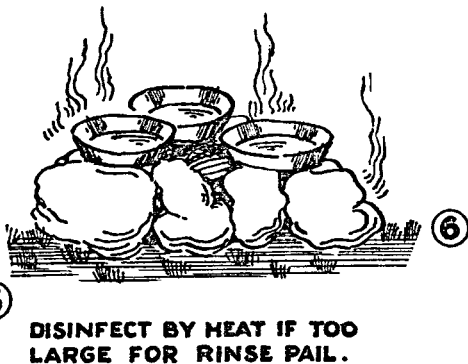
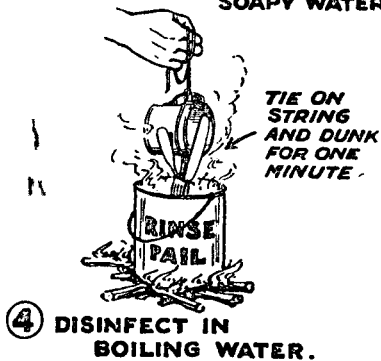
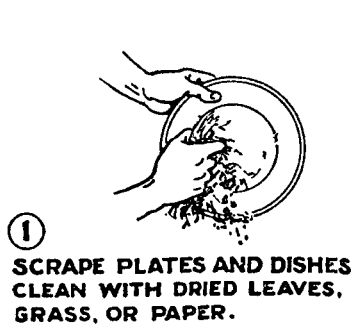


# DISH WASHING



# A GUIDEBOOK FOR CANOE TRAILS

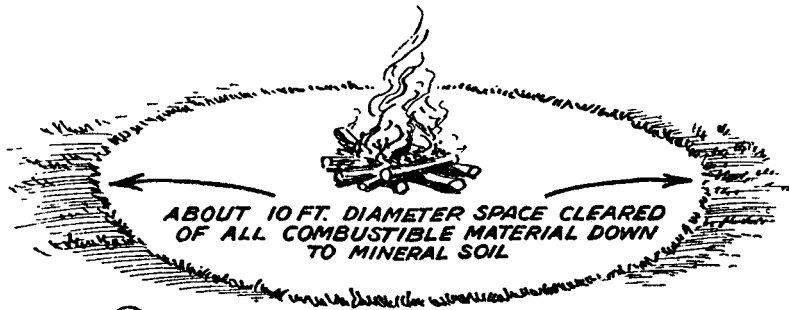
(Second Edition)



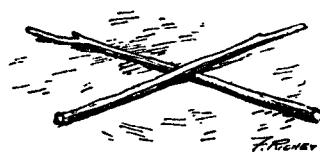
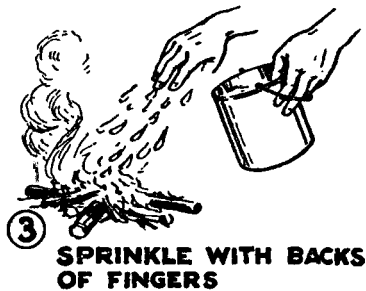
Region Seven  
BOY SCOUTS OF AMERICA  
9 W. Washington St.  
Chicago 2, Ill.

Region Ten  
BOY SCOUTS OF AMERICA  
238 Minnesota Building  
St. Paul 1, Minn.

# PREVENT FIRES



- ① **PREPARE YOUR FIREPLACE.  
NEAR THE WATER**



## Foreword

For many years Region Ten, and in later years, Region Seven of the Boy Scouts of America, has provided the facilities of an outfitting base for Local Councils to conduct canoe trips in the North Country. Although there are literally hundreds of books available for reference and study in planning such trips, each Region found it necessary to provide their own printed or mimeographed helps for their campers to use. Gradually, small compact pamphlets were developed that could not only be used as a guide to plan and prepare for a trip, but also be carried on the trip for reference.

These pamphlets became increasingly popular in Local Councils as guides in planning all kinds of camping expeditions. As a result, the two Regions have jointly published this new Guidebook in a pocket-size edition primarily for use of Explorers and Leaders starting trips from their respective bases, but available to Local Councils wherever it may help put more adventure into Exploring.

"Region Seven Explorer Canoe Base" is located on White Sand Lake, near Boulder Junction, Wisconsin.

Region Ten's "Sommers Wilderness Canoe Base" is located on Moose Lake, northeast of Ely, Minnesota.

## ACKNOWLEDGEMENTS

This Guidebook material has been gathered from many sources. It contains helpful hints and practical suggestions written by a host of good outdoor men. To name all who have made this book possible would take more space than the contents. To all we express our appreciation and the thanks of those who have been over the trails.

## WILDERNESS CANOE COUNTRY GUIDE

Canoeing in the north country is not of modern origin. For many centuries the Indians paddled the lakes and streams of Canada, Minnesota, Wisconsin and Michigan. Then came the Voyageurs in the middle of the 17th Century. With the Voyageurs came the great fur company outposts, then the loggers.

Now it is our pleasure and privilege to paddle these same waters, to hike over portages first developed by our adventurous and hardy predecessors. What a great experience!

## EXPLORING AND CANOE TRIPS

It seems evident that the Canoe Trips have a great future, because they have so much to contribute to the development of the Explorer Program of the midwest and to the improvement and purpose of the camping program of Units and Local Councils.

An adventurous camping program is the heart of Exploring. As Exploring grows, adventuresome camping opportunity must be created by Local Councils and the National Council. The Philmont Ranch, Packsaddle Trips in the mountains, and our Canoe Trips are designed to serve this need.

## PREPARATION

One of the fine values of a High Adventure Trip is the work done in preparing for it. This preparation if carefully planned will provide program material for an Explorer Unit, or the individual Explorer over a period of several months. The actual success of the trip will depend considerably on the attention given to preparation.

There are two parts to this preparation:

1. Preparation before leaving home.
2. Preparation at the Base Camp before starting the trip.

The pre-departure preparation at home needs to be planned and carried on by the Unit or Party planning the trip. This Guidebook is made available early in the Spring to assist in this program as well as to be useful while on the trail. The following pages on organization, equipment, camping, canoeing, etc., will suggest much that can be done in advance.

A 24 hour Training Program is established at the Base Camp to assist in every way possible in the final plan of preparation. This includes, help, training and experience in developing food lists, drawing and packaging food, selecting camping gear, planning and mapping the route, canoeing, camping, cooking, first-aid, etc.

## ORGANIZATION OF THE PARTY

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

## SUGGESTED PARTY ORGANIZATION

Each number represents an Explorer. The Assistant Cook becomes Cook, etc.

### (NOTE PLAN OF ROTATION)

Detail	1	2	3	4	5	6	7	8 Etc.
Asst. Cook	1 (Bill)	8	7	6	5	4	3	2 (Jim)
Cook	2 (Jim)	1 (Bill)	8	7	6	5	4	3
Asst. Tent Man	3	2 (Jim)	1 (Bill)	8	7	6	5	4
Tent Man	4	3	2 (Jim)	1 (Bill)	8	7	6	5
Asst. Firewood Asst. Navigator	5	4	3	2 (Jim)	1 (Bill)	8	7	6
Firewood and Navigator	6	5	4	3	2 (Jim)	1 (Bill)	8	7
Asst. Dishwasher	7	6	5	4	3	2 (Jim)	1 (Bill)	8
Dishwasher	8	7	6	5	4	3	2 (Jim)	1 (Bill)

**Note:** This suggested organization will vary according to the number of persons in your group. Its purpose is to give every person a definite job—definite responsibilities, and a chance to do each job.

## SUGGESTED RESPONSIBILITIES

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

**Tent Man and Assistant**—Immediately on arrival at the Campsite, erect all tents for the party, with due regard to protection from fire, location of dead trees, level ground, etc. Tent flaps should be tied

down when beds have been made, and about campfire time, shoot in a few bursts of insect killer through the closed flaps.

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

**Firewood Men and Navigators**—These two men are responsible for quickly securing a quantity of dry firewood so that the cooks can get a kettle or two of water boiling, in a matter of minutes if necessary, after the party hits the Campsite. (See section on firewood for proper selection of wood.) Chop and split a good supply for supper, campfire, and breakfast, including **kindling**, and store under tarp, or in tent to protect breakfast fuel from weather. **Keep axes sharp, sheathed, and protected from moisture.** On the trip these men will pilot the group over lakes and portages, using the maps prepared back at the Canoe Base.

**Dishwashing Crew**—These men are responsible for cooperating with the cook to see that an adequate supply of boiling water is available for disinfecting individual plates and cups. It is the job of the dishwashing crew to wash all kettles and pans used in preparing the meal, and to keep an adequate supply of water on hand.

**Note:** Each member of the party will wash his own dishes, and disinfect them. No towels are necessary if dishwashing crew does its job right.

**Canoes**—Each canoe team will store its canoe and the leaders will make a final check. Teams are also responsible to keep the canoe clean, and repair if damaged.

**Off Duty**—After unloading their canoes or completing their assignments the "off duty crews" are free to fish or to pitch in with the other camp jobs. The thing to do is to keep busy. Help where help seems needed.

### EQUIPMENT

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

**Canoes**—One for every two or three campers, depending on related conditions

**Paddles**—Three per canoe

**Repair Kit**—To repair canoe damage

**Maps**—With route selected marked on them

**Tents**—Two, three and four man tents of various kinds as desired

**Tarp**—For cooking shelter

**Duluth Packs**—To carry food and camp gear

**Wannegan Box**—For what you may Wannegan soon (not used in Region Ten)

**Cook Gear**—Mostly 10 man kits

**Cruiser Axe**—For securing firewood

**Trail or Reflector Oven**—For baking

**Trench Shovel**—For latrines, etc.

**Canvas Water Bucket**—Carrying water

**Waterbag**—For drinking water

**Flit Gun and Dope** (furnished in Region Ten only. For sale Region 7).

**Halazone Tablets**—To purify water

**Minnow Net**—(If desired by party) (Region Ten only)

**Food**—Complete supply for the trip with bags and containers

(At the Region 7 Base parties buy what food and in such quantities as they desire, at the Base Store.)

### PERSONAL

(Provided by each Camper and brought to the Base)

Plate, Knife, Fork, Spoon, Cup for Trail use.	Handkerchiefs
Mosquito dope	Kneeling pads (make them)
Flashlight	Guidebook
Raincoat or Poncho	Physical Examination Blank
Sweater	Scout Uniform (for traveling)
Wool Shirt	Chapstick—for chapped lips
Hatorsunshade or colored glasses	Camera—extra films
Shoes—heavy for portages	Hunting knife or Scout knife
Moccasins or sneakers— <b>If used should have good arch support.</b>	*Ditty bags—see personal pack under <b>Packing.</b>
Heavy sox—2 pairs, wool.	Waterproof matches in container
Blankets—2 Hudson Bay—4 Regular or a sleeping bag. Blanket pins with blankets.	Swim trunks
Notebook or diary	Ground cloth
Towels—wash cloth, toilet articles floating soap, etc.	Pack for personal gear—Yucca Pack or larger.
*Not essential, but desirable.	Old clothes — one change — be sure to have <b>Long</b> pants and <b>Long</b> sleeved shirts, to avoid sunburn.

### PARTY

(Provided by each Council Crew)

Canvas (Work) gloves for cooks	First Aid Kit
Compasses	Old but clean pieces of cloth for handy use.
Side Cutting Pliers	File for Axes
Sharpening Stone	

(Above items may be bought at Base Store)

Plus any camping gear you may want to substitute for, or add to that issued by the Base Camp.

**Note:** Locker space is provided at the Base, to store articles not wanted while on the Canoe Trails.

## FISHING TACKLE

Here is a minimum list of tackle.

Keep it in a **small** metal box. One floating "redhead" or "Pikey Minnow". Some that are sinkers. Two or three spoons such as "K.B.", "Jarviner" or "Daredevil", a June Bug spinner or two. Three small sinkers and three of four or five ounces. Five fairly long leaders. Casting rod desirable but not essential. Fifty yards of 18 pound test line. Read up on the fishing laws. You need a license. Metal line if you desire to fish for Lake Trout. Fishing license available at the Region 7 Base. No licenses available at Region 10 Base.

Plan to be a sportsman. Catch only the fish you can eat—no more.

## PERSONAL PREPARATION

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

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

**Soak up Some Sun**—Get as much tan, as you can, especially your body above the waist, starting right now, **but take it gradually.** Sunburn is no fun on a canoe trip!

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

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

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

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

**North Woods Lore**—You will be traveling in an historic Region. Your trip will mean more if you know something of the history of the mines, and the logging days and the dramatic story of the Voy-

ageurs—who plied these waters in the fur trading days of 200 years ago. See the bibliography at the end of the Manual for a list of source books.

## CAMPING

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

**Personal Pack**—In your personal pack, get all your small things organized into larger units, so when you reach for an item, several larger units come out of the pack instead of a conglomeration of little things. Ditty bags of several sizes and colors are worth their weight in gold. These can be cheaply made with draw strings. Keep sox and hankies in one, underwear and shirts in another, toilet articles in another, etc. Keep the things you want on the trail at the top of the pack. **DO NOT ALLOW ANYTHING TO BE CARRIED LOOSE SO THAT IT DANGLES AROUND YOUR NECK OR OVER YOUR ARMS, MAKING YOU LOOK LIKE A WALKING CHRISTMAS TREE ON THE PORTAGES.**

Put the soft things like blankets or sleeping bags in that part of the pack where they will cushion the load—against your back.

Your personal pack should not be smaller than the Yucca Pack. The Duluth Pack #1 or #2 is preferred equipment.

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

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

**Dry Pack**—Cereals, beverages, and dehydrated foods are in this pack. Items which will absorb moisture from the atmosphere are packed in friction-top cans.

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

**Tents**—Pitching tents in the north country is a matter of ingenuity developed around basic principles. Pitch on a high ground—face away from the strong winds—(usually from South West), look out for bad timber overhead, and pick a soft spot for beds. Use scissor poles, plenty of rope and rocks—or string up between trees, and if

stakes cannot be used hold sides down with rocks. Take time to fix a comfortable ground bed—and be sure to use your waterproof ground cloth.

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

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

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

**Fires and Fuel**—A small fire of good wood will do much better than a large fire of poor wood. The "trappers" and "criss cross" will suit your needs best. Many sites have fireplaces. Baking requires hot fires. Be sure to clear a wide circle around your fire to prevent it from spreading.

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

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

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

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

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

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

Practice cooking at home.

Learn how to use dehydrated foods.

Learn how to use Bisquick, cake mixes, etc.

### YOU AND YOUR CANOE

Your canoe will become a personal friend on your trip. A good canoeist takes pride in his knowledge and care of his craft. He is

careful in landing and launching to avoid rocks or logs which may mar the canvas. Some canoes have gone through the entire season with hardly a scratch on the paint.

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

You should never have an upset, but, nine chances out of ten, if you do, it will be at the shore, and because of badly distributed weight. Make sure that your foot is in the center of the canoe before shifting weight. Remember, the laws of Physics are still in operation.

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

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

**Bow and Sternman**—It takes a team to operate the canoe, and bow and sternman must cooperate. Try to develop rhythm in your strokes, and guide your canoe in a straight line, or you'll cover a lot of unnecessary water. You'll get practice and instruction at the Base.

**Loading (Trim)**—See that both gunwales are the same distance from the water as the canoe lies afloat. If not, trim (balance) to correct.

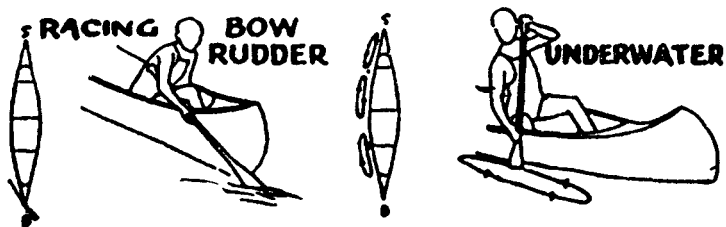
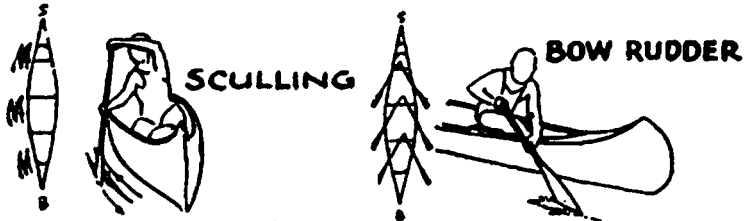
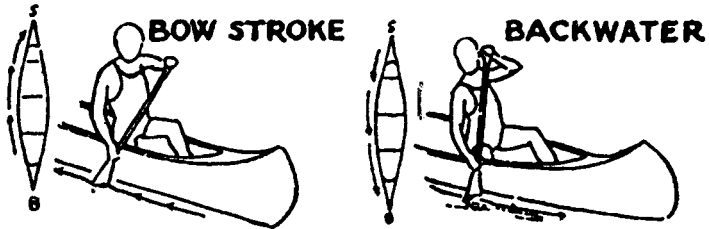
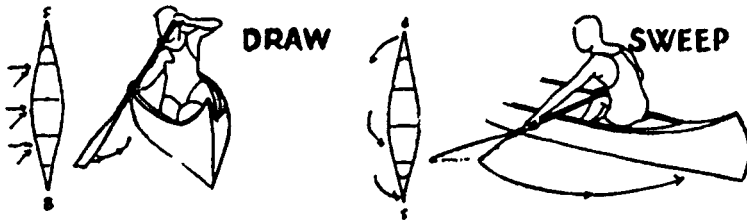
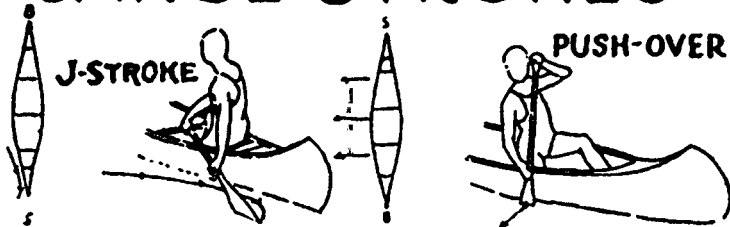
If you are going into the wind or partially so, load your canoe so that it is slightly heavier at the bow. If you are to run with the wind load so that the stern is slightly heavier. Remember that the center or widest part of the canoe is the "fulcrum" and it "teeters" on this point. The ends of the canoe are the least buoyant. If the heavy load is exactly at the center, there is less danger of shipping water since the narrow ends will not cut so deep into the waves, but as stated, some off-center is needed depending on the wind direction. If you think you will ship some water, put boughs under your packs. Don't be ashamed of being windbound. It is a lot safer than recklessness.

**Keeping Together**—It is dangerous to permit the party to get strung out over a great distance. Keep reasonably close together, and make it a habit to wait at the entrance to each portage for the entire group to assemble.

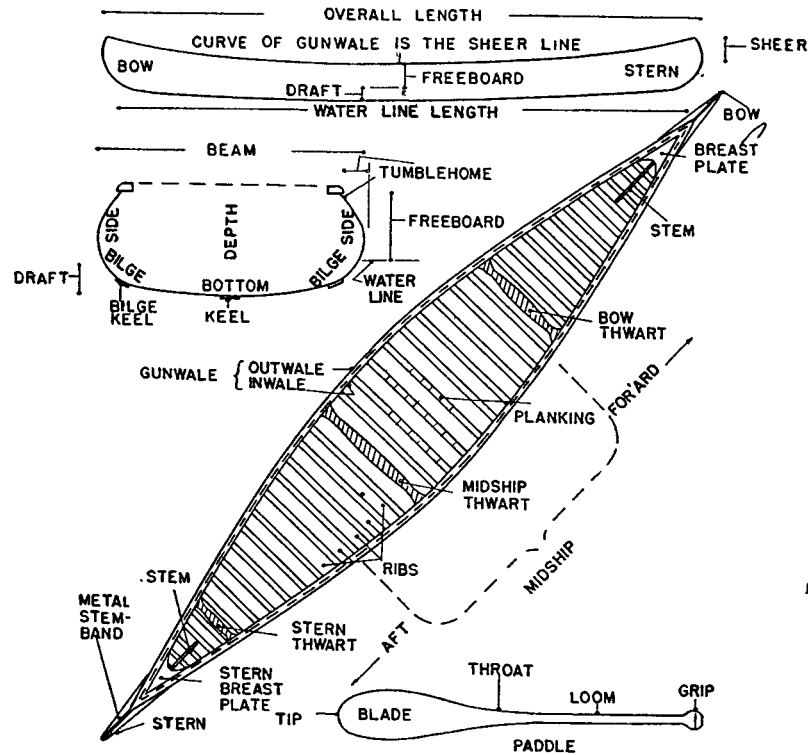
"Buddy" your canoes, so that congenial "twosomes" travel together for company and protect each other in case of possible difficulty, such as an upset.

It is a leader's responsibility to prevent straggling—bring up the rear with a responsible person.

# OFFICIAL NAMES OF CANOE STROKES



## CANOE PARTS



**Locating Your Portage**—On the less traveled routes you should study your map carefully to locate the portages. Then cruise near the shore to watch for the landing. It may be only a faint trail, sometimes blazed. Often there will be a stream or swamp, or a depression in the sky line, indicating the reason for a portage. These are your clues.

**Orderly Plan**—The party leader should demand an orderly approach to a portage, no crowding of canoes, and each canoe's contents placed in a pile. Each camper will load to capacity and return for another load until all equipment is over.

**Fish Poles**—Fishing rods should be lashed to the inner gunwales of the canoe with cord, and all hooks or plugs and reels removed.

**Handling Packs**—Pick up the packs by the "ears" (sides of flap) when loading or unloading from canoe. Yanking them up by the straps will often pull out the rivets and you are in trouble. Handle them carefully.

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

**Canoeing and Care of Canoes**—The skills of canoeing cannot be absorbed from a book—nor in a few hours practice. Preliminary instruction will be given at the Base Camp before each party leaves—and continued on the trail by the Guides or Voyageurs. The canoe is a wonderful craft, safe, light, speedy, responsive and will become a definite part of every camper. In view of the course of instruction that will be part of each trip, we are concerned here mainly with some of the necessary rules and precautions.

1. Every camper should forget any previous canoeing experience and be willing to accept the skills taught at the camp; they represent the best known throughout the country.
2. The canoe is the only means of transportation—it must be handled carefully.
3. Canoes must never be run up on land—step out in water to protect them.
4. Standing erect in canoes is poor form and dangerous. Always hold onto the gunwales.
5. Load canoe properly and securely and carry an extra paddle. Packs should be kept low—with weight distributed to keep canoe balanced.
6. Never carry a canoe out of the water with a load in it.
7. Stow canoe safely and properly on shore when not in use.
8. All damage should be repaired immediately—with kit carried along.
9. Keep clean and dry—do not get in with dirty shoes.
10. In case of trouble or a storm, never desert the canoe on land or

water. Protect them and they protect you. If the canoe tips or swamps hang onto it, do not swim away. In case of storm or winds on shore see that canoes are well protected.

11. Kneeling in the canoe keeps your weight down and gives much better control. Shifting position, using both knees—one knee and then the other helps prevent cramping.

## NAVIGATION

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

The maps we use are reproductions from aerial photographic surveys or U. S. topographical maps, and are quite accurate.

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

**You May Get Lost**—If you think you are, stick to your canoe, and your outfit. If you are lost alone, don't wander. Make yourself comfortable, keep yourself visible, and give your party a chance to find you. It's best not to wander.

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

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

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

If heading into a moderate wind, keep the bow slightly down—if with the wind, keep the stern slightly down. The high end of the canoe acts as a rudder. **If the wind is very strong, don't go out.**

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

## KEEPING PHYSICALLY FIT

The most important item of Health and Safety is protection and



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

**Cleanliness**—Is the first requisite to good health.

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

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

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

**Blisters**—Campers should toughen their hands and strengthen the grip by twisting sticks for several weeks before going on the trip. Keep hands dry when paddling and do not allow the paddle to roll too much in your hands. A shift in position will help materially.

**Gloves**—Can prevent blisters and are very important around the cooking fire to prevent burns.

**Foot Injuries**—A foot injury is serious and means returning to a doctor at once. Foot gear should be worn at all times and should be snug—not tight or loose. Wear wool sox. Protect your feet and ankles by always wearing shoes on rough and rocky and long portages. The time taken for the change is well spent.

**Knives and Axes**—Are not necessary for every canoeist on a trip. Complete instructions will be given every canoeist—and those unable or unwilling to demonstrate skill and knowledge will be requested to turn in their axes.

**Firearms**—Are unnecessary and unlawful.

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

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

**Headaches**—Often result from sun glare and heat. Head covering and sun glasses will do a lot to prevent it.

**Fishhooks**—Are dangerous and rigid rules should be enforced concerning casting.

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

**Chapped Lips**—Mentholatum, vaseline, or chapsticks should be carried by campers to prevent dry, parched and cracked lips from sun and wind.

**First Aid**—A Red Cross First Aid Text Book will be supplied each group. Leaders should become familiar with it—and know where to find what they want. Following are some of the more frequent discomforts. Know where to find their treatment immediately,

Sunburn	All varieties of cuts	Constipation
Wet and dry burns	Bleeding	Diarrhea
Fishhooks	Headache	Blisters
Puncture wounds	Stomach ache	Poison Ivy

**Physics**—No laxatives should be given.

## TRAIL COURTESY

Follow the courteous precedent set by men of the past.

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

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

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

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

Clean up the campsite—pick up paper—string, and other debris—the real woodsman does not throw things down. He leaves the campsite better than he found it—he leaves it clean.

See that the fire is out—well doused with plenty of water—then stir it with a stick. Leave small dry sticks across the fire in the place where the fire was located. Keep note of the fire violations of others and report same to the Base Staff.

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

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

## TRAVEL COURTESY

Your High-Adventure opportunity comes to you as an Explorer. The people of America have endorsed and supported our great Movement because it stands for courtesy, good sportsmanship, the Good Turn, and clean-cut manhood. Our two Canoe Bases have been established and maintained by generous Americans who are proud of the young men in the uniforms of Scouting.

The moment you leave your home on an Exploring trip, you are a traveling ambassador of Scouting, every minute of every day, wherever you are. To millions of Americans, Scouting is exactly what they see in you and thousands of other Scouts as they roam the country.

It is, therefore, your distinct duty and privilege to be at all times—A Scout. The Scout Oath and Law will, of course, help you determine your course under all conditions—but to be more specific, here are a few suggestions.

You are not an unknown stranger out for a big time—you are an Explorer—on a Scout trip.

Lost Explorers create real problems. Keep together by buddies and follow agreed upon plans to the letter.

The sudden descent of 15 or 20 hungry fellows on a restaurant or diner is not an everyday occurrence; make arrangements in advance, or go in small groups.

Keep your seat on trains and busses (unless you want to give it to a lady) and above all, no wisecracks and whistles.

As a part of your preparation for the trip—get acquainted with the common courtesies and amenities of travel. This could well be the subject for one or more good "bull sessions" before you take off.

Explorers are the young men of Scouting. They are, above all, gentlemen. Gentlemen are not sissies—and neither are they rough-necks. They are the people you like to have around. Let's give folks everywhere reason to be happy that they had an opportunity to travel with a group of Explorers.

## YOUR GUIDE OR VOYAGEUR

Your Guide or Voyageur is not a "do it all" but a friend in time of need. He is a technical advisor to the Party Leader. He knows camping and fishing and he knows the canoe country. He will help you have a grand experience . . . but, he does not assume leadership of the group.

## REFERENCE BOOKS

The Voyageurs Highway—Grace Lee Nute.

The Minnesota Historical Society—St. Paul, 1941

Publications of the Boy Scouts of America

Canoeing; Swimming, Waterspouts and Safety; Handbook for Boys; The "How" Book; Boat Building and Canoe Repair, Campfires and Cooking. Merit Badge Pamphlets: Canoeing, Camping, Conservation Cooking, First Aid, Pioneering, Safety, Swimming, Weather. Explorer Scout Manual.

Canoe Country, Florence Page Jaques

University of Minnesota Press, 1938

American Red Cross First Aid Textbook.

Now you have read your Guidebook. We have tried to limit the content to items of real importance; the things that count when you plan and take part in a Wilderness Canoe Trip.

Use this Guidebook from now on. It fits into your hip pocket for a reason.

Start now to toughen up, to improve your cooking skill, to learn more of canoe handling, to make new equipment and overhaul the old.

We have done our best to give you the more important information that leads to a great experience. Now it is up to you to do your best to prepare yourself by using this Guidebook.

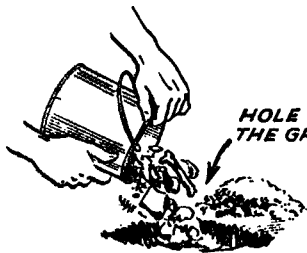
We look forward to seeing you and your well worn Guidebook when you arrive at the Base.

# GARBAGE DISPOSAL

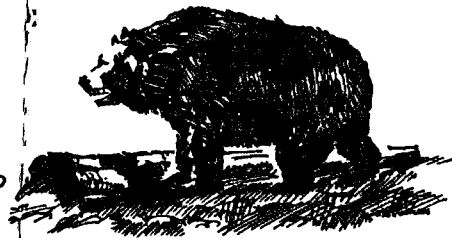


SMALL  
GREEN  
STICKS  
ACROSS  
ROCKS

PLACE WET GARBAGE  
ON HOT STONES TO DRY



HOLE IN  
THE GROUND



**NOT** THIS WAY

BECAUSE BEARS  
WOLVES AND  
OTHER ANIMALS  
DIG IT UP.  
THEN FLIES  
GATHER