



## Wilderness Canoe Base

12477 Gunflint Trail  
Grand Marais MN 55604  
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## Congregational Retreat & Family Camp Information

Welcome to 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 must complete the registration process.** Registration and Health History information must be filled out online for each participant using a unique link created for your Wilderness visit. (If you are also attending Camp Wapo or Ox Lake, you will have multiple links.) If you have questions about how to complete your registration, contact your trip organizer or the Wilderness office.

### Programming

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

Guided canoe day trips	Wood-fired sauna	Bible study
Nature Hikes	Fishing	First Word
Campfire	Chik Wauk Museum visit*	Sunday worship
Swimming	Tie-dye*	Vespers
Beach Games	<i>*involves an extra cost</i>	Overnight in a tent

### Lodging

Our cabins on Fishhook Island:

- Selah, Stillwater, and Listening Point (bunk beds and electricity)
- Arthur (bunk beds, solar lighting, no electricity)
- Birch and Red Pine Yurt Cabins (bunk beds, solar lighting, no electricity)

There are 10 rooms available to house families/groups. Each room has single bunks for 4 to 10 people. We ask for your help in assigning families/individuals to these spaces. Guests should bring a sleeping bag and small pillow or bedding for a twin bed. There are 12 tent pads on Dominion Island. A limited number of tents are available to borrow, or you can bring your own.

### 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 allergies and dietary information should

be listed on your health form so camp staff are aware of your needs prior to your arrival. If we have any questions, we will contact you. Food should not 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 8:00am, Lunch 12:30pm, Dinner 5:30pm.

### 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. 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 outhouses on both islands as well as the mainland. If you are able, please use the outhouses during your stay at WCB. If this is not feasible, we do have flush toilets available in Pinecliff and the Medical Center.
- While we do have two showers available in Pinecliff, we clean ourselves in the lake and utilize a wood-fired sauna at some point during the experience – complete with a dip in the lake to rinse off! Showers should be used sparingly.
- 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 water jug near the kitchen for drinking water. You can also fill in the sinks outside of Trailshack. All our sinks and faucets provide the same clean drinking water.
- Please do not drink unfiltered drinking water from the lake.
- Sinks in Pinecliff can be used for hand washing.

### Health and Safety

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

### Medications

**All medications (prescription and over-the-counter meds) must be always locked up.**

Family Campers and Congregational Retreaters have two options for locking up medications.

1. Bring a luggage lock to lock meds in a suitcase/bag or lockable container throughout the duration of your stay.
2. Your meds can be collected by the Director of Health and Safety during the health screening, kept in a locked facility, and administered when needed.

This policy is required by the MN State Department of Health and for American Camping Association accreditation. It also allows for accurate record keeping of medications in case of an emergency. Our Medical Center is available to house sick campers if necessary.

### Camp Store

The Blockhouse, our camp store, is a fun place to visit during your stay. You can purchase snacks, drinks, ice cream, and some awesome camp merchandise. Cash, credit cards, and checks are accepted.

## Swimming and Boating Policies

- Lifeguards are required when swimming. We will provide a lifeguard during post-sauna swims and in our swimming area to accommodate your schedule.
- Soon after arriving at camp, 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.
- After attending canoe orientation, canoes can be checked out for use in the general area of Dominion and Fishhook Islands.
- Only staff members can operate 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 are not acceptable). Camp has a supply of extra “wet shoes” that you can borrow.

## 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. While in a canoe, the bottom should not touch land.
- All canoes should be stored on a canoe rack when not in use.
- If you need to store your canoe on land (i.e. at a campsite), the canoe should be tipped in a three-point stance upside down so the bottom is not resting on land.
- 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 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 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 for groups is between 1:30 and 3:00pm.** Traffic is heavy during the summer on Hwy 61, please plan accordingly. Wilderness Canoe Base is approximately 6 ½ hours from the Minneapolis/St Paul area. Most groups travel to Duluth, then follow Hwy 61 along Lake Superior to Grand Marais, MN. If you are running behind schedule, please call the WCB office as soon as possible and before you get on the Gunflint Trail.

### **Important things to do in Grand Marais:**

- Fill up your vehicle with gas.
- Purchase fishing licenses for all 16+ year-olds if needed. If there is anyone 15 years old or younger, there must be an adult with a fishing license for them to fish.
- Call us at Wilderness (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 and watch for moose!

### **Arrival at Wilderness:**

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

### **Departure from Wilderness:**

**Weekday departure:** You can expect to depart after breakfast around 8:30am.

**Sunday departure:** You have the option to depart after breakfast (around 8:30am) or after 10:00am worship. WCB staff will coordinate a plan to boat back to the mainland.

## Packing List for Family Camp & Congregational Retreat

When you arrive at camp, you will carry your luggage to your cabin. Pack in bags that are easy to carry such as a backpack or duffel bag. Rolling suitcases are difficult to maneuver on rocky trails.

- 1 or 2 pairs "dry" shoes (tennis shoes or hiking boots). No open-toe or open-heel shoes are allowed.
- 1 pair "wet" shoes (tennis shoes or hiking boots). No "aqua socks" or open-toe or open-heel shoes allowed. *(Camp has some used wet shoes in a variety of sizes available to be borrowed)*
- Rain jacket
- Long pants - Pants made of nylon, wool or other synthetic fibers are best. Cotton (including denim) will work if that is what you have.
- Shorts
- Swimsuit & Towel
- Wide-brimmed hat or other sun protection
- Shirts for layering - include warm (fleece or wool) top layer, sunshirt mid layer, and t-shirts for light layers
- Socks, underwear, and other underclothes for the duration of your stay at camp
- Sleeping bag and small pillow or bedding for a twin bed
- Flashlight or Headlamp
- Toiletries (avoid scented products and pack only the essentials)
- Sunscreen (SPF 30+)
- Water bottle
- Prescription medications in original packaging. Bring only as much as needed for time at camp.

### Optional:

- bug repellent
- sunglasses
- camera
- lip balm
- fishing gear/license
- cards/games, art supplies, books, etc
- money for camp store
- small backpack/day pack for excursions

### Things to leave at home

- electronic devices
- precious items that you would not want damaged or lost
- pets, knives, firearms or weapons of any sort, fireworks, alcohol, tobacco, illegal drugs

### Overnight Packing

If anyone in your group would like to do an overnight camping trip during your stay, that can be arranged with the WCB staff. If there is availability, you may be provided with additional packing items.