



Wilderness Canoe Base

Frequently Asked Questions

How do I register for camp?

Please contact the organizer of your trip to see when your group will be attending camp. Your trip organizer will send you a unique link for your group that will enable you to complete your online registration.

If I need to cancel my registration, can I get a refund for my deposit?

Deposits for camp programs are non-refundable/non-transferable after the deposit deadline, except in the case of a medical cancellation (a fee may still apply). If Lake Wapogasset Lutheran Bible Camp, Inc. chooses to cancel a session or sessions, registration payments will be refunded less a \$25 fee to cover administrative costs. All refunds are issued back to the original payment method.

How do I make a payment?

Each church or organization pays as a group. Your trip organizer will collect all deposits and final payments to submit to camp on your behalf. Contact your trip organizer for amounts due and payment deadlines.

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

It's our goal to serve every youth who wishes to attend camp. Camperships are available for either partial or full payment. If you would like to apply for a campership, please talk with your organizer of the trip/church staff to apply for a campership at Wilderness.

Who do I need to know about bringing medications to camp?

Please list all medications on the health form. All medications are collected by our Director of Health and Safety upon arrival and are dispensed by guide/counselors during the week. This is true for both youth and adults - no exceptions. All medications must be in their original container. Prescription medications must have doctor's directions clearly labeled. We must count each pill upon arrival and departure, so we encourage packing only the amount of medication necessary for the duration of the trip. Please do not send non-prescription drugs, as camp has these on hand already. Medications will be returned prior to leaving for home unless otherwise specified. Please contact camp with any additional questions or concerns. Campers must have a current tetanus shot.

What if I have severe allergies or a chronic illness?

Campers with life threatening allergies must have an anaphylaxis plan and be under the care of a physician who has approved the camper's attendance at a remote wilderness camp. Campers with Type 1 diabetes should be able to independently manage their condition and have a physician's approval to attend a remote wilderness camp. For other illnesses, please get in touch with camp directly and we can answer any additional questions.

What is your policy about cell phones and electronics?

While we don't have a specific policy related to cell phone use at this time, we'd like to invite you to consider how you'd like to interact with their cell phones on the trip. While it may seem difficult at first, our campers have always said that being able to disconnect has been life-giving. We'd love for you to consider a group covenant that includes leaving all cell phones on the bus (or at camp) throughout the duration of the trip. (This is also beneficial as the cell phone won't get lost, broken, or fall into the lake.) Camp is not liable for any broken or lost electronic devices brought to camp.

Can I bring food to camp?

We do not recommend bringing any personal food to Wilderness unless special exceptions are made with camp before arrival. Because of the unique nature of camping in the wilderness, food is packed for each group with great care and planning. We are able to accommodate all types of food issues if they are brought to our attention prior to the camper's arrival (peanut allergy, lactose intolerance, gluten-free, vegetarian, etc). Please indicate any food issues to your trip advisor and place the correct information on the health form. For specific allergies requiring more extensive accommodation, please call camp as soon as you know you or your child will be attending.

Please note our camp dietary policy: Our Dining Services Team takes pride in providing tasty and nutritious meals, prepared with care for you during your stay. We do our best to accommodate people with dietary restrictions (food allergies, intolerances, vegetarian etc.), we may not be able to accommodate all dietary preferences.

What if I can't afford all the gear on the packing list?

Expensive clothing is not necessary to come to camp. Camp has many items available to borrow 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 (ie: nylon windbreaker pants are often available at thrift stores). Please contact the camp if you do not have the appropriate gear and we will help you find a solution.

What can I do about the mosquitoes? Can I bring bug spray?

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. If you choose to bring bug repellent, please make sure it has no more than 30% deet, as it soaks into the skin and is not easily washed off. Repeated applications can cause some campers to become ill. It can also damage the waterproofing on rain jackets and tents. There are some natural, non-toxic insect repellents available that are also effective for an alternative option. One deet-free option we have found to work well is Repel Lemon-Eucalyptus Insect Repellent.

Do you have a camp store?

Our camp store, called the Blockhouse, carries snacks, drinks, ice cream, and camp merchandise. We accept cash, credit cards, and checks.

What if I need to connect with a camper while they are a camper?

If there is an emergency and a camp participant needs to be contacted, please call the main Wilderness Canoe Base office at (218) 388- 2241. We will work to relay an emergency message as quickly as possible. Because we spend so much time out in the Boundary Waters at camp, we ask that non-urgent messages wait until the camper returns back home.

Can I bring shampoo and soaps to wash up?

Please do not bring any soaps or shampoos to camp. Even biodegradable products need some soil in order to break down, and there is not enough soil on the ground in the BWCAW to support this. The lake is an awesome place to wash off throughout the week, and our staff will be happy to share great techniques to clean off while swimming. Any camper who is in an emergency situation at camp who needs a shower will be provided with one.

What can I expect on my first day at camp?

All groups are greeted in the Cove, our welcoming area on the mainland, by their group leader and travel across to the islands in a 36-foot Voyageur canoe. Your personal belongings are transported by pontoon. After settling into your cabin, each camper group goes through a series of orientations that go over health and safety, waterfront protocols, how to paddle and portage, and instruction about the wildlife of the Boundary Waters. Campers from church groups and faith-based organizations are invited to a Vespers service of worship and prayer in the evening.

What if I get sick or hurt at camp?

Campers are always accompanied by staff trained and nationally certified in Wilderness First Aid, Wilderness Water Safety and CPR. 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.

What's a canoe trip like?

These trips provide access to many new skills, as well as a development of selfconfidence, 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 plenty of paddling and portaging (travel from lake to lake while carrying gear). Other activities available include solitude time, fishing, swimming, and reading. 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.

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, wash up in the lake, and have reflections with the Camp Chaplain or Director.

What about health and wellness?

Our highest priority is always to ensure a safe and healthy environment for our campers and staff. We have created protocols, in accordance with the best practices and guidelines from the CDC, ACA, local health authorities, and other medical professionals. We will remain in step with best practices, and adjust our protocols as necessary. Our protocols contain many layers, which we feel will help provide safe spaces, and still allow for fun and faith formation to take place at our camps.