

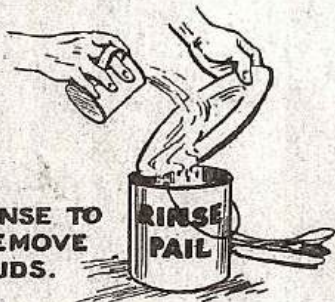
DISH WASHING



- ① SCRAPE PLATES AND DISHES CLEAN WITH DRIED LEAVES, GRASS, OR PAPER.



- ② WASH IN WARM SOAPY WATER.



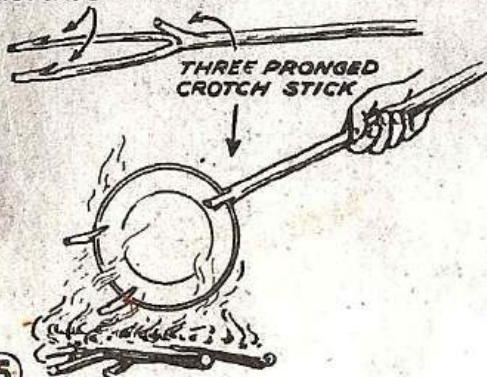
- ③ RINSE TO REMOVE SUDS.



TIE ON STRING AND DUNK FOR ONE MINUTE

- ④ DISINFECT IN BOILING WATER.

NOTCHED ENDS



THREE PRONGED CROTCH STICK

- ⑤ DISINFECT BY HEAT IF TOO LARGE FOR RINSE PAIL.



⑥

STORE IN FLY-PROOF CONTAINER A BAG WILL DO.

GUIDEBOOK



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

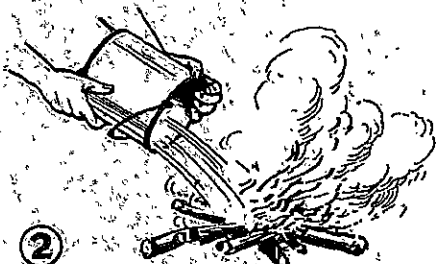
PREVENT FIRES

HAVE WATER BUCKETS
NEAR BY CAMP FIRE



ABOUT 10 FT. DIAMETER SPACE CLEARED
OF ALL COMBUSTIBLE MATERIAL DOWN
TO MINERAL SOIL

① PREPARE YOUR FIREPLACE.



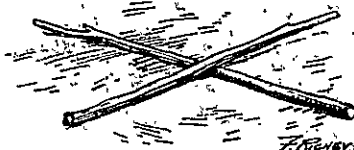
NOT THIS WAY.



③ SPRINKLE WITH BACKS
OF FINGERS.



④ SPREAD SMOKING STICKS
APART AND CONTINUE SPRINKLING
UNTIL FIRE IS OUT.



⑤ CROSSED STICKS
MARK PLACE OF
EXTINGUISHED
FIRE.

INTRODUCTION

Region Seven Scout Landing began operation in the summer of 1942 under the name of Miwi. This was the culmination of years of planning and work on the part of a number of Executives in Region Seven. These men envisioned a "Canoe Base" that would bring high adventure Canoe Trips in the Lake Country within the realm of possibility for all Councils in Region Seven. The first summer was a real success, due largely to the untiring efforts of Ernie Schmidt, Ed Schwechelt and Ted Shearer.

The next summer came rationing — and with it a reduction in attendance, and increase in problems. But already it was apparent that the splendid facilities made available by the Conservation Department of Wisconsin, on White Sand Lake, could and should be more than just an outfitting base. The name was changed to Region Seven Scout Landing, and a definite training program inaugurated. During 1944 preliminary work was done on Hike Trips and Explorer Scouting. The property and buildings were turned over to Region Seven by the Conservation Department of Wisconsin, and attendance passed the 400 mark. Scout Landing has definitely become the Senior Scout, High Adventure and Training Camp for every Council of Region Seven. It belongs to Councils individually and collectively, and exists only as it can serve that end.

This Guidebook is one of the steps in the Training Program. It is designed primarily for organization and preliminary training of parties before they leave for the Landing, and as a handbook for each Camper during his trip. It can, of course, be used by Councils planning trips elsewhere, whether on foot, horseback or water. A supplementary bulletin will be produced annually for party leaders.

This book is far from perfect, or all inclusive. An effort has been made to keep it small, but practical. The plans and suggestions will not fit every party or every occasion. Many of the ideas can be improved upon. It is our sincere desire that they will be. So far the Guidebook is the product of the experience of a small group of Scouters. It should become the result of the skills and experience of all Scouters of Region Seven. We earnestly solicit suggestions, ideas and corrections to be included in future editions.

It is our earnest hope that every group camping, hiking, or canoeing at or out from the Landing use this Guidebook as a basis for preliminary training and preparation so that they can realize every possible value and enjoyment from their trip.

ORGANIZATION

Many factors contribute to the success of a Canoe Trip, but none is so vital as proper organization and leadership. Without it the trip will be a failure even though all other conditions are ideal. With it nearly all handicaps can be overcome and real satisfaction achieved.

The first requirement is individual self discipline. Every member of the party must take himself in hand — determined to do his share — to accept hardship and responsibility — to become a member of a smooth working team — and above all to find full enjoyment in every situation. The griper and loafer have no place in the Northwoods. Nowhere is it more true that the individual benefits in direct proportion to what he puts in. Courtesy is absolutely essential — "horseplay" the brand of a tenderfoot. One fool stunt can ruin the entire trip — or cause serious injury.

For convenience and flexibility parties of 12 to 15 seem to work out best. The following organization chart has been set up on that basis, and parties should follow it as closely as possible, changing only the number of Campers assigned to each detail to suit the size of their party.

- | | | |
|---|--------------|---------------------|
| 1. Adult Leader — Executive Officer | 8. Camper } | Dishes & Clean-up |
| 2. Assistant Leader — Quartermaster | 9. Camper } | |
| 3. Voyageur — Technical Advisor — Health and Safety | 10. Camper } | Tents |
| | 11. Camper } | |
| | 12. Camper } | |
| 4. Camper } | 13. Camper } | Wood — Water — |
| 5. Camper } | 14. Camper } | Fire Building |
| 6. Camper } | | Canoes and Latrines |
| 7. Camper } | | Cooks |

Before the trip each group of campers should be given a definite assignment which they hold for 24 hours — then they all move down the list, taking the next assignment in order with 13 and 14 taking place of 4 and 5, and so on each day. Briefly the detail of each assignment follows:

WOOD AND WATER CREW — It is their job to secure all firewood — build fires and keep them going as needed. Also to provide an ample supply of water for drinking, cooking and dishwashing. Only approved or purified water should be used for drinking. They are responsible for putting all fires out properly and leaving that part of the camp in better condition than they found it. They must observe all fire regulations of the B. S. A. and States of Wisconsin and Michigan.

COOKS — Will prepare and serve food — following the menus provided at the Base. The Voyageurs are trained in cooking these meals and can give valuable suggestions. Menus, recipes and quantity lists are issued with the food. Sample menus are listed in this book.

DISHES AND CLEAN-UP CREW — Heat dishwater — wash cooking gear — supervise washing of personal gear — dispose of refuse properly — and clean up after each meal. Also see that food and gear is stored properly. They make their beds, or make up their packs before meals so that they are all set for the night, or to hit the trail as soon as the clean-up is finished.

TENT CREW — Properly erect all tents in suitable spots. Take down and pack tents. Each Camper will make his own bed and take care of his personal equipment.

CANOES AND LATRINE CREW — Immediately upon landing for the night they should see that all canoes are safely beached; then locate and construct a trench latrine in a suitable place, properly marked, with toilet paper and a trench shovel available. On breaking camp they are to cover the trench and leave in a sanitary condition. They are also responsible for caring for the canoes and miscellaneous equipment, such as paddles, latrine tools, rope, repair equipment, etc. Canoes should be checked and washed daily — stowed properly at all times. Yoke pads should be removed when washing.

GENERAL — All campers when not busy with their specific assignment are expected to help other crews out. For example, — the dishwashers can help pitch tents; cooks can help take them down. Firebuilders might help wash out canoes while watching the fire, etc. Everyone can help pack in the morning.

LEADERS — These men will share the responsibility of the trip, working together as a team and sharing their skills and experience. Individually each will have certain jobs to do.

EXECUTIVE OFFICER — Under his leadership the route and program is planned. He must make decisions, look after the welfare of each Camper, see that the schedule is adhered to. He must maintain cooperation and discipline. He should see that the party is kept together at all times.

QUARTERMASTER — He will be responsible for all equipment and account for damage or loss; issue food and gear to the various teams as needed; see that it is all returned and packed properly. He should make a check of all articles when leaving a Campsite, and be the last to follow through on a portage for the same purpose. He should keep a check list of the contents of food packs — by pack number.

VOYAGEUR — This man holds a key position. He will be navigator, supervise packing, paddling and portaging canoes, make recommendations regarding weather and Campsites; will encourage Health and Safety practices, give cooling suggestions, follow the program as outlined, and do all he can to make the trip successful. He is not a "funky" but a technician with training and experience. Nor is he a "boss" but an advisor to the party leaders. He is charged with the responsibility of carrying on a continuous program of training in Camping and Canoeing.

SIGNALS — An agreed upon set of signals is essential to health, safety and efficiency. On land and in the camp the usual whistle and arm signals can be used. On the water we suggest the following: (Or work out your own system.)

- Whistle to attract attention if necessary.
- Leader grasping paddle at grip with both hands waves it in circle over head as preliminary to a command.
- Leader grasping paddle at loom and blade and holding horizontal over head means "Come at once".
- Leader grasping paddle with both hands on loom, points blade toward shore on some object, means "Go there at once".
- Same as above with blade pointing straight up means "Keep closer formation".
- Same as three, but constantly raising and lowering paddle means "Danger ahead".
- Leader holding paddle on his shoulder means "Portage ahead".

PROPERTY

The Base Camp is a former C.C.C. Camp with ample facilities. The following description will help locate the principle buildings:

1. **HEADQUARTERS AND SERVICE LODGE** — The Camp Office is located here. All business is transacted through party leaders only. Food, supplies and equipment are issued from this building.

2. **CAMPERS LODGE** — The front part has a reading and lounge room, and a Trading Post for Campers. The Trading Post carries maps, stationery, camping gear, candy, etc. for sale. In the central part is a lounge for party leaders and a chart room where trips are planned and instructions given. Detail maps are posted on the walls. The back room is the First Aid Room.

3. **CAMPERS QUARTERS** — Overnight sleeping quarters for parties when they arrive at the landing in the evening or at night, and occasionally when they come in off the trail in rainy weather.

4. **WASH HOUSE** — Toilet, shower and washing facilities for all campers.

5. **FAMILY QUARTERS** — Accommodations for the Senior Staff members and their families.

6. **MESS HALL** — Here you will get your first meal after you arrive in camp, and the last one before you leave. The permanent staff receives all their meals here.

7. **GARAGE** — A large garage is available for leaving cars under shelter for a period of time.

8. **STAFF QUARTERS** — Quarters for Voyageurs and Base Staff.

9. **CARETAKER'S HOME** — James Scott, better known as Scotty — lives at the Camp the year round and serves as Caretaker while working for the Conservation Department. He is a jovial man of many talents and does much work for us in his spare time. He knows a great deal of the early history of the area and has a lot of good yarns that could enliven a Campfire Program.

10. **OTHER BUILDINGS** — There are a number of minor buildings which will be located and explained to campers upon arrival.

EQUIPMENT

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

- Canoes — one for every three campers. (More whenever available.)
- Paddles — one per Camper.
- Yokes — one per canoe — for portaging.
- Repair Kit — to repair canoe damage.
- Map — with route selected marked on it.
- Tents — two-man forestry tents and four-man cruiser tents as desired.
- Tarp — for cooking shelter.
- Duluth Packs — to carry food and supplies.
- Wannagan Box — for cooking gear and daily ration of food.
- Fire Irons — to hold pots, pans and skillets over fire.
- Cooking Gear — mostly four- and eight-man cook kits and combinations thereof.
- Hudson Bay Axes — for securing firewood — one to a party. Bring more if desired.
- Trail Oven — for baking.
- Shovel — for latrines, etc.
- Canvas Water Bucket — carrying water.
- Water Bag — for drinking water.
- Halazone Tablets — to purify water.
- Food — complete supply for the trip — in bags and containers.

To Bring:

PERSONAL — (* is desirable but not essential)

- Ground cloth
- Mosquito netting and dope
- First Aid Supplies
- Ration Book
- Flashlight
- Raincoat (may rain most any time)
- Jacket or sweater — or both
- *Wool shirt
- Hat or sunshade or colored glasses
- Shoes — heavy for camp wear
- Moccasins or sneakers (will get wet — moccasins will need to fit snug or be tied on)
- Heavy sox — at least 5 or 6 pair — wool is best
- Blankets — at least 3 or a sleeping bag (it gets cold at night)
- Old clothes — several changes — be sure to have long pants and long sleeved shirts
- Towels — wash cloth — toilet articles — floating soap, etc.
- Handkerchiefs
- Underwear
- Kneeling pads — in true Voyageur style and for the best in safety and skill, there are no seats in the canoes. Kneeling pads are therefore essential for comfort. These can be made of any soft material (sponge rubber of course is best), covered with a waterproof covering. An 8" or 10" length of old inner tube, stuffed with soft material and vulcanized shut at the ends is good. One for each knee — fastened together with a stout cord 12" to 15" long. This makes for ease in carrying, and keeps them from getting lost. Since this is one requirement for the Canoeing Merit Badge, credit will be given those working on this Badge.

- *Ditty Bags — several different colored bags with draw strings will help keep your duffel sorted in your Packs. One can be stuffed at night for a pillow. These are carried in your Pack.
- Health History and Medical Examination completely filled out — and rechecked the day you leave home.
- *Scout Uniform (if possible)
- *Fishing Tackle (if you have it — non-resident license \$3.00)
- *Camera (if you want one)
- *Hunting Knife and Scout Knife (if you have them)
- *Waterproof matches or box
- Swim trunks
- Pajamas
- 1 dishtowel
- Plate, cup, knife, fork and spoon
- *Canteen (if possible)

PARTY

Parties may bring any gear they desire, either to augment what is furnished or to be used in place of it. Several pairs of work gloves for the cooks is a real asset. An adequate First Aid Kit, a compact little record book, compasses, etc., are suggestions. You will think of others as you read this book.

PROGRAM

PRE-DEPARTURE — Every party coming to the Landing is the responsibility of the Local Council from the first registration until their return home. The Landing will provide every facility and assistance humanly possible; working through the Council Leaders. It is the goal of the Landing to constantly improve the facilities, equipment and training until there is none better in America.

The value of a Council Trip from Scout Landing will be greatly increased by some preliminary training and organization before leaving. If the party is not composed of a regularly chartered Unit, the members should spend at least 24 hours together the day prior to departure. During this period the group should be organized as previously outlined. They should study this Guidebook carefully and be sure every item is covered and understood. A detail check of equipment should be made by Leaders. Morale and discipline should be established. Swim tests and other qualifications should be checked. Canoeing instruction could also be given, but only if a graduate of a Boy Scout Aquatic School is available.

The most important item is the medical re-check. This is not available at the Landing, and no Council would want to assume the responsibility of such a trip without it. Each camper should present his medical blank upon arrival at the pre-training camp and be given a thorough re-check by a physician. The leader should have a complete knowledge of every boy. No doubtful cases should be taken along.

Groups should travel in uniform and conduct themselves accordingly. Registration cards, fees and other material assembled and checked before departure will facilitate your program at the Landing. As soon as possible, a wire should be sent to the Landing giving final information on number in party and hour of arrival. Scout literature and pamphlets should be studied and used as preparation for the best possible experience. The following are suggested: *Canoeing, Swimming, Camping, Pioneering, Cooking, First Aid, Forestry Merit Badge Pamphlets, Commissary, Cooking Gear and Food Cost Accounting, and Scout Field Book*. You may wish to make plans to work on a number of the above Merit Badges while on the trip. The Program Director and Voyageurs will be glad to help all they can.

AT THE LANDING — While there is no definite routine upon arrival or while at the Landing, the following pattern is generally followed:

If the party arrives at night they will be housed overnight in the Campers Quarters. The next morning breakfast will be served in the Mess Hall. (Campers furnish their own eating gear and wash their own dishes.) After breakfast the party leader will register the party, the Voyageur will be assigned, and the Unit Campsite designated. Then, with the help of the Voyageur the party will secure their food and equipment issue and carry it to the Campsite. Here camp will be set up where the group will cook and live during their stay at the Base.

The Voyageurs are trained and prepared to give training in canoeing, camping, portaging and packing, and at least 24 hours should be devoted to this. During this time the party will develop the program and trip routes for the balance of the period. The Program Director of the Landing will be glad to assist in this. In fact, he will work very closely with the leaders and Voyageur to see that every possible help and training opportunity is made available.

During the stay at the Landing the party will conduct their own Campfire Programs, swims, etc., if any are desired. The Landing Staff will be glad to assist in these Programs, and we must insist on the maintenance of standards.

When a group has completed their stay at the Base, including the training period, and desire to shove off, they will be given a food ration to last them while on the trip. At that time, too, they may leave odds and ends and items they have decided not to take along, in a designated building awaiting their return.

Upon returning to the Landing the party will again camp at the Base. They will receive a final food issue to last until they leave for home. During this time all equipment is inspected for loss or damage, and is checked in before departure.

ON THE TRAIL — The program, of course, will vary greatly with each group, and depend on the kind of trip planned. This can be worked out while at the Landing, in conference with the Program Director and Voyageur. Helpful suggestions and ideas will be gladly given, based on past experience. Some parties want to do a lot of canoeing and cover a lot of ground. Others want to camp and hike some too. Some want to stop and fish for a day or so. You can do just as you want — but once the trip is planned you should stick to the schedule.

THE RETURN TRIP — Generally groups will leave the Landing in the morning. In this case, breakfast will be furnished in the Mess Hall. Box lunches to carry along will also be available on a cost basis. These arrangements can be made upon arrival at the Landing.

MAIL — TELEPHONE — TELEGRAPH — All mail should be addressed to the Camper with the Council name in parentheses as follows:

Scout John Doe (Chicago Council)
Region Seven Scout Landing
Boulder Junction, Wisconsin

Telegrams should be addressed the same way. This speeds up locating the campers when they are out on the trail. There is no regular telephone line into Camp. For emergency calls, place a call for the Forestry Headquarters at Trout Lake. (This call goes through Rhinelander and Boulder Junction.) Then ask the Forestry Headquarters to ring White Sand Lake. They have a private line to the Caretaker's cabin — for fire protection purposes, and are willing to call us in an **EMERGENCY**. No other calls please.

CAMPING

Although you are on a Canoe Trip you will still spend two-thirds of your time doing good old wilderness camping. This is Senior Scouting in action!

Scouts should take pride in their ability — yet realize that no one ever becomes so good he can't learn new techniques and methods. We can't — and don't intend to — try to cover the whole field in this book — but just list some of the essentials that must not be overlooked.

PACKING — Each camper should carry *all* his personal duffel in one pack — including blankets. Packs should be made up the same way each day to facilitate finding things — with a blanket or other soft material next to the back. Weight seems to increase overnight — so packs should be limited to necessities. Each person carries his own. Ditty bags are a real asset.

Food and camp gear should be carried in the same packs each day — as evenly distributed as possible with some soft material against the back.

Bread should be carried in a pack lined with cardboard. Meat should be well wrapped and kept in a safe place, and always carried in the same pack.

Packs should be picked up by the ears of the canvas and not the straps. If a rip or tear develops repair it at once. Tightly filled packs are more water-proof. They should be set in the canoe on blocks or sticks to prevent soaking if water gets in canoe.

TENTS — Pitching tents in the north woods is a matter of ingenuity developed around basic principles. Pitch on high ground — face away from storm winds (usually from S. W.), look out for bad timber overhead, and pick a soft spot for beds. If stakes won't work, use scissor poles, plenty of rope and rocks, or string up between trees and hold sides down with rocks. Take time to fix comfortable ground beds — and be sure to use waterproof ground cloths.

Pitch tents every night — take pride in your work — see which crew can do the best job. Use proper Scout knots — and regulate the tension for wind or rain. The taut line hitch is recommended. Cruiser tents can be made bug proof with mosquito netting. Every group should have a spray gun and insect spray.

If at all possible dry tents before packing. Fold correctly and carefully and repair any damage immediately.

CAMP CRAFT — Camp gadgets are not just for exhibition. They add to your camping pleasure. Fireplace paraphernalia — small tables and racks if you are in camp for several meals — browse beds — toilet paper holders — and other such items. These all come under the title of camp handicraft. You may want to make souvenirs to take home. Skillful use of the knife and axe is an art to be desired. Keep them sharp and use in the prescribed manner.

FIRES AND FUEL — A small fire of good wood will do much better than a large fire of poor woods. There are numerous cooking fires — but generally the trappers fire or a small crisscross will suit your needs best. Fire irons are furnished for pots and skillets. Baking requires hot fires.

Fuel should be gathered, cut and stacked while the fireplace is prepared and fire laid. The first cooking pot can be put in place while the fire is being laid. Squaw wood built in lean-to style facing the wind is almost always sure fire — even in the rain. Bark is good too, but don't strip live trees. Dead birch bark will almost always burn, even when wet.

Clear away around and under the fire so there is no chance of spreading. It will become the focal point of camp — so choose wisely and try to have it to the lee of tent sites.

The better firewoods are birch, poplar, maple, oak, pine and cedar. Cut 14 to 20 inches long — keep neatly stacked and covered. Be sure fire is thoroughly put out each time — and covered over last time. Don't forget the crossed sticks over the spot when you leave a campsite.

MENUS — To assist in providing balanced meals with the minimum of confusion and to conserve food, menus will be given you with recipes. Sufficient rations for each party based on these menus will be provided. Changes where

needed will be made with each group before they go out. The following menus have been used in past years and can serve as a sample for practice purposes during the pre-trip training program.

BREAKFAST

NO. 1 — FIRST DAY IN CAMP

Orange
Dry cereal
Rolls
Milk

LUNCH

Soup
Raw carrots
Cold meat sandwiches
Cookies
Lemonade

SUPPER

Chili
Boiled potato
Slaw
Crackers
Cookies
Milk

NO. 2 — TRAINING DAY

Orange
Oatmeal
Bacon and eggs scrambled
Bread and butter
Milk

Weiner sandwiches
Spring salad
Candy bar
Milk

Boiled dinner
Bread and butter
Pie or cake
Tea

NO. 3 — ON THE TRAIL

Prunes
Ralston
Toast
Apple butter
Hot chocolate

Soup
Cheese and pickle sandwiches
Cookies
Punch

Hash
Carrots
Cranberry sauce
Bread and butter
Vanilla pudding
Punch

NO. 4

V-8 juice
Dry cereal
Pancakes — syrup
Hot chocolate

Peanut butter and jelly sandwiches
Chocolate bar
Carrot sticks
Punch

Bacon and macaroni
Corn
Bread and butter
Eagle Brand pudding
Tea

NO. 5

Grapefruit juice
Oatmeal
Fried bread
Syrup
Hot chocolate

Soup
Peanut butter sandwiches
Cookies
Punch

Creamed dried beef
Potatoes
Spinach or beets
Bread and butter
Rice pudding
Punch

NO. 6

Prunes
Ralston
Toast
Jam
Hot chocolate

Treet sandwiches
Candy bar
Punch

Italian spaghetti
Green beans
Olives
Corn Bread
Chocolate pudding
Tea

NO. 7

V-8 juice
Dry cereal
Pancakes — syrup
Hot chocolate

Soup
Cheese and sandwich spread sandwiches
Punch
Cookies

Baked beans
Slaw
Potatoes
Eagle Brand pudding
Punch
Biscuits

NO. 8

Orange or grape juice
Oatmeal
Corn muffins
Jam
Hot chocolate

Treet sandwiches
Mustard
Candy
Punch

Fried Spam
Sweet potatoes
Peas
Biscuits — apple butter
Vanilla pudding
Punch

BREAKFAST

NO. 9

Prunes
Ralston
Pancakes — syrup
Hot chocolate

LUNCH

Hash
Cookies
Fig bars
Punch
Chocolate pudding
Tea

SUPPER

Macaroni and cheese
Apple sauce
Green beans
Biscuits — honey

NO. 10 — RETURNING TO BASE

Grapefruit juice
Dry cereal
Muffins
Hot chocolate

Baked beans
Slaw
Chocolate bars
Bread or biscuits
Punch

Spanish rice
Carrots
Bread
Canned fruit
Punch

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. Scout Landing gives you a fine opportunity to learn that art. The test is not how much food you eat, but how it is prepared.

Since every ounce of food you eat must be carried on your back over portages or on a hike trip, some compromise must be made between appetite and convenience. Ample food is provided so that no one goes hungry, but a wilderness is no place for a glutton. The Voyageurs are trained by experts in camp cookery — and with their help you, too, can become an expert — and have some of the best eats of your life.

Baking is essential and not difficult. It eliminates the problem of carrying enormous quantities of bread — but who would turn down biscuits, muffins, corn bread, pie and cake on the trail?

Double boilers can be made by putting water and a few small rocks in a large kettle and setting a smaller one in it. If you smear soap on the bottom and sides of pots and pans before using them, the black will wash right off when finished.

CANOEING

NAVIGATION — A map will be provided on which each party will trace their trail with the help of the Voyageurs, marking campsites, land marks, portages, etc. Follow this closely and use the compass — you will not likely be too far from other camps or habitation to help orient you. If you get confused, stick to your compass and the map.

Careful instructions will be given each party before they leave the base camp. The navigator realizes that it is possible to get lost — but won't listen to too much advice from the campers — nor admit that he is lost.

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

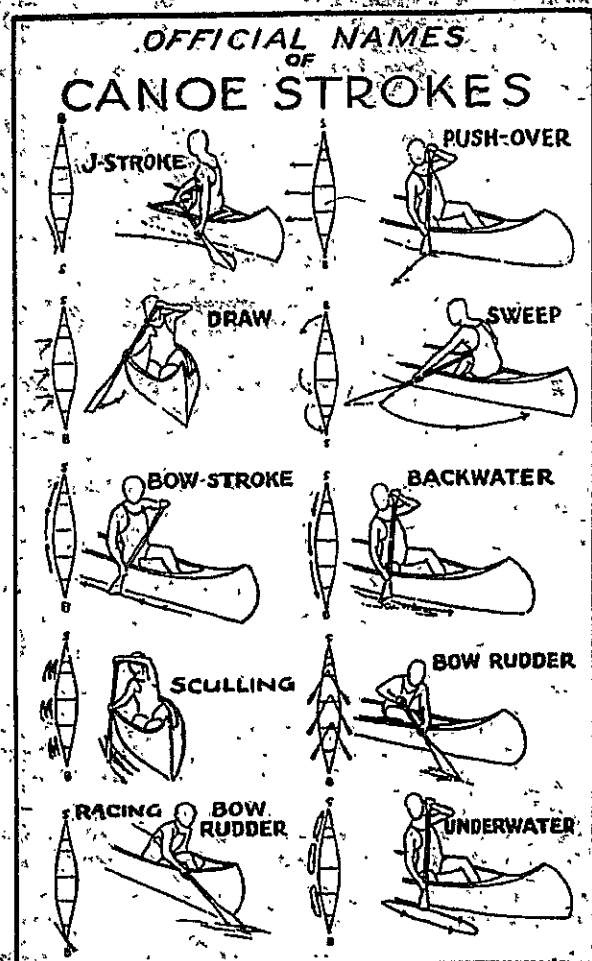
Equipment must be kept dry. If it is necessary to travel in the rain, be sure the packs are raised off the bottom of the canoes and properly protected.

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

Quarter the waves or head into them, never at right angles, even if it means tacking to get to your destination. Follow shore line in rough weather.

Land and take off into the wind.

PORTAGING — The first essential to good portaging is teamwork and co-operation in landing at a portage and moving off in an orderly manner. Each crew should be responsible for their own equipment and canoe. No canoe should



ever start across the portage before the canoe behind has safely landed — nor should they get out of sight on the water before the canoe behind is launched and underway.

No camper should try to carry an overload just to save a second trip. It is not weakness, but good sense to rest when fatigued, but rests should be short and there should be no lagging until the job is done. It is not wise — nor good camping to have unprotected equipment at both ends of a portage or scattered along between. Two trips should do it all. The Quartermaster should be the last one across a portage to see that nothing is left at either end or along the trail.

Packs should be placed properly on the shoulders — well up, no haphazard methods allowed. Hands should be free and not full of odds and ends. One of the campers should always assist the other in placing the canoe on his shoulders. The person carrying the canoe should not try to carry other duffel the same trip. All should take turns carrying the canoe.

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 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 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. Always hold onto the gunwales.
5. Load them properly and securely and carry an extra paddle. Packs should be kept low — with weight distributed to keep canoe trim.
6. Never carry a canoe out of the water with a load in it.
7. Stow them 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, 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.

HEALTH AND SAFETY

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. The following suggestions will be found helpful:

1. DRINKING WATER — Drink from tested sources only. If not tested, use the Halazone tablets supplied, and follow directions. Or use two drops of U.S.P. Iodine per quart of water and allow to stand for 30 minutes. The other alternate is to boil the water for 30 minutes. Allow to cool and aerate.

2. **DISHES** — Should be disinfected by immersing for one minute in water at 180°, allow to dry by own heat and put away immediately, free from flies and dirt. A few coals should be left under the fire irons while dishes are washed. After rinsing the dishes can be put across the fire irons a few moments for final drying and sterilization.

3. **POISON IVY** — All campers should know it and watch out for it. If there is reason to suspect contact, wash immediately in strong soap or alcohol. A 25% to 35% solution of Tannic Acid in alcohol is probably the best known cure at present. Fortunately poison ivy is not abundant at the Landing.

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

5. **GLOVES** — Can prevent blisters and are very important around the cook fire to prevent burns.

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

7. A miscellaneous assortment of *knives and axes* are not necessary on a trip. Complete instructions should be given every camper — and those unable or unwilling to demonstrate skill and knowledge should be requested to turn in their knives and axes.

8. **FIREARMS** — Are unnecessary and not permitted.

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

10. **FOOD** — Should be kept in clean, dry places and all fresh and recently opened foods in cool places. Keep open food covered and protected from flies. It is important to conserve food, but left-overs must be given careful protection — and not kept more than 24 hours.

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

12. **FISHHOOKS** — Are dangerous and rigid rules should be enforced concerning casting. Several campers fishing from a canoe should cast from the sides only. Pliers should be carried to cut out fishhooks if caught in flesh.

13. **CHAPPED LIPS** — Mentholatum, vasoline or a grease stick should be carried by campers to prevent dry, parched and cracked lips from sun and wind.

14. **CLEANLINESS** — Is the first requisite of good health.

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

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

When in doubt it is much the best thing to contact the base camp as soon as possible.

Adequate First Aid Kits must accompany each party. This will be checked upon arrival at the Landing. The leader must insist that every injury — no matter how small — and every illness be reported to him at once. Remember, too, that the leader can dress a wound only once; the victim must take care of it himself after that.

TRAIL COURTESY

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

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

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

There are other camps spotted around on many of the lakes. Other groups conduct canoe trips too. We must respect their rights and maintain high standards of camping skills and courtesy.

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

Dispose of garbage properly — bury cans and other refuse that will not burn. Lay tent poles straight in a neat pile — leave bough beds intact.

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

Pile unused wood in a neat pile.

Always leave a campsite better than you found it. Keep note of the fire violations of others and report same to the Camp Director or Program Director.

Don't allow campers to be fish hogs, and see that all are provided with proper licenses.

It must be constantly borne in mind that we are absolutely dependent upon the good will of the public for the success of our trips and for the year 'round support of Scouting. Also that a portion of our camping and portaging must be done on *private* property. We should *never* camp on private property without first securing permission — and always observe the utmost care and restraint in any use of private property. One careless or selfish act might make it impossible to use the trail again. We are Scouts — people, expect more of us — and rightly so. But in return they are usually willing to give us more privileges. Let's show our appreciation.

AWARDS

Every camper and leader participating in a program at or out of Scout Landing will receive a cloth emblem. Staff members, leaders and repeat campers will be given additional honor strips. The second year at the Landing you will qualify as a Northwoods Camper, the third year as a Portageur and the fourth as a Voyageur. Opportunity will also be given to work on and qualify for the Canoeing Merit Badge. Many other Merit Badges could also be included if desired by the group.

SONGS

The Voyageur of long ago used to sing as he paddled, worked and camped. Scouts sing a lot too—and no book would be complete without a selection of good Scouting, Camping and Canoeing songs.

HAIL, HAIL, REGION SEVEN

*Tune: "My Hero" from
The Chocolate Soldier*

Hail, Hail, Region Seven
Best in the Land
Hail, Hail, Region Seven
United we stand.
Onward and upward we're treading
Always alert to keep Scouting ready.
We are prepared.
Hail, Hail, Region Seven
Hail, Hail, Hail.

I'M HAPPY WHEN I'M HIKING

Tramp, tramp, tramp, tramp,
Tramp, tramp, tramp, tramp,
I'm happy when I'm hiking
Pack upon my back.
I'm happy when I'm hiking
Off the beaten track.
Out in the open country
That's the place for me,
With a real Scout friend
To the journey's end
10, 20, 30, 40, 50 miles a day.
Tramp, tramp, tramp, tramp,
Tramp, tramp, tramp, (repeat).

HIKING

Tune: Artillery Song

Over hill, over dale,
We will hit the greenwood trail
As our Scout Troop goes hiking along.
In and out, all around
You will never see us frown
As our Scout Troop goes hiking along.
And it's hi! hi! heel the B. S. A. for me;
Shout out our name and shout it strong.
Where'er we go, we will always know
That our Scout Troop goes hiking along.

I'VE BEEN WUKKIN' ON DE RAILROAD

I've been wukkin' on de railroad
All de live long day;
I've been wukkin' on de railroad
To pass de time away.
Doan' yo' hyar de whistle blowin'
Rise up so early in de mornin'
Doan' yo' hyar de cap'n shoutin'
"Dinah, blow yo' hawn!"

DINAH

Someone's in the kitchen with Dinah
Someone's in the kitchen I know
Someone's in the kitchen with Dinah
Strummin' on the old banjo.

(CHORUS)

Fee-fi-fiddely—I—oh
Fee-fi-fiddely—I—oh—oh
Fee-fi-fiddely—I—ohhh
Strummin' on the old banjo.
Fee-plunk, fi-plunk
Fiddely—I—oh plunk
Fee-fi-fiddely—I—oh
Plunk, plunk, plunk.
Fee... Fiii... Fiddely—I—ohhhhhh
Strummin' on the old banjo.

WE'RE ON THE UPWARD TRAIL

We're on the upward trail,
We're on the upward trail,
Singing as we go,
Scouting bound.
We're on the upward trail,
We're on the upward trail,
Singing, singing,
Everybody singing,
Scouting bound.

THE FAR NORTHLAND

1

By Lake Duncan and Clear Water, to the
Bearskin I will go,
Where you see the loon and hear its plain-
tive wail,
If you're thinking in your inner heart,
there's swagger in my step,
You've never been along the Border trail.

2

It's the far Northland that's a-calling me
away,
As take I with my packsack to the road.
It's the flash of paddle blades a'gleamin'
in the sun,
A canoe softly skimming by the shore.
It's the tang of pine and bracken, coming
on the breeze,
That calls me to the water ways once more.

(CHORUS)

It's the far Northland that's a-calling me
away,
As take I with my packsack to the road,
It's the call on me of the forest in the North,
As step I with the sunlight for my load.

THE COWBOY'S SWEET BYE AND BYE

Tune: Bring Back My Bonnie to Me
Last night as I lay on the prairie
And gazed at the stars in the skies,
I wondered if ever a cowboy
Could drift to that sweet by and by.

(CHORUS)

Roll on, roll on,
Roll on little dogies
Roll on, roll on,
Roll on, roll on,
Roll on little dogies, roll on.

The road to that bright heavenly region
Is a dim narrow trail, so they say,
But the road that leads down to perdition
Is posted and blazed all the way.

(CHORUS)

They speak of another Great Owner
Who's never o'erstocked, so they say,
But who always makes room for the sinner
Who drifts from the straight narrow way.

(CHORUS)

They tell of another great round-up,
Where cowboys like dogies will stand
To be marked by the Riders of Judgment,
Who are posted and know every brand.

(CHORUS)

ALOUETTE

1. All: Alouette, gentile Alouette,
Alouette, je te plumerai.

Leader: Je te plumerai la tete.

All: Je te plumerai la tete.

Leader: Et la tete.

All: Et la tete — oh!

2. All: Alouette, gentile Alouette,
Alouette, je te plumerai.

Leader: Je te plumerai le bec.

All: Je te plumerai le bec.

Leader: Et le bec.

All: Et le bec.

Leader: Et la tete.

All: Et la tete — Oh!

3. Je te plumerai le nez. Et let nez.

4. Je te plumerai le dos. Et le dos.

5. Je te plumerai les pattes. Et le pattes.

6. Je te plumerai le cou. Et le cou.

SCOUT CANOE SONG

Tune: Volga Boatmen's Song

Pull — Scouts — Pull!
Pull — Scouts — Pull!
Draw your paddle back,
Pull — Scouts — Pull!

Sporting rivers, roll along,
Jumping white-caps sing their song,
Scouts are real woodsmen, cruising on,
Thru life's adventure singing a song.

Pull — Scouts — Pull!
Pull — Scouts — Pull!
Draw your paddle back,
Pull — Scouts — Pull!

THE PADDLE SONG

Our paddles keen and bright
Flashing like silver
Swift as the wild goose flight
Dip, dip and swing.

Dip, dip and swing them back
Flashing like silver
Swift as the wild goose flight
Dip, dip and swing.

HOME ON THE RANGE

1

Oh give me a home where the buffalo roam,
Where the deer and the antelope play,
Where seldom is heard a discouraging word
And the skies are not cloudy all day.

(CHORUS)

Home, home, on the range,
Where the deer and the antelope play,
Where seldom is heard a discouraging word
And the skies are not cloudy all day.

2

Where the air is so pure, the zephyrs so free,
The breezes so balmy and light,
That I would not exchange my home on
the range,
For all of the cities so bright.

3

How often at night when the heavens are
bright,
With the light from the glittering stars,
Have I stood here amazed and asked as I
gazed,
If their glory exceeds that of ours.

4

Oh! I love these wild flowers in this land
of ours
The curlew I love to hear scream,
And I love the white rocks and the antelope
flocks
That graze on the mountain-tops green.

CHURCH IN THE WILDWOOD

There's a church in the valley by the wild-
wood,
No lovelier place in the dale,
No spot is so dear to my childhood;
As the little brown church in the vale.

(CHORUS)

O come, come, come, come,
Come to the church in the wildwood,
O come to the church in the dale,
No spot is so dear to my childhood,
As the little brown church in the vale.
How sweet on a bright Sabbath morning,
To list to the clear ringing bell,
Its tones so sweetly are calling,
Oh come to the church in the vale.

SCOUT VESPER

Tune: Maryland, My Maryland

Softly falls the light of day,
While our campfire fades away;
Silently each Scout should ask
Have I done my daily task?
Have I kept my honor bright?
Can I guiltless rest tonight?
Have I done and have I dared
Everything to be prepared?

A SCOUT LEADER'S SONG

Our Father in Heaven
Above us, we ask Thee
For guidance in our daily task.
May virtue and manhood
Stand strongly amongst us.
To thee we give all of our thanks.

The Scout Oath, the Scout Law,
Their lessons unfolding
To our youth, in numbers untold,
Our Motto, our Good Turn
May we live it and teach it,
Great Spirit of Scouting, we pray.

DAY IS DYING IN THE WEST

Day is dying in the west,
Heaven is touching earth with rest;
Wait and worship while the night
Sets her evening lamps alight
Through all the sky.

(CHORUS)

Holy, holy, holy, Lord God of hosts!
Heaven and earth are full of Thee,
Heaven and earth are praising Thee,
Oh Lord most High!

When forever from our sight
Pass the stars, the day, the night,
Lord of angels, on our eyes
Let eternal morning rise,
And shadows end.

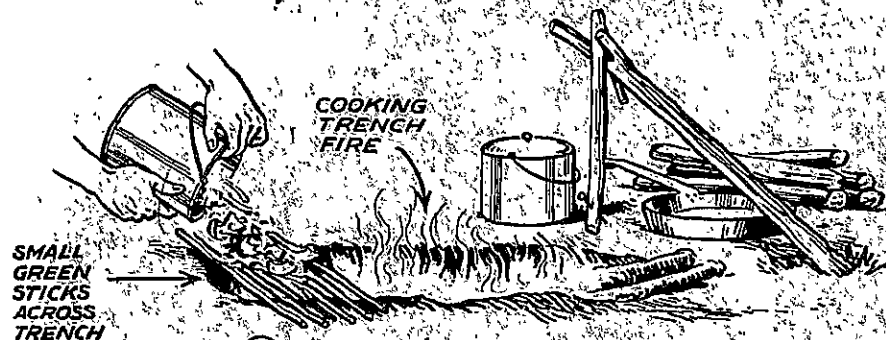
FAITH OF OUR FATHERS

Faith of our fathers, living still,
In spite of dungeon, fire and sword,
O how our hearts beat high with joy,
When'er we hear that glorious word.

(CHORUS)

Faith of our fathers, holy faith
We will be true to thee till death.
Faith of our fathers, we will strive
To win all nations unto thee;
And through the truth that comes from God,
Mankind shall then indeed be free.

GARBAGE DISPOSAL



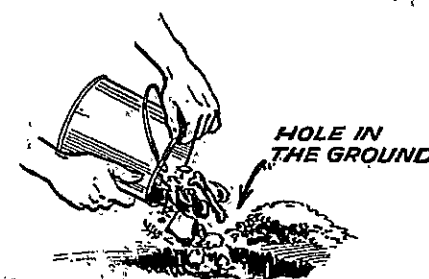
① BURN IT UP.

PLACE WET GARBAGE ON HOT STONES TO DRY

RAKE FIRE TO ONE SIDE



② WHEN GARBAGE HAS DRIED, BURN IT ON THE FIRE.



③ **NOT** THIS WAY



④ BECAUSE SKUNKS, MARMOTS, RATS, OR DOGS DIG IT UP, THEN FLIES GATHER.