



Wilderness Canoe Base

Family Camp Information Packet

Welcome to Family Camp at Wilderness! We are so excited to host you this summer. To help you prepare for your visit, we have provided the following details to help you understand what to expect.

Registration

All participants, including adults, must complete the registration process.

Registration and Health History information must be filled out for each participant online using a unique link created for your church's Wilderness trips. (If you are also attending Wapo or Ox, you will have multiple links.) If you have questions about how to complete your registration, contact your trip organizer from your church or organization.

Programming

We proudly offer a wide variety of programming to fit your group's needs. Upon your arrival you will gather with staff to discuss program offerings and the schedule of activities available. You will have many options throughout your experience, and can choose to be as scheduled as you would like! Options include:

- Guided canoe day trips
- Nature Hikes
- Campfire
- Swimming
- Beach Games
- Wood-fired sauna
- Fishing
- Chik Wauk Museum visit*
- Tie-dye*
- Vespers
- Bible study
- First Word
- Prayer labyrinth
- Sunday worship

(* = extra cost)

Lodging

Guests should bring a sleeping bag and pillow. Cabins and tent pads are available, but availability is dependent on other programming that is also taking place. Our twelve tent pads are located on Dominion Island near our Chapel. A limited amount of tents are available to borrow, or you can bring your own. Our cabin offerings, all located on Fishhook Island, include:

- Selah, Stillwater, Listening Point, Cephas Porch: Bunk-beds, electricity available
- Arthur: Bunk-beds, solar lighting, no electricity available
- Birch and Red Pine Yurt Cabins: Bunk-beds, solar lighting, no electricity available

Generally, we have 7-8 different rooms available for families to split between for sleeping. Rooms range with beds from 4 to 10 people. We will look to your guidance to know how to separate families within these 7-8 different rooms. You can [view facilities here](#).

Food

Our Dining Services Team takes pride in providing tasty and nutritious meals prepared with care for you during your stay. While we can accommodate most food allergies, we cannot accommodate dietary preferences aside from vegetarian meal options. All allergy and dietary information should be listed on your health forms so camp staff are aware of your needs prior to your arrival. If we have any questions, we will call home to clarify. Food should never be kept in cabins to avoid attracting critters. If you need to store food during your stay, please speak with a staff member for assistance.

Mealtimes: Breakfast 7:30am, Lunch 12:30pm, Dinner 6:00pm.

Water Usage

All the water used at WCB is pumped from Seagull Lake, treated on our property, used, and filtered back into the environment via septic field. In the fall of 2015, WCB invested in a brand new top-of-the-line water treatment system! Because we work hard to get our clean water and remain ever mindful of the ecosystem from which we take it, we have some guidelines regarding water usage.

- We have many outhouses located on both islands as well as the mainland. If you are fit and able, please use the outhouses during your stay at WCB. If this is unfeasible, we do have flush toilets available in Pinecliff and the Medical Center.
- We often clean ourselves in the lake on a daily basis and utilize a wood-fired sauna at some point during the experience – complete with a dip in the lake to rinse off!
- A jug of drinking water and cups will be provided in your cabin upon your arrival. You will also find a drinking fountain in Pinecliff as well as a large cooler jug near the kitchen for drinking water. You can also fill up in the sinks outside of Trailshack. All of our sinks and faucets provide the same clean drinking water.
- Please do not drink unfiltered drinking water from the lake.

Health and Safety

All campers will participate in a general health orientation soon after arriving at camp during the summer. This orientation will cover the basics of staying safe while at camp and allows for any specific concerns to be addressed. Individual health screenings with the Director of Health and Safety will occur after the general orientation.

In order to ensure the safety and well being of all people on our site, medications (prescription and over-the-counter meds) must be locked at all times. For Family Camp Guests, there are two options: Family Camp households can bring a luggage lock and lock their meds into their suitcase throughout the duration of their stay. If a lock is not brought, the meds will need to be collected by the Director of Health and Safety during the health screening. There are no exceptions. This is true for both minors and adults. This policy is a requirement to maintain our accreditation with the American Camping Association and allows for accurate record keeping of medications in case of an emergency. Our Medical Center is available to house sick campers, if necessary.

Luggage Locks

Please remember to bring a luggage lock for your family's medications. As noted above, if you do not bring a luggage lock, Wilderness Canoe Base will need to collect all of your medications and store them in our health medical center. We will check with you on your arrival day to make sure that you have brought a luggage lock, and will collect medications for anyone who does not have a luggage lock for their medications.

Camp Store

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

Swimming and Boating Policies

- Lifeguards are always required when swimming. We are happy to coordinate a staff member to lifeguard during a post-sauna swim or in our swimming area.
- You must be within sight of a lifeguard whenever paddling in a camp canoe. When paddling close to camp, the lifeguard may be either in a canoe or on the shore. When taking a longer paddle away from camp, you must have a lifeguard paddling with you on your trip.
- Soon after arriving in camp, we ask that all campers participate in a “swim and swamp” orientation with our Waterfront Coordinator. Here, you’ll learn the basics of how to handle our canoes as well as important safety information. This orientation requires everyone enter the lake with the goal of making all campers feel comfortable swimming and boating in a lake setting.
- Anyone who does not wish to follow WCB’s canoe policies may rent a canoe from a nearby outfitter for use during their visit with us.
- Staff members will always operate all motorized boats. If you need a ride at any time, please find a staff member to help you.
- Wet shoes must be worn while swimming. Shoes must be closed heel and closed toe (Crocs and sandals of any kind are not acceptable).

Canoe Etiquette

- We have a “wet foot” policy, meaning each time you enter or exit a canoe, your feet will get wet and the canoe will be in deep enough water to float. The bottom of the canoes must never touch land.
- All canoes should be stored on a canoe rack when not in use. I
- if you need to store your canoe on land (ie: at a campsite), the canoe must be in three-point stance. Again, the canoe bottom will never touch the ground.
- No canoeing after dusk or before dawn.

Fishing

- Fishing licenses are required to fish in the state of Minnesota. They can be purchased in Grand Marais on your way up to camp if you do not already have one. Everyone 16 and older must have a license. Youth under 16 may fish without a license but must be with an adult who does have a license.
- Please bring your own fishing equipment and bait.
- Fishing may occur alone from the shore of our islands anywhere except for designated swimming areas. Fishing from a canoe requires a lifeguard to be within sight either from shore or from another canoe.
- Many of our staff love to fish and would be delighted to spend an afternoon or evening fishing with you!

Travel & Arrival/Departure

Arrival Details:

- **Arrival time is between 1:30 and 2:30 p.m.** It is important to adhere to this timeframe to allow enough time for pre-trip preparations.
- Traffic on Highway 61 can be heavy during the summer, especially with construction; plan your travel accordingly. Arriving after 2:30 p.m. will significantly impact the beginning of your trip.

Travel Details:

- Wilderness Canoe Base is approximately 6 ½ hours from the Minneapolis/St. Paul area. Most groups will travel to Duluth, then follow Highway 61 along Lake Superior to Grand Marais, MN.
- If you are running behind schedule, please **notify WCB as soon as possible.**

Important Grand Marais To-Do's:

- Stop to fill up your vehicles with gas.
- Purchase fishing licenses for all individuals aged 16 and older if needed. An adult with a fishing license is required for individuals aged 15 and younger to fish.
- **Call Wilderness Canoe Base at (218) 388-2241 to inform us of your arrival time.**

Directions to Wilderness:

- Take the Gunflint Trail (County Road 12) north for 54 miles to the Wilderness Canoe Base driveway. Driving the Gunflint Trail takes about an hour and fifteen minutes. *Please drive safely. (watch for moose!)*

Arrival at Wilderness:

- Drive through the parking lot to unload your vehicle(s) at the dock. WCB staff will direct you through unloading gear, boat transportation to the island and parking instructions.

Departure from Wilderness:

- Weekday: You can expect to **depart after breakfast around 8:30**
- Sunday departure: you can plan to depart either before or after church service
 - If alternate arrangements are necessary, please be in contact with wcboffice@campwapo.org
- Prior to departure, please ensure you have all camper items and medications.

WHAT TO PACK FOR A CAMP

Packing List:

- 1 pair "dry" shoes (tennis shoes or hiking boots)
- 1 pair "wet" shoes (tennis shoes or hiking boots)
 - no "aqua socks"

All shoes MUST have closed-toe AND closed-heel. Keen style shoes are acceptable only if they have a covered heel and not just a strap.

- 2 – 4 pair socks, underwear, and other underclothes
- 1 – 2 pair long pants made of nylon, wool or other synthetic fibers. Cotton (including denim) is not recommended
- 1 t-shirt
- 1 light/breathable long-sleeved shirt
- 1 warm (fleece or wool) top layer shirt
- Rain jacket. Rain pants are recommended
- Swimsuit & towel
- Wide-brimmed hat or other sun protection
- Sleeping bag and pillow
- Flashlight or headlamp
- Toiletries (avoid scented products and pack only the essentials), Lip balm
- Sunscreen (SPF 30+)
- Water bottle

- Prescription medications in **original packaging**. Bring **only as much as needed** for time at camp.

Wilderness Canoe Base is not liable for any lost or stolen items brought to camp.

Optional:

- Bug repellent (no more than 30% DEET)
- Sunglasses
- Camera (in plastic bag for water protection)
- Fishing license and gear
- Carabiner/clasp (to carry water bottle with)
- Compact sleeping pad
- Hammock
- Money for camp store (small bills appreciated)
- Backpack or day pack

Things to leave at home

Electronic devices including cell phones, clothing/jewelry/watches that you would be sad to damage or lose, food, sandals, shampoo/soap (biodegradable or otherwise), scented toiletry items, pets, knives, firearms or weapons of any sort, fireworks, alcohol, tobacco or illegal drugs, personal sports equipment.

Transporting Gear

When you arrive at camp, you will carry your luggage to your cabin and then re-pack in Duluth Packs to take on trail. Pack in bags that are easy to carry such as a backpack or duffel bag. Rolling suitcases are difficult to maneuver on rocky trails.

TIPS FOR PACKING

Layering Clothing

Temperatures at camp can range from 40°F to 90°F. Follow the packing list and layer clothing for variable weather. Choose warm, non-bulky items, favoring nylon and wool over cotton. These materials retain heat and dry faster if wet. If you only have cotton, bring extra options in case it gets wet. You don't need to buy new gear; these are just recommendations.

Layers

Layers of clothing allow your body to remain at a comfortable temperature throughout the day

- Inner layer = pulls moisture away from body
- Middle layer = warmth
- Outer layer = protection from elements (mostly wind and water)

Wet Foot Policy

For safety, Wilderness Canoe Base has a "Wet Foot Policy". No open-toe or open-heel shoes are allowed at any time while at Wilderness or during a trip.

Recommended footwear includes old tennis shoes or hiking boots. When in the water, all campers must wear shoes, so two pairs 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 at Wilderness Canoe Base.

Family Camp Planning Worksheet

Please return this worksheet to WCB two weeks prior to your trip. This worksheet is to be done by the Family Camp Group Leader on behalf of the whole group, and should include all participants. As noted above will defer to you to break up housing by family/household, and will assign each family a cabin based on your recommendation.

Forms should be submitted to:

Wilderness Canoe Base Email:
wcboffice@campwapo.org
- or -
12477 Gunflint Trail
Grand Marais, MN 55604

Registration Checklist:

- ✓ Online registration & Health forms for all members of your family
- ✓ Return this Trip Planning Worksheet

Your Church/Organization: _____

Dates of Trip: _____

Families/Households

As you read in the lodging description, there are 7-8 rooms for each Family Camp Weekend. Please list the names and ages of each member in each family, as you recommend we split up your Family Camp group. We will assign specific cabins based off of these recommendations.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

Trip Planning Worksheet

What activities are on the top of your list for your time at Family Camp? Is there anything you aren't so excited about?

Are there any specific housing needs we should take into consideration? (ie: family x needs electricity for c-pap, proximity to the lodge, etc).

Is there anything you'd like us to know about your group's time at camp? (ie: birthdays, special needs, etc)

Have any of your families been to WCB before? Are there staff or camper alumni?