

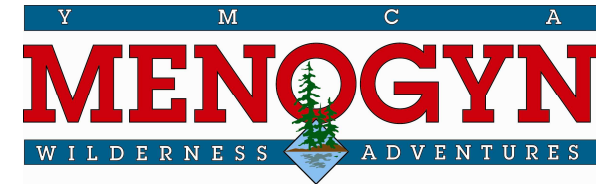
Bus Transportation Information (continued)

Pick-up and Drop-off Safety at YMCA Camp Menogyn

Because the safety of your camper continues to be the number one priority for the YMCA, we have drop-off and pickup procedures. When you arrive at camp or at a bus stop, please check in at the arrival table.

When you pick up your camper from camp or from a bus stop, campers will be asked to remain on the bus or at a designated place at camp. A lead staff person will connect campers with parents/guardians.

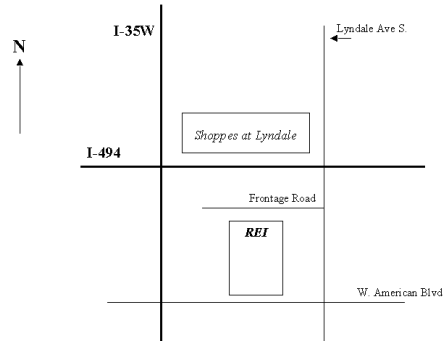
If a friend or relative is picking up your child that person should bring their driver's license. They will be asked to show their license and sign next to your child's name. *If an adult does not come to pick up their camper, a staff member will try to locate the identified emergency contact. If no one is available after one half hour, camp staff will call the police.* YMCA staff members are not allowed to transport campers at the end of a session.



Map and Directions to the YMCA Bus Stop

*REI in Bloomington
750 W American Blvd.
Bloomington, MN 55420

Visit www.REI.com
for directions to and REI store details



Parent Guide Summer 2010

www.CampMenogyn.org

Summer Mailing Address:

YMCA Camp Menogyn
55 Menogyn Trail,
Grand Marais, MN 55604
Camp Phone: 218-388-4497
E-mail: Info@CampMenogyn.org

IT'S A TRADITION!

Menogyn campers plan everything – from the menu and route for their wilderness adventure, to the work campers (called “Engages”) planning the Welcome Home Ceremony for the groups coming off-trail.



CAMP DIRECTORS' LETTER – FROM DOUG & MO

Welcome to Menogyn!

Whether this is your first or fourth summer traveling to the North woods with us, you are about to start a great adventure. For over 87 years, the Menogyn experience has been a positive force in many lives. The challenge of small group wilderness travel is as relevant for youth today as it was back then, and at Menogyn, we have a rowdy good time doing it!

Menogyn means “Full of Growth” in the Ojibwe language. Like the Native Americans and Voyagers before us, we encourage grace and respect as we move along the pristine lakes and streams of canoe country and the rugged trails of the North American West. On all of our adventures this atmosphere of personal growth is promoted, cultivated and reflected upon. This is the reason Menogyn has deeply touched so many individuals and fostered so many long-lasting relationships.

The Menogyn Vision:

- To provide transformational experiences in a wilderness setting emphasizing personal growth, quality and relationships.
- YMCA Camp Menogyn promotes the core values of Honesty, Caring, Respect and Responsibility.

We look forward to seeing you up at camp!



Doug Nethercut
Executive Director
(763) 230-9314



Maureen “Mo” Martin
Program Director
(763) 230-9310

www.CampMenogyn.org

New Camper Orientations

- For campers who are new to Menogyn to ask questions, see examples of gear, etc.
- Those who are familiar with Menogyn and want to introduce a friend to camp.

Join us from 7:00-8:30pm
at REI in Bloomington at 750 W American Blvd. (494 and Lyndale)

Monday, April 26th
or
Monday, May 3rd

Visit www.REI.com/map/store/15 for directions to and REI store details

No need to RSVP, come join us!

Bus Transportation

Bus Schedule

Please be on time for the bus departure to Menogyn. If the group of campers is small, we may use shuttles or mini-busses. It is 300 miles to camp from the Twin Cities Area, approximately 6 hours. Most campers take the bus!

Bring a bag lunch and beverage for the trip up to camp. The bus will stop for lunch at a state park.

On the return trip, the bus will stop at Amazing Grace Cafe in Duluth. Each camper will have a box lunch made by the caring folks of the cafe!

The Menogyn Bus Stops

	<u>Departure to Menogyn</u>	<u>Returns from Menogyn</u>
REI See map on pg. 18	7:00am Departure at 7:15am	5:00-5:30pm Parents arrive at 5:00pm
Forest Lake *	8:00-8:30am	4:15-5:00pm
Duluth*	9:45-10:15am	2:15-2:45pm

Twin Cities Pick-Up and/or Drop-Off

REI Outdoor Store - located at 494 and Lyndale Avenue in Bloomington. 750 W. American Blvd, Bloomington, MN 55420. (see pg 18 for map).

Forest Lake* Pick-Up and/or Drop-Off

Where: Forest Lake Holiday Gas Station on the EAST side of I-35. **Directions:** From Interstate 35, take exit 131 and go east on Highway 2. The Holiday Station is 1 block on the south side of Highway 2.

Duluth* Pick-Up and/or Drop-Off

Where: Thompson Overlook Rest Area.

Directions: From Interstate 35, just south of Duluth, take Exit #249-Boundary Avenue exit and follow the signs to the parking lot of the Rest Area. Please arrive in plenty of time and be patient in case of traffic delays.

**Be sure to call the camp office in advance to request this bus stop. The bus does not stop at Duluth or Forest Lake unless requested.*

Bus Safety

Campers are expected to exhibit appropriate behavior while on the bus or van and be respectful of drivers and other passengers. Drivers review rules with passengers before each trip.

Parent Drop Off-Pick Up | Driving Directions to Camp

Parent Drop off and Pick up at Camp

For parents bringing campers to camp or picking them up, be sure to inform the camp office in advance of their session. When dropping kids off, arrive at Menogyn by 2:00 PM. This is when the bus arrives and staff are there with boats to take campers across the lake.

For picking up departing campers, be at Menogyn at 10:00am. This is when the group will come across the lake to be picked up by parents. If you are unavoidably delayed please call camp at 218-388-4497 to alert the staff.

Visiting Camp & the Area

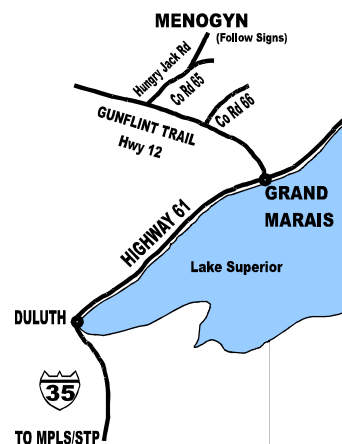
Menogyn parents are welcome to visit on arrival or departure days. If you plan to visit, notify camp well ahead of time. Because our space is limited, guest sleeping accommodations are not always available. We request that you *do not bring pets* to Menogyn or leave any food in your vehicles. We like the bears to stay in the woods!

If you are vacationing in the area, please feel free to drop in and say hello but do let us know because we want to welcome you! Many resorts are available in the Grand Marais & North Shore area. For information on accommodations contact the Grand

DIRECTIONS TO MENOGYN

From Minneapolis, it is 300 miles, about a 5 1/2 hour drive. Take Interstate 35 N to Duluth, then Hwy 61 to Grand Marais, MN. Go left on the Gunflint Trail (Cty Rd 12) for 29 miles; go right on Cty Rd 65 (Hungry Jack Road); go 3 miles on this dirt road and follow the signs to the Menogyn landing on West Bearskin Lake. Camp is 1/2 mile by water across the lake.

Use the intercom in the welcome pavillion on to alert us of your arrival, or check in with our caretaker, Steve Anderson.



Map not to scale:

2 hrs from Duluth to Grand Marais,
35-40 minutes from Grand Marais to
Hungry Jack Road.

Health Forms

Health History Form

- The Health History form is to be completed and signed by parents/guardians of minors or by adult campers themselves.
- Please label all medications clearly with first & last name and instructions. Be sure that there is enough for the entire session, plus a few days' extra supply (just in case).
- Please ensure you sign at the bottom for permission to enter Canada.
- The Health History form is due by **May 3, 2010**.

Health Examination Form

This form is to be completed and signed by licensed medical personnel each year that a camper attends YMCA Camp Menogyn. A physical exam is required within 24 months before the start of the session. The Health Examination form is due by **May 3, 2010**.

You can fulfill the physical exam requirement by:

- A) making arrangements for getting a physical exam and having the physician fill out the form and sign it or
- B) having the licensed medical personnel fill out the Health Exam Form based on a physical exam that was done within 24 months prior to the session.

In either case, be sure the immunization history is complete and you have filled out a new form for each summer of participation at camp.

Administering Medication

For medical and safety reasons, YMCA team members do not administer insulin shots, Diastat or other medications, requiring similar procedures. Our staff will work with parents /guardians, the child and the child's medical providers to explore other reasonable accommodations to permit the child to enjoy our programs to the fullest extent possible.

Other Important Info

Passport or Passport Card

Campers traveling to Canada will need a passport or passport card this includes our 21, 30 ,and 50 day canoe trips. Visit www.CampMenogyn.org for more information.

Out of Town Participants - Lodging

For those who need special lodging arrangements, please call 763-479-1146 or send an email to info@campmenogyn.org at **least one month** in advance of your trip to set up your home stay.

Camp Fees

Camp session fees and the bus transportation charges are due May 3, 2010. If a billing statement is not included in this mailing, it will arrive in a separate envelope. If you would like to set up an Electronic Funds Transfer (EFT) with your credit/debit card charged on the 1st/15th, please call the YMCA CustomerCenter at 612-822-2267. **Participants will not be allowed to attend YMCA Camp Menogyn unless the fees are paid in full by May 3, 2010.**

Food | Lost & Found

The Food

In Camp:

While in base camp our food is hearty and homemade. Breakfasts in camp can include eggs & biscuits, pancakes, bacon, fruit, and juice. Lunches can consist of homemade baked Mac & Cheese or hearty vegetarian chili & corn bread. Dinners, such as vegetarian lasagna, homemade bread, fajitas, turkey, salad greens, and milk, keep us happy and ready to go!

On Trail:

We have a tradition of really good meals on-trail at Menogyn. Trail food must have certain characteristics because of the demands of wilderness camping. It must be lightweight, compact, tasty, and above all, nutritious. Much of the food we take on-trail is similar to what we eat off-trail, but there are some differences. Here are some sample meals. Part of "Growing Fully" at Menogyn is trying new foods.

BREAKFAST

Pancakes
Cream of wheat
Oatmeal
Granola
Rice and raisins
Cinnamon rolls
Applesauce
(dried)

LUNCH

Cheese/Salami
Tortillas
Chocolate
Raisins
Pemmican
(Trail Mix)
Matt food
(a peanut butter/
oat/honey mixture)

DINNER

Calzones
Mac & Cheese
Potato Madness
Burritos
Pizza

BEVERAGES

Hot cocoa
Milk (powdered)
Coffee / Tea
Hooch (Kool-Aid)

DESSERTS

Brownies
Puddings
Cake
Cookies

Lost and Found

Please assist us with lost and found by labeling everything with the camper's full name, including luggage, backpacks, sleeping bags, pillows, books, hats, clothing, etc.

Valuables and meaningful items should be kept home for safe keeping. We are not responsible for any lost, stolen, or damaged items.

Each day, staff will encourage campers to take responsibility for their belongings. We will also display lost and found at the end of each session. Please call 2 weeks after your camper's session to check on Lost & Found at 763-479-1146. Please have a detailed description of the item(s) including campers full name, camp session dates, and phone number where you can be reached at.

Items, identified or not, will arrive at the Minneapolis Camp Center two weeks after each session is done and will only be kept for two weeks once they arrive in the office.

Additional Opportunities

Women's Wilderness Canoeing Adventures

Facilitated, midsummer introductions to the BWCA just for adult women. Isn't it time you got into the wilderness? This year, our women's trip is July 19-23 for \$470. Call 612-822-2267 or go to www.CampMenogyn.org for a registration form.

Winter at Menogyn

Winter comes alive with all sorts of activity at Menogyn. Programs for teens, adults, families, and groups. Cross-country skiing, snowshoeing, dog sledding and winter camping are only some of the possibilities! We offer winter Family Camp weekends over the New Years holiday and President's Day weekend. Call 612-822-2267 or go to www.CampMenogyn.org for a registration form.

For Menogyn Campers

- MEA Weekend at Menogyn is the third weekend in October.
- Winter Camp will be December 27-30, 2010.

Family Camp Weekends

Families of all shapes, sizes and ages can enjoy these fun and peaceful family weekends. For 2010, Memorial Day Family Camp is May 28-31, Labor Day Family Camp is September 3-6th.. Families stay in rustic cabins and can go on exciting day or half day trips with fun, caring Menogyn guides or simply enjoy a campfire and walk in the Boreal forest. During the summer, we also set up and guide wilderness canoe trips for families of 5 or more for a true BWCA experience with Menogyn values, leadership and expertise.

Menogyn's Community Volunteer Board

Jim Arnold	Karen Heegaard	Carolyn Sakstrup
Tony Brown	George Logan	Skip Wilke
Bob Countryman	Mike Martin	Joan Carter
Dan Enblom	Fred Nordeen	Bob Sorensen
Skip Fay	Steve Nulsen	Sarah Crump
Suzanne Gappa	Berit Engstrom	Megan McClanahan
Katy Hargis		
Dave Carlson		

Interested in being on the Board?
Please call Doug Nethercut at (763) 479-1146

Equipment

Menogyn provides all trail equipment and food. Groups use nylon, screened tents, canoes, paddles, PFDs, portage packs, backpacks, climbing gear and cooking gear (which includes a set of pots, utensils, cups, stove, fuel, biodegradable soap and a scrubbie).

Group gear also includes a trowel, pliers for lifting hot pots, water filter or purification tablets, spices, matches, first aid kit, rope for bear-pack, a waterproof tarp and toilet paper. We either treat or filter drinking water.

Canoeing

The basic piece of equipment is, of course, the canoe. We pride ourselves on taking care of our canoes so plan on getting your boots wet! Menogyn has aluminum, wood/canvas, plastic, and Kevlar canoes. The aluminum canoes are made by Grumman, the wooden ones are handmade Seligas, Old Towns or Cedarstrips, the plastic canoes are made by Old Town and Bell. The Kevlar canoes are made by Bell.

Each canoe is issued his/her own life jacket and paddle for the entire trip. Two campers pack their personal gear (clothes, sleeping bag, etc) in each portage pack, along with some of the group's gear.

Backpacking

Because backpackers need to carry all of their gear on their backs, they may choose some different equipment than the canoeers of Menogyn. Each person is issued his/her individual backpack. Lightweight nylon tents are used, and each group carries a backpacking stove and fuel. One camper packs personal gear in his/her backpack, along with some of the group's gear. Campers may bring their own backpack to use, or use one of camp's backpacks. Check with us so we can help you determine if your pack is appropriate for your trip.

Rock Climbing

Menogyn Rock trips are done in combination--either canoe/rock (Voyage Nouveau) or backpack/rock (Esprit d'Amitie)--so that groups can travel to each climbing site. In addition to the items described above, Menogyn provides climbing harnesses, helmets, webbing, rope, carabineers and belaying devices. Climbing shoes are a piece of personal gear that we **do** recommend, but we are not able to provide. They can be rented from REI.

Communication | Money

Menogyn Photo Gallery

Look for your child in our photo gallery at <http://www.flickr.com/photos/menogyn/>

Photos are updated weekly, and parents can:

- See campers with their trail group.
- See photos of campers after they get back from their trip. Check back for these photos once your camper comes home from camp.

Please keep in mind Menogyn is a wilderness camp and sometimes Internet connectivity is limited. We will do our best to upload photos in a timely matter.

Contacting Camp

In an urgent situation, Menogyn has a phone with an answering machine at 218-388-4497*. YMCA Camp Menogyn staff will contact you if there is an urgent situation with your camper at camp or on trail.

**Messages are checked and answered at this number between 7:30am-7:30pm during the summer camp season.*

Money and Valuables

Items at the Menogyn store ("Tuck Shop") include T-shirts (\$10-18), sweatshirts (\$25-30), key chains, maps, mugs, hats, etc. About \$25 to \$50 should be sufficient.

The Menogyn bus stops for a lunch at Amazing Grace Bakery in Duluth on the trip home only. The return bus fee includes your camper's meal.

Camper's money and valuables such as CD players, iPods, and MP3's, are kept in a safe in the Camp Store while groups are on the trail and returned to them before leaving camp. Menogyn cannot be responsible for money and valuables not checked in. Please encourage your camper to turn in all money and valuables as soon as they arrive at Menogyn.

Send Mail to Your Camper

Campers are asked to write home after their arrival at Menogyn. Parents & friends are encouraged to write to campers, but **do not send packages requiring signatures***. Due to our remote location, we cannot sign for any packages.

The Address at Camp

Your Camper's Name
YMCA Camp Menogyn
55 Menogyn Trail
Grand Marais, MN 55604

Contact Our Office

YMCA Camp Menogyn's Customer Service Center is staffed year-round by our Camping Services team. All questions concerning **billing, bus schedules, registration**, etc., may be directed to:

Phone: 612-822-2267

Fax: 612-823-2482

CODE OF COMMUNITY

Parents/Guardians & Campers: Please read this together.

YMCA Camp Menogyn is committed to providing a welcoming environment for our community. To promote safety and comfort for all, we ask individuals to act respectfully at all times when they are on our property or participating in our programs, behaving in a mature and responsible way and respecting the rights and dignity of others.

As a Menogyn camper, you agree to refrain from:

- wearing inappropriate attire. Non-offensive attire must be worn at all times;
- angry or vulgar language including swearing, name-calling or shouting;
- physical contact with another person in any angry or threatening way;
- any demonstration of sexual activity or sexual contact with another person;
- harassment or intimidation by words, gestures, body language or any other menacing behavior;
- theft or behavior which results in the destruction of property or the natural environment;
- carrying or concealing any weapons or devices or objects which may be used as weapons;
- and using or possessing illegal chemicals, tobacco or alcohol on YMCA property.

At the discretion of the YMCA staff, persons displaying any of the above will be asked to leave YMCA Camp Menogyn. Campers and guests are encouraged to be responsible for their comfort and safety, and to ask any person whose behavior threatens their comfort, to refrain. If a camper or guest feels uncomfortable in confronting the person directly, they should report the behavior to a staff person or the Camp Director.

Menogyn reserves the right to remove anyone from a trip who is unsafe, disrespectful and/or irresponsible. Parents or guardians will be responsible for travel from camp.

The sense of community at Menogyn, and each person's role in the community, is a large reason why people return. Your help in upholding this Code of Community is the success of Menogyn and everyone's experience in it.

Please do not bring:

Menogyn is a wilderness experience. In keeping with this spirit and with the Code of Community, we ask that you leave these things at home:

- Radios, electronic games or toys. Personal music devices used on the bus to camp will be collected and stored until the ride home.
- Alcohol, tobacco or illegal drugs. Menogyn values a tobacco-free environment and life-style. Campers who are found to possess or to have taken any of these while at Menogyn or on a Menogyn trip will have their parents notified and may be sent home.
- Food, pop or candy (except for your lunch on the bus ride.) The squirrels at Menogyn will find it very quickly!
- Bad attitudes! - these get you nowhere! Come to our camp with an open mind, a willingness to participate, and you're on your way to Grow Fully.

The Menogyn Progression (continued)

Nor'westers & Long Trips - The Pinnacle Adventures

Since 1965, Menogyn has been offering extended wilderness trips to young people, 16-18 years old, who wish to further develop their skills, adventure into a new part of the country and be a part of an exciting group. Only campers who demonstrate sound character, exhibit excellent group participation and wilderness camping skills are invited by their previous year's counselors.

Being invited is a source of honor, respect and self-confidence for campers, guides and parents. Menogyn appreciates this and has a special ceremony where each Long Trip group has the member's names added to the walls of our dining hall.

What is a Nor'wester?

Nor'westers are 30-32 days in length. After preparation time in camp and travel time, they travel an average of about 21-25 days on trail. The canoeing Nor'westers generally travel on rivers to the Nipigon/Winnipeg Lake areas which are in Ontario and Manitoba. The backpackers choose a western mountain range such as the Selway/Bitterroot Wilderness in Idaho. The Nor'wester experience begins during the school year with the group setting goals and researching and planning their route before arriving at camp in the summer.

Last summer, our canoe Nor'westers went to the Albany and Allanwater Rivers in Ontario and backpackers traveled the Willmore-Robson/Jasper area of Alberta and the Wind River Range in Wyoming.

Long Trips - Wilderness Expeditions

Campers who go on Nor'westers may be invited onto the pinnacle wilderness experience, a Menogyn Long Trip. These trips are 48-50 days long and involve extensive planning and preparation. These groups form in the fall and prepare all winter and spring for their wilderness adventure. The skills and relationships that develop in these groups are truly life-changing.

Canoe groups are called Hommes or Femmes du Nord (Men and Women of the North) after the French/Canadian voyagers of the 17th and 18th centuries.

Backpack groups, called Waputiks and Wahkanees, usually travel to mountain ranges in Alaska and the Yukon.

Rock climbing groups are called Ogidabik ("On the Rock").

Fun Facts!

In 2009, we had "Hommes and Femmes" groups travel to the Yukon and Nunavut Canada. Our Wahkanees went to the Wrangell Mountains in Alaska.

In 2002, we had an Ogidabik group backpack and climb the High Sierras of California.

The Menogyn Progression (continued)

Joie de Travail (20-21 days)

Menogyn's "Joie de Travail" adventures are designed for campers with experience in canoeing or backpacking. These campers are ready to experience the joy of hard work ("joie de travail")!

Most of the campers on these adventures (ages 15-17) are returning Menogyn campers, but this is not a requirement. Campers fill out a brief application to become a part of these amazing groups, if they have no Menogyn experience or if not invited by their previous Menogyn counselor. Because of the rugged nature of these adventures and the difficulty of evacuating groups from the wilderness areas, we reserve the right to restrict enrollment.

To ensure a quality experience for all, we recommend campers without experience sign up for a Esprit d'Amitie session.

Yellowstone Backpacking

On these adventures to Yellowstone National Park, your camper will live in the mountains, become an experienced backpacker and develop lifelong skills. A Menogyn backpacker's first taste of traveling at high altitude, campers discover the joys of mountain backpacking, spectacular slopes, rushing streams, alpine wildlife and clear mountain air!

The typical Menogyn route in Yellowstone National Park covers 75-100 miles. Groups will most likely have the chance to summit one or two mountain tops. This is the Yellowstone that very few people ever see!

Canoeing in Quetico Provincial Park

The Quetico Provincial Park is an area just north of Minnesota's Boundary Waters in Southern Ontario. Menogyn groups will travel through this virtually untouched & non-maintained wilderness area relying upon their previously learned canoeing skills. This adventure is more challenging than our BWCA trips, with rougher, harder-to-find portages and longer distances to travel.

All these qualities, building life-long friendships and the chance to find astounding, ancient pictographs made by the Native populations, provide an amazing, pristine wilderness trip seldom traveled so extensively.

Groups start their adventures at French, Nym or Beaverhouse Lakes and travel through Agnes L., Alice L., the Poets Chain of lakes and may choose to end their adventures outside the Park by doing the Greers portages and/or the 8.5 mile Grand Portage.

IN CAMP & ON TRAIL

Planning

Each camper is involved in planning his/her trip. They work together to plan menus and the route on which they will travel. Then, it's off on the journey. This is part of the tradition and the growth experience at Menogyn.

The "Welcome to Menogyn"

At the end of each session, all groups experience the "Welcome Back to Menogyn." The "Welcome" is a festive, fun-filled afternoon 'show' celebrating a return from the wilderness. Work Campers, called "Engages," plan and create the "Welcome". The groups coming off-trail are treated to a sauna, a banquet dinner and a special closing campfire. Groups have the chance to share their story with other trail groups and the camp community.

Basic Trip Schedules

Day 1	All campers arrive at Menogyn, meet their counselor(s) and trail group, check in with the Health Officer, begin group building and enjoy an evening opening campfire.
Day 2	Skills training, menu and route planning, food pack-out, in-camp program and maybe a day trip.
Day 3	Go on-trail! (Backpackers and Climbers may go on-trail day 2 after lunch.)
Day 3 and on	Camping out on the trails, while climbing various rock faces, backpacking through the wilderness or canoeing & portaging.
2nd to last day	Return to YMCA Camp Menogyn for the "Welcome," check in with nurse, take a sauna, banquet dinner, closing campfire, and special small group closing ceremony.
Final Day	Campers evaluate the YMCA Camp Menogyn program, exchange addresses, The Tuck Shop is open and we all head back across the lake for the bus trip

Skills

The campers on all Menogyn trips will learn the skills necessary for climbing, backpacking or canoeing safely. Skills learned may include:

Map reading & navigation	Canoe strokes	Fire building
Packing a pack well	Campsite set-up	Outdoor cooking
Knot tying	Portaging	Belaying
Teamwork	Leadership	
High mtn. travel (Nor'wester & Long trips only)	White water canoeing (Nor'wester * & long trips only)	



Together on Trail

Group Size and Structure

A typical trail group consists of 3-6 campers and one or two Menogyn trail counselors. Trail groups are chosen based upon grade in school, experience, and ability. Friends (groups of two) may register together and can plan on being together in the same trail group, provided they are one year or less apart in grade/age. Although boys & girls are in base camp together, trail groups are single gender.

Staff - Role Models to Learn & Grow With

All Menogyn trail staff are dedicated to providing safe, fun, and enriching experiences for each camper. Their competence and passion is a Menogyn trademark. All staff are certified in Wilderness First Responder, CPR, and Lifeguarding or Wilderness Water Safety. Besides being well trained, with a vast knowledge of wilderness adventures, many of Menogyn staff Members are also former Menogyn campers, continuing a rich tradition since 1922. They are selected for their maturity, judgment, enthusiasm and deep respect for the environment and youth.

Health & Safety

Though it would not be prudent to guarantee safety, we keep safety as our #1 goal and do our best to prevent injuries and uphold a culture of caring, good hygiene, and vigilance.

Our Health Officers – Registered Nurses, Nurse Practitioners, and Medical Doctors are on-site during the summer. Medical assistance is available at the Northshore Hospital in Grand Marais, 40 minutes away.

YMCA Camp Menogyn Trail Counselors are certified in CPR, Wilderness First Responder & Wilderness Water Safety or Lifeguarding. Prevention of any illness or injury is stressed during training of staff and campers.

Because Menogyn groups travel miles from medical help, it is required that Menogyn staff are supplied with proper information about your camper. Please write any mental, physical or emotional health information on the **Health History** and/or **Health Exam** forms, or on a separate sheet of paper. In the event of illness or injury requiring medical action or evacuation off trail, parents/guardians will be notified.

****The Health History form and the Health Exam form are due in our office on May 3, 2010.**

The Menogyn Progression (continued)

Le Voyage Nouveau and Esprit d’Amitie (8-15 days)

Menogyn’s Le Voyage Nouveau (8-11 days) and Esprit d’Amitie (14-15 days) adventures are designed to accommodate the first time canoer, backpacker and climber, as well as those campers with previous experience.

The Adventure

Your camper will become a leave-no-trace camper and experience the joy of the hard work it takes to travel through the wilderness.

Canoeing

Groups will travel on lakes and streams by canoes, using portage packs to carry equipment across portage trails (trails between lakes). Portages are measured in ‘rods’ (1 rod = 16 feet) and can be anywhere from 10-300 rods. Expect an average of 3-5 portages a day. Campers take turns paddling and carrying either packs or canoes, always wearing PFDs. A group travels 8-15 miles between campsites per day; depending on conditions, however, this can vary from 5-20 miles each day, depending on what the group decides.

Typical lakes that we canoe on for 8-15 day adventures include:

- | | | | |
|---------------|-----------|-----------|------------------------|
| -Duncan | -Daniels | -Rose | -Clearwater |
| -Poplar | -Winchell | -Saganaga | -Cross Bay |
| -Missing Link | -Mountain | -Seagull | -and <u>many</u> more! |

Backpacking

Groups will hike 6-12 miles each day along maintained wilderness trails carrying everything they need on their backs. Each camper carries his own gear and the group decides how to divide the group’s supplies among all of their packs. Individual packs may weigh an average of 45 pounds. Our 8-day groups travel along the Superior Hiking Trail, while the 11- and 14-day groups take a ferry to Isle Royale (a large island in Lake Superior). These backpackers hike on one of the most ecologically unique islands in the country!

Rock Climbing

Groups will canoe or backpack to their climbing sites every day in the BWCA (Le Voyage Nouveau) or hike along the Superior Hiking Trail (Esprit d’Amitie), working progressively on testing and defining their climbing and communication skills. Campers support one another with words of encouragement and by belaying each other, wearing helmets at all times. The typical route on the Superior Hiking trail starts near Finland, Minnesota, with stops to climb at Section 13, Sawmill Dome, Mystical Mountain, and they end climbing near Tettegouche State Park at Shovel Point and Palisade Head.

The Menogyn Progression

At Menogyn we've been providing transformational experiences in a wilderness setting since 1922, emphasizing personal growth, quality and relationships. We have a progression of trips that your camper may choose to participate in. Each step in the progression will build on the previous adventure's skills and personal growth.

There is not one "right" way to travel through the progression. Your camper's counselor(s) will recommend the next step after each summer's adventure. Encourage your camper to talk about it with you, and with his/her counselor at camp. Please feel free to call us if you have questions, or want to get in touch with your camper's counselor.

The French/Canadian Voyagers and Ojibwe heritage have inspired our names.

- **Le Voyage Nouveau** (*The New Voyage*) - 8-11 day adventures in canoeing, backpacking or rock climbing.
- **Esprit d'Amitié** (*The Spirit of Friendship*) - 14-15 day adventures in canoeing, backpacking or rock climbing.
- **Joie de Travail** (*Joy of Work*) - 20-21 day adventures canoeing in Quetico Provincial Park in Ontario, Canada or backpacking in Yellowstone National Park or Rocky Mountain Adventures in Wyoming and Montana. **Campers must have previous experience to go on a Joie de Travail trip.**
- **Nor'westers*** - 30-32 day extended adventures that canoe on rivers in Ontario, Canada or backpack in the mountains of the Western U.S. or Canada

Long Trips* - 50 day expedition adventures.

- **Hommes and Femmes du Nord** (Men and Women of the North) These canoe expeditions paddle on Arctic Rivers in N. Manitoba or the Northwest Territories.
- **Wahkanee** (Women) and **Waputik** (Men) These backpack adventures hike in the peaks of the Yukon or Alaskan Mountain ranges.
- **Ogidabik** (On the Rock) These rock climbing adventures travel in mountains of the Western United States.

*Campers must receive an invitation from the Menogyn staff to be a part of a Nor'wester or Long Trip!

Packing | The Big 3

For summer wilderness travel, three items take on extra importance.

Attend a New Camper Orientation (to learn more, see pg. 1)

1) Boots *The most important factor in selecting boots to bring to Menogyn are that they are well-broken-in and comfortable.*

- **For a Canoe Trip:**
An over-the-ankle work boot or light hiking boot with a sole that will hold up when wet--(and they will get wet!) is best. Heavy mountaineering or backpack boots generally do not work well for canoeing. Some folks use Red Wing work boots or REI Monarch hiking boots. We do not recommend water shoes/aqua socks because they don't have ankle support.
- **For a Backpack Trip:**
It's best to get a mid-weight, sturdy pair of hiking boots early and break them in! REI, Nokomis Shoes and Midwest Mountaineering have good selections. Nokomis has nice used and seconds.
- **For Rock Climbing:**
We recommend a pair of climbing shoes - these can be purchased and/or rented at REI, Midwest Mountaineering and Vertical Endeavors. For Voyage Nouveau rock climbing trips you will also need a pair of canoeing boots, as described above. For an Esprit d'Amitie rock climbing trip you will also need a pair of sturdy backpacking boots, as described above.

2) Rain Gear - Jacket & Pants

It does rain up north and out west, and your adventure doesn't stop when it does. That plastic garbage bag raincoat just won't keep you dry in a downpour. The best rain gear is made out of coated nylon or Gore-tex. You want to make sure that your rain gear covers both your upper and lower body. A good combination is a shell-jacket with rain pants. (Ex: Stearns, Coleman, Columbia, etc...) Avoid the "emergency poncho," as these usually rip on the first day.

3) Sleeping Bag

A sleeping bag may be your single biggest purchase. If cost is an issue, you can borrow one or even rent one. Synthetic-fill bags are usually less expensive than down-fill bags and work well for the fairly wet climate of northern Minnesota and the mountains. A good, lightweight, 3 season, mummy-style sleeping bag rated down to 30 degrees, is your best bet.

Remember!

When thinking of summer gear, remember that you need good gear and layers to stay warm and dry. If cost is a factor, think about borrowing - does your uncle have his old army boots? Does your mom have hiking boots you can use? Also, places like Goodwill have clothes made of synthetic fiber (fleece) or wool, which are great for layering. Be creative. Call us with any questions. We love talking about gear! 763-479-1146.

Packing List

For Time on Trail

Pack items and clothing that can get muddy, dirty, wet, torn, stained, etc. All items should be clearly labeled with your child's full name.

The Big Three

- _____ ***Rain gear** - Jacket and pants, waterproof nylon or Gore-tex. Ponchos not recommended.
- _____ ***Boots** - They will get wet and should be worn and broken in before the trip to prevent blisters.
- _____ ***Sleeping bag** - Suitable warmth to at least 30 degrees.

- _____ Waterproof stuff sack for sleeping bag
- _____ Trail cap with brim to shade the sun
- _____ Wool or fleece hat (beanie or winter hat)
- _____ Sport sandals with ankle support for in camp. (they allow your feet to dry). *No flip flops*, please! They do not protect or support the feet.
- _____ 2-4 Pair wool/synthetic boot socks, not cotton.
- _____ 2 Pair lighter weight socks, not cotton.
- _____ 2 Shorts (we recommend nylon shorts with a liner for guys & gals)
- _____ Swim suit
- _____ 1 Pair long pants (wool or polar fleece)
- _____ 2-4 underwear
- _____ 1 Pair long underwear top and bottom
- _____ 2 T-shirts
- _____ 2 warm layers for upper body. These may be: wool/synthetic shirt or jacket, wool sweater, polar fleece pullover. *No cotton sweatshirts*, for time on-trail as they do not hold warmth when wet.
- _____ Personal Items (toothbrush, toothpaste, small towel, feminine products)
- _____ Extra pair eyeglasses and/or contact lenses
- _____ Sunglasses with safety cord
- _____ Water Bottle (32 oz) - a must! (we have Nalgene bottles in our Tuck Shop)
- _____ Flashlight (small) or head lamp with extra batteries
- _____ Lunch and beverage for bus trip up to camp
- _____ Money for Camp Store "Tuck Shop" items (*see pg 4*)

Menogyn campers use "wet boots, wet socks and wet clothes" during the day when they're on their wilderness trips. And a set of "dry shoes, dry socks and dry clothes" each night when they stay at a campsite.

Packing List (continued)

Optional Items for Trail Life

- _____ Insect repellent (we recommend no more than 30% Deet)
- _____ Writing journal / a good book
- _____ Sunscreen/lotion
- _____ Camera
- _____ Fishing gear & tackle*
- _____ Small games (hackey sack, cards, etc.)

***Fishing:** Though fishing is not a primary goal on a Menogyn canoe adventure, you are welcome to bring a pole. Minnesota fishing license information can be obtained by calling 1-888-646-6367. Campers provide their own poles and

Items For Time in Camp

Before and after the trip

- _____ 1 change of clothes and underwear for after sauna, banquet & campfire (shorts, shirt, and long pants, hooded sweatshirt)
- _____ 1 pair lightweight socks
- _____ Towel, shampoo & soap (for the shower after sauna)

Safety Consideration

Campers need to be aware that all Menogyn Wilderness Adventures require physical, mental and emotional effort. Though we cannot guarantee safety, it is our first priority. To promote a safe trip we ask that campers:

- are able to understand, remember and follow instructions.
- are able to respect and relate responsibly to other members in the group.
- are able to participate in a trail experience in which there are no medical resources available other than the trail counselors.

In addition to the above, also consider safety for each type of trip:

For Canoe Trips

Campers are able to enter and exit a canoe independently or with minimal assistance of a companion. Campers are able to balance and travel in a canoe for extended periods. In the event of a swamping (canoe tips over or fills with water), campers must have the ability to get out from under the canoe independently, right him/herself and remain face up in the water with the aid of a Personal Flotation Device (PFD).

For Backpacking

Campers are able to hike with a backpack weighing up to 45 lbs.

For Rock Climbing

In addition to the above, campers are able to lift themselves using the strength of their arms and legs