



Untethered Adventures

WILDERNESS CANOE TRIP

GENERAL INFORMATION

Dear Participant/Parent:

Your son or daughter has displayed an interest in our summer wilderness canoe trip program for adventurous young men and women, ages 14-19.

Untethered Adventures has a 50 year tradition of traveling with high school students in the Boundary Waters Canoe Area Wilderness (BWCAW). This canoe trip provides the students with the opportunity to spend a week exploring some of the most beautiful wild country in North America. The BWCAW has tens of thousands of cool freshwater lakes that afford almost more water than land. For years, students have met the challenge of the BWCAW: fishing, swimming in clear clean lakes, observing and photographing wildlife in their natural habitat, and exploring backcountry lakes and rivers.

This trip will depart Columbus, Ohio on **Saturday, July 20th** and will return to Columbus on either Saturday, **July 27th** or **Monday, July 29th** **depending on the actual days of canoeing, which is to be determined.**

The following is an introduction to our program and its inclusions.

- Round trip ground transportation from Columbus, Ohio to Ely, Minnesota.
- All lodging on the trip to and from Ely, Minnesota if necessary and while at base camp in Ely
- Complete canoe outfitting for the 7 day wilderness trip including canoes, paddles, life jackets, packs, tents, cooking equipment, etc. The student need only provide their sleeping bag, clothing, and personal items. However, we do offer rental sleeping bags and sleeping pads.
- All meals while at base camp.
- Three nutritionally balanced meals for each day of the expedition. Combinations of fresh, freeze-dried, and dehydrated foods make for meals that are delicious yet lightweight and easy to prepare.
- Experienced wilderness facilitators with more than 60 years of combined experience.

The total cost of the complete trip package is \$1080.00. Registration will be strictly on a first come, first served basis. Untethered Adventures reserves the right to refuse any application. A registration fee of \$350.00 is required with the application.

We would be happy to entertain your questions personally by calling Kyle at (937) 321-6920 or Scott at (937) 901-7565 or emailing us at UntetheredAdventuresLLC@gmail.com. Please visit our website, www.Adventuresuntethered.com or instagram page [@untethered_adventures_](https://www.instagram.com/untethered_adventures_)

Sincerely,
Scott Knupp and Kyle Cox
Co-Owners and Guides



Untethered Adventures Wilderness Canoe Trip

APPLICATION

Please read and understand the following policies before submitting this application.

ENROLLMENT FEE:

The enrollment fee for the 2019 wilderness canoe trip is \$1080.00.

REGISTRATION:

A registration fee of \$350.00 is required along with this completed application before a prospective participant can be enrolled. The balance of the enrollment fee (\$730.00) is due on or before June 10th 2019. Please make checks payable to First Community Church

REFUNDS:

Refunds will be issued on the following basis. Failure to submit this application with your registration fee does not exempt you from these refund policies.

Full refunds less a \$200.00 application fee will be given before June 10, 2019..

If the applicant cancels after June 10, 2019, Untethered Adventures reserves the right to retain the \$350.00 registration fee.

If the applicant cancels within 25 days prior to the trip, Untethered Adventures reserves the right to offer no refund of the \$1080.00 enrollment fee.

ADDITIONAL REGISTRATION INFORMATION:

Untethered Adventures reserves the right to refuse any applications.

If the enrollment fee (\$1080.00) is not paid in full on or before June 14, 2019, Untethered Adventures reserves the right to cancel this application.

Untethered Adventures reserves the right to cancel this trip and refund all fees upon cancellation.

Untethered Adventures reserves the right to expel any participant whom we deem to be a danger to the environment, himself/herself, or others, or for gross misconduct, or, who in our opinion, would be, for any reason, unable to satisfactorily complete the trip. Any expense to transport the individual home will be borne by that person and/or their legal guardian.

Untethered Adventures will not tolerate substance abuse, the use of illegal substances, or the consumption of alcoholic beverages by minors. Untethered Adventures reserves the right to expel any person associated with this trip found in violation of this policy. Any expense to transport the individual home will be borne by that person and/or their legal guardian.

Any emergency evacuation expenses will be paid for by the person, and/or their legal guardian, requiring evacuation.

Untethered Adventures will make reasonable attempts to accommodate special medical and dietary needs, but any additional costs relating to special medical or dietary needs will be borne solely by the participant.

Submission of registration fee (deposit) acknowledges acceptance of all refund policies as well as all other trip policies.

I have read the registration and refund policies and in signing this application declare that I understand and accept them.

Participant's Name (Last, First, Middle)	Sex	Age on July 20, 2019
Do you plan on fishing?	Address	
Organization or school associated with	Dietary restrictions (Yes/No)	Date of Birth
Guardian's Name	Email Address	Telephone
Applicant's Signature	Date	Date of Birth
Guardian's Signature	Date	Applicant T-shirt size

\$350 deposit \$925 full payment release emergency authorization insurance information medical



2019 WILDERNESS CANOE TRIP

July 20th - July 29th

INCLUDED IN PACKET

- **RELEASE AND ASSUMPTION OF RISK FORM**
- **EMERGENCY MEDICAL AUTHORIZATION FORM**
 - **INSURANCE INFORMATION SHEET**
- **MEDICAL HISTORY AND PHYSICAL EXAMINATION FORMS**
 - **PERSONAL EQUIPMENT LIST**
 - **REGISTRATION AND REFUND POLICIES**

RELEASE AND ASSUMPTION OF RISK

I am aware that during the Quetico Provincial Park-Boundary Waters Canoe Area canoe expedition trip in which I am participating, certain risks and dangers are inherent, including but not limited to, the hazards of canoe travel on lakes and rivers, foot travel over wilderness terrain, accident, illness, the forces of nature, and the dangers inherent in the travel by air, automobile or other conveyance.

I am also aware that the canoe trip for which I am registered will be conducted in isolated wilderness areas with no mechanical transportation, no roads, no telephones, and no outside communication facilities available for the expedition portion of the trip.

I am aware that during the trip I will be canoeing on lakes and rivers, and participating in this demanding adventure away from roads, telephones, and radios. Further, I acknowledge that I will assume financial responsibility for all costs associated with any emergency evacuation for myself or my child.

I represent that the details of the trip have been explained to me and I understand and acknowledge that Untethered Adventures, officers, and staff assume no liability, and I hereby expressly release Untethered Adventures, officers, and staff from any liability, for any injury to my son/daughter or loss of property due to theft, accident, or any other occurrence while on said trip. The terms hereof shall serve as a release and assumption of risk for my heirs, executors and administrators, and for all members of my family, including minors.

Date

Applicant's Signature

Date

Parent's Signature

PARENT'S CONSENT

All participants must have their parents' consent to participate in a Untethered Adventures wilderness canoe adventure. Please see that your parents receive this form, read, and sign it. Please return this form to us by the date indicated on the cover letter.

Parent's or guardian's consent is hereby given for _____
Applicant's Name

to participate in the Quetico/B.W.C.A. canoe expedition beginning _____ / _____ / _____
Month Day Year

and for any emergency hospitalization, operation, or medical care.

Date

Parent's or Guardian's Signature

NO PERSON WILL BE ALLOWED TO PARTICIPATE IN A UNTETHERED ADVENTURES TRIP UNLESS THIS FORM IS COMPLETED AND IN OUR FILES PRIOR TO THE TRIP IN QUESTION.

EMERGENCY MEDICAL AUTHORIZATION

Participant's Name _____ Trip Dates _____

Address _____ Telephone _____

PURPOSE: To enable parents and guardians to authorize the provision of emergency treatment for a child who becomes ill or injured while under the supervision of the officers and/or employees of Untethered Adventures, when the parent or guardian cannot be reached.

In the event reasonable attempts to contact _____
Parent or Guardian Name

at _____ Telephone _____ or to contact _____
Other Parent or Guardian Name

at _____ Telephone _____ have been unsuccessful, I hereby give my consent for the administration by

a licensed physician of any treatment deemed necessary while my child is under the supervision of the officers and/or employees of Untethered Adventures.

Date _____ Parent's or Guardian's Signature _____

Address _____

If the consultation with a family physician (when reasonably possible) before any treatment is administered to my child is deemed necessary by you (the parent or guardian), please provide the following information.

Name of the Family Physician and Practice _____

Office Phone Number _____ Emergency Phone Number _____ Home Phone Number _____

Date _____ Parent's or Guardian's Signature _____

INSURANCE INFORMATION

Dates of Quetico/B.W.C.A. canoe expedition _____ / _____ / _____ to _____ / _____ / _____.
Month Day Year Month Day Year

Untethered Adventures **requires** that all students have their own health and accident insurance. Please complete this form so that we will have information concerning your insurance coverage.

No one will be permitted to participate in the Quetico/B.W.C.A. canoe expedition without insurance coverage. We suggest a short term trip policy, which you may buy from your local insurance agent, if you do not already belong to a regular health program.

Participant's Name _____ Birth Date Month / Day / Year _____

Participant's Address _____

Name of Person Under Whose Name the Policy is Carried _____

Address of Person Under Whose Name the Policy is Carried _____

Name of Insurance Company _____

Address where Claims must be Submitted _____

Address of Person Under Whose Name the Policy is Carried _____

Policy Number _____

If group insurance, give the name of the policy holder (that is employer, union, or association through whom insured) _____

If Blue Shield, Give Group Number... _____ and Agreement Number _____

Please Note: Some insurance policies require a special rider for them to be effective in Canada. Please Check with your agent regarding this possibility as it applies to your policy.

MEDICAL HISTORY AND PHYSICAL EXAMINATION

**Please do not substitute other exam forms.

Name: _____ Sex: _____ Date of Birth: _____ Age: _____

Height: _____ Weight: _____ Hair Color: _____ Eye Color: _____ Can You Swim?: Yes No

IMPORTANT BACKGROUND FOR THE APPLICANT AND THE PHYSICIAN:

This information is offered in the interest of the personal safety of both the applicant and other expedition members. Untethered Adventures operates wilderness canoe trips which are approximately seven (5-7) days in length, and wishes to be assured of adequate physical and mental condition needed to confront the physical demands of wilderness travel.

Untethered Adventures will not be responsible for administering over the counter or prescription medications which the participant is required to take for whatever physical need.

Any man or woman with normal physical and mental capacity, who applies himself/herself can expect to complete a Untethered Adventures wilderness canoe trip successfully. Activity will, at times, be physically intensive, so prior physical conditioning is recommended, especially aerobic and endurance training. The applicant will carry approximately 50 lb. packs and/or 80 pound canoes distances as long as a mile, and possibly more. Students will sleep in tents, prepare their own meals, and be expected to take care of themselves. Weather conditions may vary between freezing and 90+ degrees F. Rainy and windy weather may cause prolonged confinement in small tents. Fatigue, irritability and emotional stress sometimes accompany a demanding day.

Please consider this statement carefully while recounting your medical history, performing the physical examination, and in deciding whether or not the applicant is prepared to participate in a wilderness canoe trip.

PART I MEDICAL HISTORY: (To be filled out by the applicant.)

Please answer these questions completely and honestly. Many students with a variety of medical difficulties have successfully completed similar wilderness canoe trips, but for your safety, and the safety of other participants, we must be aware of these conditions. If you have any questions about these statements, please ask your physician. Please answer each question by circling either YES or NO. Please explain any YES answers in the space provided at the end of the questions.

- | | | |
|---|-----|----|
| 1. Do you have: Convulsions or epilepsy? | YES | NO |
| Dizzy spells or persistent headaches? | YES | NO |
| Chronic cough, bronchitis, or bloody sputum? | YES | NO |
| Shortness of breath, or asthma on exertion? | YES | NO |
| Chest pain on exertion, or deep breathing? | YES | NO |
| Palpitation of the heart, irregular heartbeat? | YES | NO |
| High blood pressure? | YES | NO |
| Frequent nausea or vomiting? | YES | NO |
| Jaundice or hepatitis? | YES | NO |
| Frequent diarrhea or blood in stools? | YES | NO |
| Difficulty urinating, pain on urination? | YES | NO |
| Kidney infection or urinary tract infection? | YES | NO |
| Joint pain, swelling or stiffness without injury? | YES | NO |
| Recent long term hospitalization or incapacitation? | YES | NO |
| Bleeding disorders? | YES | NO |
| 2. Do you require treatment or medication for menstrual or abdominal cramps? | YES | NO |
| 3. Have you ever had a heart attack? | YES | NO |
| 4. Do you currently have any broken bones, joint dislocations, or serious sprains? | YES | NO |
| 5. Have you ever had frostbite? | YES | NO |
| 6. Have you ever had medical treatment for problems arising out of drug or alcohol abuse? | YES | NO |
| 7. Have you ever had psychiatric or psychological treatment? | YES | NO |
| 8. Are you a diabetic? | YES | NO |

- | | | |
|--|-----|----|
| 9. Do you have thyroid problems? | YES | NO |
| 10. Are you allergic to any medications? If so, what? _____ | YES | NO |
| 11. Are you allergic to any foods? If so, what? _____ | YES | NO |
| 12. Are you allergic to any materials, insect bites, bee stings, etc.? If so, what? _____ | YES | NO |
| 13. Are you currently on any medications? If so, list them, and why each is prescribed. _____ | YES | NO |
| 14. Are you on a medically prescribed diet? _____ | YES | NO |
| 15. Are you currently under the care of a physician for the treatment of a specific problem? _____ | YES | NO |
| 16. Do you feel you are physically and emotionally able of completing a wilderness canoe trip? | YES | NO |
| 17. Other? Explain. | | |

Explanations for above questions including question number: _____

PART II PHYSICIAN'S EXAMINATION:

1. Blood Pressure: _____ Pulse: _____ Sex: _____
2. General Appearance: _____
3. Concerns raised by physical exam: _____
4. Impressions: _____
5. Has the applicant had a DTaP series? _____ When? _____
6. Does the applicant have any allergies? _____
7. If the applicant is receiving medication, please have them bring adequate amounts of the medication in a Waterproof, non-breakable container, along with specific dosage instructions.
8. On the basis of your past knowledge, the applicant's medical history, and the present physical examination, do you feel this individual can participate in a wilderness canoe trip? _____

Physician's Name: _____ MD

Physician's Signature: _____ MD

Address: _____

Phone Number: _____ Date: _____

SPENDING MONEY: This is a personal item and the amount depends on your personal spending habits. There is no need for any money on the canoe expedition. However, money for food en route to and from Ely, Minnesota is necessary, as participants will be responsible for one dinner and two breakfasts. Additionally you may want money for fishing license fees or souvenirs, and snacks and drinks before and after the trip.

OPTIONAL ITEMS: (The following items are optional, but some or all may add to your experience.)

___ camera & film (If you bring an expensive camera be sure that you are prepared to secure them in a waterproof container. An expensive cell phone is not recommended to take pictures with as you cannot enjoy your pictures if the phone is at the bottom of a lake or smashed during the trip)

___ paperback book

___ small notebook and pen (to keep a personal log)

___ fishing rod & reel (Spinning reels are best, and breakdown rods of 2 or more pieces or telescoping rods are a necessity. Check your equipment for loose screws and faulty parts before packing. Recommended lures include: *Rapala* artificial minnows in the 3 to 4 inch size are good, especially the countdown and jointed versions. *Daredevil* spoons, *Mepps* and *Rooster Tail* spinners, and any of your personal favorites. **To prevent damage in transit and while on the expedition, your fishing rod must be secured in a rod case.**)

POST-TRIP CLOTHING: In addition to the clothes you will need for the actual expedition, you will need one (1) change of shirt, pants, socks, and underwear plus a bath towel for post trip use. These items will be left at the base camp and will be available upon your return from the backcountry. It is recommended that you place these items in a plastic bag so as to keep them separate from the rest of your clothes.

ABOUT PACKING: All of the equipment and clothing described on this list, excluding your fishing rod if it is not a compact, 4 piece model, should be packed in the provided Duluth pack and tagged with your name and address. **IMPORTANT:** The Duluth pack will not be accessible on the trip up or back from Minnesota in that it will be carried under the bus/van. Therefore, any items which you will want to have access to en route (book, money, food, phone, games, etc.) should be packed separately in a small carry-on bag.

A TIP ON ORGANIZING YOUR GEAR: During the canoe trip you will be carrying your personal equipment in a *Duluth pack*, specifically designed for canoe travel. Since it is not compartmentalized, it is helpful to use the "pack within a pack" method of organizing your gear. Simply categorize your equipment using your own organizational scheme and then separate it into small containers such as large zip-lock bag, stuff sacks or dry bags specifically designed for keeping gear dry. Plastic garbage bags are a valuable tool for the canoeist. Use them to protect your clothes, sleeping bag, and all other equipment that must be kept dry.

PERSONAL EQUIPMENT LIST -The following page is a total clothing and equipment list. The weight of your pack should be kept to a minimum. To travel light and yet be adequately prepared, it is suggested that this checklist be followed as closely as possible.

You don't need to spend a lot of money on clothing and gear, and you might have a lot of the items at home or can borrow them from a friend for relative. Marshalls/TJ Maxx, Goodwill, REI, Sierra Trading Post, Backcountry.com, and Dicks Sporting goods are all great places to purchase items. Our website Adventuresuntethered.com and instagram page [@untethered_adventures_](https://www.instagram.com/untethered_adventures_), have examples of what to take and some thing not to take . If you have any questions please contact us at school, through the website or instagram page or directly to Scott Knupp (937-901-7565) or Kyle Cox (937-321-6920).

CLOTHING:

- ___ 2 long sleeved and 2 short sleeved shirts (1 each insulated shirt such as capilene, polypropylene, thermax, etc., 1 cotton SS shirt and 1 flannel shirt/long sleeve tee are o.k.)
- ___ 1 pair medium weight shorts
- ___ 1 pair long pants (nylon, synthetic, or fleece pants are preferable.)
- ___ 2 sets underwear
- ___ 1 fleece jacket, wool sweater, or insulated sweatshirt (Fleece or wool is preferred over cotton)
- ___ 1 nylon windbreaker or other light jacket
- ___ 4 pair socks (2 pair for travel and two for camp wool or synthetic are best.)
- ___ 1 bandannas
- ___ 1 swimming suit
- ___ 1 brimmed hat and 1 knit/wool hat
- ___ 1 pair camp shoes (Chaco, Texas, Keens, gym shoes, Crocs)
- ___ 1 pair boots (Your feet will be wet. Traveling by canoe you will step into knee deep water at and on portages. You want a boot that will drain water through mesh. All Leather boots do not drain water. Expensive backpacking boots and Gore-Tex are not recommended. the terrain is rough at times.)
- ___ 1 set of rain gear (cagoule, rain suit) (Gore-Tex not necessary)

PERSONAL GEAR:

- ___ sleeping bag (appropriate for temperatures as low as 32°F., and should be packed in a waterproof sack or a heavy duty plastic bag.)
- ___ *** We have a limited supply of sleeping bags for rent. Contact us if you are interested.**
- ___ sleeping pad (foam or inflatable pad but not an air mattress)
- ___ ***limited supply for rent Contact us if you are interested.**
- ___ toothbrush & toothpaste
- ___ small flashlight or headlamp
- ___ pocket knife or sheath knife (optional, and not necessary)
- ___ synthetic towel (cotton will not dry and add unnecessary weight to your pack)
- ___ trail snack (trail mix, candy, granola bars, etc.)
- ___ spare plastic garbage bags (2 heavy duty bags)
- ___ biodegradable soap & shampoo
- ___ insect repellent (Sawyer Fisherman's Blend, or a 25-35% deet product)
- ___ sunglasses (optional, but recommended)
- ___ sunscreen lotion (necessary, you will need this)
- ___ cup & water bottle (Nalgene type for traveling days but you will want something smaller for camp)
- ___ Plate and bowl (Lexan or similar material specifically made for camping or backpacking. No paper)
- ___ Eating utensils (Lexan or metal no plastic)
- ___ Aspirin and/or Ibuprofen (as well as any other over the counter meds you might need)
- ___ Benadryl or Antihistamine
- ___ Feminine Hygiene products if necessary
- ___ Coffee and/or tea (optional, for individual use)

REGISTRATION & REFUND POLICIES

Please keep this copy of the Registration and Refund Policies for your records. The same policies are included on the application form which, by signing, you affirm that you have read, understand, and accept.

ENROLLMENT FEE:

The enrollment fee for the 2019 wilderness canoe trip is \$1080.00.

REGISTRATION:

A registration fee of \$350.00 is required along with the completed application before a prospective participant can be enrolled. The balance of the enrollment fee (\$730.00) is due on or before June 14, 2019. Please make checks payable to First Community Church.

REFUNDS:

Refunds will be issued on the following basis. Failure to submit this application with your registration fee does not exempt you from these refund policies.

- Full refunds less a \$200.00 application fee will be given before June 10, 2019.
- If the applicant cancels after June 10 2019, Untethered Adventures reserves the right to retain the registration fee (\$350.00).
- If the applicant cancels within 25 days prior to the trip, Untethered Adventures reserves the right to offer no refund of the enrollment fee (\$730.00).

ADDITIONAL REGISTRATION INFORMATION:

- Untethered Adventures reserves the right to refuse any applications.
- If the enrollment fee (\$1080.00) is not paid in full on or before June 10, 2019, Untethered Adventures reserves the right to cancel this application.
- Untethered Adventures reserves the right to cancel this trip and refund all fees upon cancellation.
- Untethered Adventures reserves the right to expel any participant whom the staff deems to be a danger to the environment, himself/herself, or others, or for gross misconduct, or, who in the opinion of our staff, would be, for any reason, unable to satisfactorily complete the trip. Any expense to transport the individual home will be borne by that person and/or their legal guardian.
- Untethered Adventures will not tolerate substance abuse, the use of illegal substances, **vaping** or the consumption of alcoholic beverages by minors. Untethered Adventures reserves the right to expel any person associated with this trip found in violation of this policy. Any expense to transport the individual home will be borne by that person and/or their legal guardian.
- Any emergency evacuation expenses will be paid for by the person, and/or their legal guardian, requiring evacuation.
- Untethered Adventures will make reasonable attempts to accommodate special medical and dietary needs, but any additional costs relating to special medical or dietary needs will be borne solely by the participant.
- Submission of registration fee (deposit) acknowledges acceptance of all refund policies as well as all other trip policies.