

## ***II. Parents and Campers (Youth or Adult)***

**What is Wilderness?** – Wilderness Canoe Base is situated on two islands at the end of the Gunflint Trail. Accredited by the American Camping Association and affiliated with the Lake Wapogasset Bible Camp ministries and the Evangelical Lutheran Church of America (ELCA), Wilderness aims to give campers an opportunity to experience God's creation and all its wonders. The effect of Wilderness is profound, strengthening faith and deepening appreciation for life.

**What to Expect** – Depending on your choice of program, campers will be able to have different, yet similar expectations. Wilderness is a rustic and simple place, with outhouses and a sauna, rather than bathrooms and showers. It is a time to step back from our hectic lives, learn new skills, and develop an appreciation for God's amazing Creation. All incoming campers receive orientations on health and safety, waterfront concerns, paddling instruction, minimum impact camping details, and cultural history of the Boundary Waters Canoe Area.

All groups are greeted in the Cove, our welcoming area, by their group leader and travel across to the islands in a 36-foot Voyageur canoe. Your personal belongings are transported by motorboat, although we ask that electronics are left behind in the vehicle (this includes cell phones, mp3 players, DVD players, and video game players). Orientations begin as soon as belongings are settled. Campers are invited to a Vespers service of worship and prayer in the evening.

**Canoe Trips** – Canoe Trips are the mainstay of the Wilderness program. These trips provide access to many new skills, as well as a development of self-confidence, faith, and an appreciation for nature. Every group has the opportunity to help plan their route with their trip leader (known as a "Guide"), and are given an introduction to the "Leave No Trace" philosophy of the Boundary Waters Canoe Area. Groups leave after breakfast the following morning to go "on trail." No group is allowed to have more than 9 people (including the Guide) due to Forest Service regulations, and multiple groups are not allowed to travel together along the same route. Each day on trail includes First and Last word, Bible study, and a paddle and a portage (travel from lake to lake while carrying gear). Other activities available include solitude time, fishing, swimming, and reading. Groups are also offered an option to rock climb at the beginning or end of the trip.

Camp is taken down and moved daily unless other arrangements are made with the Guide for a layover day. This offers the opportunity to explore new campsites, witness the sunsets from different angles, and provide new places for teambuilding. At the end of the trip, groups clean their gear, relax in a traditional Finnish sauna, and have reflections with the camp Pastor.

**Building Crews and Island Camp** – Building Crews and Island Camp provide the Life of Wilderness. These groups stay on Base throughout the week, and are given many options for activities. Building Crews are essential to the re-building of Wilderness, which suffered a large loss of buildings from the Ham Lake Fire of 2007. Building Crews can expect to participate in a wide variety of mission projects, from digging holes to nailing boards to painting. All Building Crews leave an indelible mark on Wilderness and leave a legacy that is vital to the Crew and to the Base.

Island Camp groups follow a program that focuses on Bible study and reflection, as well as team-building and nature appreciation. All groups are allowed ample time to play, swim, relax in a traditional Finnish sauna, roast s'mores over a bonfire, and much more. The schedule of On-Base groups varies. Overnight camping and paddling options are available, and all groups are offered the chance to go rock climbing during the week.

**Health Forms** – For safety, we must have a completed Health History form for each person attending camp. *We cannot allow a camper to participate in this program unless they have an accurately filled out health form.* The reason for this is simple – medical clinics and hospitals require written permission to treat injuries. Please fill out these forms as accurately as possible. We do our best to keep campers safe but when injuries do occur it is most helpful to have good information available to us. *Please give health forms to the trip advisor prior to leaving for camp.*

Please consider these health notes as well:

- Campers must have a current tetanus shot
- Campers with life threatening allergies must have completed a sensitization series and have written permission from their physician to attend. Persons with bee sting allergies must bring a current bee sting kit.
- Campers should bring all appropriate prescription medications in original containers with physician instructions and directions for any condition they might have or be susceptible to. Camp staff will be responsible for administering camper medications.
- It is not possible to keep insulin cool on a canoe trip. Therefore, those with Type I diabetes are not allowed to participate in canoe trips. Persons with Type I Diabetes may participate in Island Camp or Building Crew experiences.
- If a participant refuses to have a health examination by a physician, refuses permission for medical treatment, or does not have required immunizations because of their religious beliefs, the parent/guardian must sign a waiver before camp attendance is permitted.
- Uneven terrain and physical challenges are part of the wilderness experience. Campers should be ready to paddle, lift heavy loads and carry packs and canoes. We will make accommodations as necessary so that all campers can fully participate.
- Campers are always accompanied by trained medical staff. Wilderness Canoe Base policy is to contact parents/guardians in the event of a serious camper injury or illness. Responsibility for this decision is with the camp administration.
- For the safety of all campers, Wilderness Canoe Base has strict shoe policies that must be followed. No open-toe or open-heel shoes are allowed at any time while at Wilderness or during a trip. Old tennis shoes or hiking boots are recommended. When in the water, all campers will be wearing shoes, so two pair of shoes are required – one to stay dry, and one to get wet. During a trip, wet shoes will be worn during the day, and dry shoes will be worn at the campsite in the evenings. Extra wet shoes are available in different sizes on a first come, first serve basis.

All Wilderness guides and counselors are trained to be safety conscious. Each guide/counselor receives sixteen hours of Wilderness Water Safety Training and sixteen hours of Wilderness First Aid Training. Traveling and living in rugged areas requires more responsibility and greater care. The wearing of life jackets while canoeing is required. Some campers may be required to wear life jackets while swimming, depending on the results of the water safety orientation. Due to the rugged terrain, the ability to lift and carry moderately heavy objects for a period of time is recommended. Please read over the packing list carefully, as temperatures can vary substantially day to day.

Please report any food allergies or concerns to Wilderness prior to your camper's arrival so they can be accommodated (i.e. vegetarian, gluten intolerance, lactose intolerance, etc.). Other food arrangements must be made prior to arrival.

**Mail and Emergencies** – Mail can be received at camp and distributed to campers. Please note that canoe trip campers can only receive mail at the end of the trip. If you wish to send mail to your camper, please address it to:

[Camper Name, Church/Group Name]  
c/o Wilderness Canoe Base  
12477 Gunflint Trail  
Grand Marais, MN 55604

Emergency phone calls may be made to (218) 388-2241. No personal calls please. Due to the remote nature of canoe trips, it may take some time for emergency information to reach the camper. In the case of a camper emergency, every effort will be made to contact those listed on the health form as soon as possible.

**Frequently Asked Questions** – Please read through these carefully prior to contacting the camp. Do not hesitate to call if you still have questions.

**Can my child bring xyz shampoo to wash up?**

At Wilderness, shampoos and soaps are not recommended. Even biodegradable types need some soil in order to break down, and there is not enough soil on the ground in the BWCA to support this. All campers will clean up in a sauna, which is spending a short length of time in a hot building followed by a dip in the lake. Any camper who is in an emergency situation at camp who needs a shower will be provided with one.

**Can my child bring xyz food to camp?**

We do not recommend bringing any personal food to Wilderness. We do provide accommodations to all types of food issues if they are brought to our attention prior to the camper's arrival (lactose intolerance, vegetarianism, allergies, etc.). Please indicate to your trip advisor any food issues, and place the correct information on the health form. For specific allergies requiring more accommodation, please call the camp at least two weeks prior. As for any other types of food: for those out on a canoe trip, all food is kept together in a food pack and placed in a high place to avoid attracting bears. For campers on-base, any outside food must be placed in the kitchen to avoid attracting mice, squirrels, and other wildlife into your cabin or sleeping bag.

**I don't have/can't afford all the gear on the packing list. What can I do?**

Depending on the type of gear, it is possible to have Wilderness Canoe Base provide it to the camper while at camp. We have extra wet shoes, sleeping bags, and some rain gear. Certain types of clothing can also be found at discount stores, i.e. nylon windbreaker pants are often available at a local Goodwill store. Please contact the camp if you do not have access to correct gear.

**What can my child do to avoid mosquitoes? Is bug repellent okay?**

Mosquitoes are a fact of life in northern Minnesota. The best way to repel them is by using long-sleeved shirts/coats and long pants. Bug repellent is flammable and can be harmful to place on certain types of clothing. If your camper does bring bug repellent, please make sure it has no more than 7% deet, as it soaks into skin and is not easily washed off. Repeated applications can cause some campers to become ill.

**What if I can't afford to go to Wilderness?**

It's Wilderness' and Wapo's goal to serve every youth who wishes to attend camp. Camperships are available, for either partial or full scholarship. If you would like to apply for a campership, please talk with your youth director/adult advisor to apply for a campership at Wilderness.

**I/My child takes medications. What do I need to do with those?**

First, please list all medications on the health form provided. Second, all medications are collected by our Director of Health and Safety upon arrival and dispensed by trained guide/counselors. Please have all medications in their original container. Prescription medications must have doctor's directions clearly labeled. Medications will be returned prior to leaving for home unless otherwise specified. Please contact camp at least 3 days prior to arrival if this is not acceptable.

ID# \_\_\_\_\_  
(office use)

# 2009 Camp Registration

(Please Print)

Female  Male

Camper Name \_\_\_\_\_  
Last First

Dates Attending \_\_\_\_\_

Address \_\_\_\_\_

Church/Organization \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent(s) \_\_\_\_\_

Wilderness  Retreat

Home # \_\_\_\_\_ Work# \_\_\_\_\_

Program

Parent E-Mail \_\_\_\_\_

Camper E-Mail \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Grade Completed (June '09) \_\_\_\_\_

I voluntarily waive any claim against the sponsoring institution, local churches and camp personnel for any mishap or lost articles, or any and all causes which may arise in connection with activities of the above organization. I consent to the use of photographs of my child in camp publications.

Camper Signature \_\_\_\_\_ Parent Signature \_\_\_\_\_

Please be sure to complete both Registration and Health History forms.

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**Registrar Use Only**

Total Due \$ \_\_\_\_\_ Deposit \$ \_\_\_\_\_ Date \_\_\_\_\_

Parent  Health Form

Church/Org  Insurance Card