Crew Leader and Advisor(s) will meet with a senior member of the staff to discuss their just-completed trip. Brief written evaluations of their trip will be requested. Many constructive changes have resulted from these conferences. The crew's medical forms and valuables from safekeeping are returned and a departure time for the following morning is scheduled.

DEPARTURE

Most crews like to get an early start for home. Depending on safe travel conditions, Maine High Adventure staff will accommodate a boat trip across the lake as early as sunrise for crews to access their vehicles. The breakfast supplied for the morning of departure requires no cooking. Please Drive Safe!



Maine High Adventure Packing List

Provided by Maine High Adventure		
Crew Gear		
Quantity	Item	Special Notes
1 per 2 people	Personal Packs	90-110L Osprey Internal Frame. Includes plastic liner.
2 – 4 per crew	Tents	2-, 3-, 4- person as needed. Crews may bring their own tents but no more than a total of 4 tents/crew due to campsite limitations.
1	Equipment Pack	To carry, cookware, dining fly, stove, etc.
1	Dining Fly	Including Ridge Line and Stakes
1	Folding Saw	
1	Hatchet or ¾ Ax	
1	Fire Grate	
1	Stove	Including fuel bottles and fuel.
1	Small Shovel	
Varies	Toilet Tissue	
1 per 2 people	Canoes	Old Town Brand, Discovery 169 Model
1 per person	Paddle	
1 per person	Life Jacket	Participants may bring their own life jacket, must be Type II non-inflatable.
1	Emergency Radio	Including waterproof box.
2	Throw Bags	Whitewater Rescue/Recovery Equipment
3	Cooking Pots	(1) 2qt, (1) 4qt, (1) 8qt
1	Frying Pan/Oven	
1	Measuring Cup	
1	Utensil Kit	Slotted Spoon, Serving Spoon, Spatula, Spreader, Whisk, Hot Pot Pliers
1	Soap Kit	Hand Sanitizer, Dish Soap, Scrubbies
2	Polar Pure Bottles	Iodine solution for water purification. Crews may bring their own water purification, such as chlorine tablets or pumps.
1 - 2	Food Pack	Including plastic liner bag.
1	Trail Food	3 balanced meals per day.
1	Drink Mixes	Variety of hot and cold beverages. Hot Chocolate, Coffee, Lemonade, etc.
1	Bake/Cook Items	Fish Fry, Oil, Sugar, Flour, Popcorn

REQUIRED Personal Gear		
Clothing		
Quantity	Item	Special Notes
1	Pair of Wet Shoes	All participants are required to wear wet shoes when swimming and boating. Wet shoes must be closed toed and ideally have a hard sole. Because of the amount of abuse they will see, MHA not recommend cheap slip-on wet shoes. Old sneakers work well.
1	Pair of Dry Shoes	All participants are required to bring closed toe/closed-heel camp shoes with hard soles, such as lightweight sneakers.
1	Rain Jacket	All participants are required to pack a quality rain jacket with a hood. Ensure that your rain gear is waterproof, not just water resistant. Ponchos are not acceptable and are very dangerous in the event of a capsized canoe.
2	Shirts*	Long-sleeved, Lightweight
2	Pants	Quick Dry – recommend Zip Off Legs
3	Pair of Socks	Synthetic or Wool - NO Cotton
2	Pair of Underwear	Recommend Synthetic, Quick Dry
1	Hat	Broad Rimmed or Baseball Style
1	Jacket/Sweater*	Lightweight Fleece – NO Cotton
1	Clean/Dry Clothes	For wearing to and from base, these will be left in the crew locker during the trip
1	Uniform	BSA field or activity uniform for wear on base
Other Personal Gear		
1	Sleeping Bag	All participants should bring a sleeping bag that is compact, synthetic, lightweight, and rated to 35°F with a compression style stuff sack
1	Waterproof Stuff Sack	25-35 Liter dry bag for clothing and other gear, this is a second line of defense and will be packed inside our packs.
1	Sleeping Pad	Closed cell, self-inflating foam, or air
1	Fire Starting Method*	All participants must have matches or a lighter, ideally in a waterproof container, like a ziplock bag or matches case
1-2	“Camp Towel”	Bandanna, Buff, or synthetic camp towel
1	Belt/Suspenders*	
1	Toothbrush	
1	Mess Kit	Plastic or Metal; 12oz Bowl, 8-12oz Cup/Mug, Spoon/Fork
2	Water Bottle	1 Liter each

1	Headlamp*	Plus spare batteries
1	Whistle*	
2	Small Rope*	6'-8' segment, for miscellaneous use around camp
1	Lip Balm	
1	Sunglasses*	
2	Prescription Glasses	With keeper strap
2	Personal Medications	If needed – 2 supplies to carry in separate locations
-	Personal Toiletries	
1	Comb	Always look good
1	Bathing Towel	For on base showering needs
OPTIONAL Personal Gear		
1	Camera	With extra batteries and waterproof box
1	Pocket Knife/Multitool*	
1	Head Net*	For mosquitos
1	Rain Pants	
1	Journal	For personal reflection

REQUIRED Crew Gear		
Crew First Aid Kit		
1	Roller Bandage, 2-inch	Each crew is required to provide a first aid kit. Store your crew first aid kit in a small, organized, container. Every guide carries a more advanced kit for severe injuries and illnesses.
2	Roller Bandage, 1-inch	
1	Roll of Adhesive Tape	
8-12	Alcohol Swabs	
1	Assorted Adhesive Bandages	
4-6	Sterile Gauze Pads, 3-by-3-inch	
2	Triangle Bandages	
1	Elastic bandages, 3-inch-wide	

4	Moleskin, 3-by-3-inch	
1	Scissors	
1	Tweezers	
4	Safety Pins	
1	Antibiotic	1-2oz tube
1	Burn Ointment	
1	Benadryl	12 tablets/pills
1	Antidiarrheal	6 tablets/pills
1	Antacids	6-12 tablets/pills
6	Nonlatex Disposable Gloves	
1	CPR Breathing Barrier	
1	Pencil & Paper	
Other Crew Gear		
1	Small Compass*	1-2 per crew to be used by the navigator
1-2	Sunscreen*	1-2 bottles per crew – SPF 15 or higher. No aerosol cans
1	Toothpaste	1 Tube per crew is recommended
1	Medicated Foot Powder	1 Bottle per crew is recommended
1	Paracord	100 ft
OPTIONAL Crew Gear		
-	Fishing Poles	See <i>Appendix II</i> for more information
-	Fishing Tackle	Store fishing tackle in a small box. (See <i>Appendix II</i>)
1	Repair Kit	
1	Binoculars	
1	Fillet Knife	

Items marked with a * might be available for purchase in our trading post prior to your trip.

Maine High Adventure Fishing Info

Fishing has been a long-standing tradition in the waters included in the Maine High Adventure Area. It provides the opportunity to use the many renewable natural resources that can be found in the Maine north woods. Fresh fish will provide an excellent addition to your High Adventure menu, and contribute to the memories of your High Adventure experience.

A valid Maine fishing license is required for anyone 16 years of age or older, to fish in inland waters or transport fish taken from inland waters. Residents and nonresidents may obtain fishing licenses from agents throughout the State (sporting goods stores, many convenience stores, town clerks and turnpike service centers, [online](#) or from the Department of Inland Fisheries & Wildlife office in Augusta. For shorter trips (6 or 7 days), we suggest you purchase your licenses before arriving at MHA. For longer trips, wait until after trip planning so you can select the best days of your trip to fish. Most trips will pass a local convenience store where you can purchase a fishing license if needed.

A copy of Maine's open water fishing laws can be found online. Your guide has also been taught the local fishing laws and can help you with them. Be sure to check it for general length and bag limits, as well as for special regulations that may apply on the waters that you visit on your trip.

The following types of tackle are suggested as being the most effective and popular for most species in Maine waters:

LURES (for spinning and trolling):

Red and White (daredevil)

Rapala or Rebel

Gold Fish

Mooseleuk Wobbler (any color)

Super Duper

Mepps

Choose treble hook sizes #4 or #6. Bring extra #4 or #6 single hooks for use in waters where treble hooks are not permitted.

FLIES (for casting or trolling, single or tandem hook):

Grey Ghost

Nine-Three

Red and White

Supervisor

Mickey Finn

Royal Coachman

FLIES (for casting):

Grasshopper

Mayfly

Black Gnat

Hornberg

Muddler

Nymphs

Wulff

MHA advises against using live worms as bait due to fishing restriction on some lakes and logistical issues with carrying live worms.

Maine High Adventure Swim Classification Record

Everyone in your crew must be classified as a swimmer prior to arriving at Maine High Adventure. The Swim Classification Form must be completed prior to your arrival and verify that every participant is classified as a BSA swimmer. **Non-swimmers and beginners cannot participate in a wilderness canoe trek.** It is the responsibility of the contingent, unit and/or crew leader to make sure all participants (including adults) are swimmers as indicated in the Safe Swim Defense Plan. **If you are not a swimmer, be sure to talk to your leader(s)**

This form indicates the individual’s swim classification as of the date listed below. The date the swim test was conducted must be within 12 months of the starting date of your expedition.

Crew Number: _____ Date of Swim Test: _____

The following crew members (including adults) have passed the test indicated on the next page and are classified as “Swimmers”

	Full Name (print)
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	

Name of Persons Conducting Test (print): _____

Signature of Persons Conducting Test: _____

Qualification of Person Conducting Test:

- | | |
|--|--|
| <input type="checkbox"/> Aquatics Instructor, BSA | <input type="checkbox"/> Cub Scout Aquatics Supervisor |
| <input type="checkbox"/> BSA Lifeguard | <input type="checkbox"/> Certified Lifeguard |
| <input type="checkbox"/> Swimming Instructor | <input type="checkbox"/> Swim Coach |
| <input type="checkbox"/> Adult supervisor who is familiar with the basic swimming strokes and abides by the guidelines in the <i>Aquatics Supervision</i> manual | |

Unit Leader or Contingent Leader Name (print): _____

Unit Leader or Contingent Leader Signature: _____

This record is to be presented during the pre-trip conference at Maine High Adventure. It must be filled out and signed at the time of the swim classification testing.

Swim Classification Procedures

The swim classification of individuals participating in a Boy Scouts of America aquatic activity is a key element in both *Safe Swim Defense* and *Safety Afloat* plans. The swim classification test should be renewed annually, preferably at the beginning of each outdoor season. Traditionally, swim classification tests have only been conducted upon arrival at a summer camp. However, there is no restriction that this is the only place the test can be conducted.

Maine High Adventure requires this classification be completed prior to arrival.

As indicated in the Safety Afloat Plan, all persons participating in BSA canoeing activities are required to be “swimmers.”

SWIMMER’S TEST:

1. Jump feet first into water over the head in depth, level off, and begin swimming.
2. Swim 75 yards in a strong manner using one or more of the following strokes: Sidestroke, breaststroke, trudgen, or crawl.
3. Swim 25 yards using an easy, resting backstroke.
4. The 100 yards must be completed in one swim without stops and must include at least one sharp turn.
5. After completing the swim, rest by floating.

This swim classification test can be done at the unit level by one of the following resource people: Aquatics Instructor, BSA; Cub Scout Aquatics Supervisor; BSA Lifeguard; certified lifeguard; swimming instructor; swim coach; or Adult supervisor who is familiar with the basic swimming strokes and abides by the guidelines in Aquatics Supervision manual. NOTE: You may use a council approved swim classification list other than this form. Please make sure to copy it for each crew, write the crew number on each sheet, and circle the youth on the record that are in that particular crew. The minimum standards listed above for the person doing the swim classification must be met.

Maine High Adventure Sample Menu

Breakfast		Lunch		Dinner	
MEAL#	ITEM	MEAL#	ITEM	MEAL#	ITEM
Day 1 - Crew Arrival					
Crews Arrive After Breakfast		L1	SLICED BREAD	D1	TORTILLAS
		L1	DELI MEAT	D1	CHICKEN
		L1	AMERICAN CHEESE	D1	FRESH GRN PEPPER + ONION
		L1	FRESH FRUIT	D1	SALSA
		L1	CHEEZE ITS	D1	MEXICAN RICE
				D1	REFRIED BEANS
Day 2					
B2	BAGELS	L2	BAGEL	D2	CHICKEN
B2	CREAM CHEESE	L2	PEANUT BUTTER	D2	RAMEN NOODLES
B2	FRESH FRUIT	L2	STRAWBERRY JELLY	D2	CARROTS
B2	BAR #1	L2	OREOS	D2	CELERY + ONION
		L2	TRAIL MIX #1	D2	SNACK CHIP
Day 3					
B3	OATMEAL #1	L3	TORTILLA	D3	TORTILLAS
B3	NUTS #1	L3	CHEDDAR CHEESE	D3	RED BEANS & RICE
B3	DRIED FRUIT #1	L3	SUMMER SAUSAGE	D3	CHICKEN
B3	BAR #3	L3	FRESH CARROTS	D3	CORN BREAD
		L5	FRESH FRUIT	D3	CHOCOLATE PUDDING
Day 4					
B4	BAR #4	L4	HUDSON BREAD	D4	MACARONI AND CHEESE
B4	DRIED FRUIT #3	L4	CREAM CHEESE	D4	PORK
B4	NUTS	L4	TRAIL MIX #2	D4	VEGGIE #1
B4	MEAT STICK #2	L4	DRIED FRUIT	D4	SNACK CHIP
		L4	TWIZZLER	D4	VANILLA PUDDING + WAFERS
Day 5					
B5	PANCAKES	L5	PITA BREAD	D5	BAGEL
B5	SYRUP	L5	PEANUT BUTTER + JELLY	D5	ROTINI PASTA
B5	BANANNA CHIPS	L5	TRAIL MIX #3	D2	BACON CRUMBLES
B5	SPAM	L5	PRETZLE	D5	SPAGHETTI SEASONING
		L5	COOKIE	D5	BLUEBERRY MUFFIN
Day 6					
B6	BAR	L6	CLUB CRACKERS	D6	MACARONI PASTA
B6	DRIED FRUIT #2	L6	CHICKEN	D6	TUNA
B6	NUTS #2	L6	MAYO + RELISH	D6	CHEESE SAUCE
B6	MEAT STICK #1	L6	FRUIT SNACK	D6	SNACK CHIP
		L6	BAR	D6	BLACK BEANS
Day 7					
B7	OATMEAL #2	L7	HUDSON BREAD	D7	CRAISINS
B7	NUTS #1	L7	CREAM CHEESE	D7	QUINOA
B7	DRIED FRUIT #1	L5	FRUIT	D7	KIDNEY BEANS
B7	BAR #3	L7	DRIED FRUIT	D7	JUST VEGGIES
		L7	MEAT STICK	D7	SNACK CHIP
Day 8					
B8	BAR #4	L8	TORTILLA	D8	TORTILLAS
B8	DRIED FRUIT #4	L8	CHEDDAR CHEESE	D8	BEEF
B8	NUTS	L8	SAUSAGE	D8	MASHED POTATOES
B8	MEAT STICK #2	L8	FRUIT BAR	D8	VEGGIE #2
		L5	COOKIE	D8	SNACK CHIP
Day 9 - Last Day					
B9	BAR #1	L9	CLUB CRACKERS	Logger's Dinner on Base	
B9	DRIED FRUIT #2	L9	CHICKEN		
B9	NUTS #2	L9	MAYO		
B9	MEAT STICK #1	L9	RELISH		
		L9	TRAIL MIX #3		
		L9	FRUIT SNACK		

MAINE HIGH ADVENTURE GRACE

For The North Wind Which Makes the Canoes to Sail

For The Wide and Smooth Portage Trail

For The Rain Which Makes the Rivers Rise

And The Glory of The Matagamon Sky

For The Hand That Guides Us Out and Then

Leads Us Safely Home Again

For All the Glory of The North Maine Woods

We Thank Thee O Lord

Amen

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