

Laketrails



Base Camp

2009

Summer

Planning Guide



LAKETRAILS BASE CAMP

Spring 2009

Dear Parent or Guardian:

Thank you for enrolling your child in the Laketrails wilderness canoe trip program. This packet contains important information for you and your child. Please read everything carefully and completely to ensure a successful session at Laketrails for your son or daughter.

Two important forms are included in this packet. They are listed next, along with information on what to do with the completed form. Please review these forms carefully – check that forms are completed accurately. Remember to return the health form prior to camp, and to bring the identification and authorization form on the bus at the beginning of your session. Two required forms are:

Confidential Health and Physical

We care about your child's safety at camp and this form provides important medical information to Laketrails Base Camp. **Note:** It is the responsibility of the participant's parent(s) or legal guardian(s) to provide for the teen's own accident and health coverage while participating in activities with Laketrails. Laketrails Base Camp does not provide any accident or health coverage for its participants. **This form should be sent to the camp office prior to camp.** However, do not mail less than two weeks before the scheduled session. Within two weeks of the start of your session, please fax the health form to us at 218-223-8284.

Participant Identification and Parent Authorization (PIPA).

The Participant Identification form is used to gain entry to Canada and re-entry to the United States for your child. Please **DO NOT MAIL** this to camp, but have your child carry it along and give it to the staff representative as they board the bus. **Along with the PIPA form, your child will also need to carry a copy of his/her birth certificate.** Note that this can be a photocopy—it doesn't need to be an original. Note that this is also a change from prior years in that older youths will no longer be permitted to cross the border with only a driver's license. A passport may be used instead of a birth certificate.

If possible, mail completed health forms to Laketrails at least two weeks prior to your child's session. If it's within two weeks of their session, instead of mailing the form, fax it and send the original with them on the bus. Please use the Ely address through May 31st, and the Oak Island address after that date. If your child is registered for more than one session, you only need to fill out one set of forms. If you have questions, contact the Camp Director at Laketrails at 800-450-6460 (218-223-8281 after June 1st).

It is also important that we have all the necessary data entered into the online registration for your son or daughter. This data is used to produce the reports necessary for the various border crossings. If you do not have access to a computer please contact me and we can review the data that we have on hand. Thank you.

Thank you for your attention to these important details. We look forward to seeing your teenager at camp!

Sincerely,

Wade Herbranson
Camp Director
9700 E Hayes Road
Mt. Iron, MN 55768
800-450-6460

The First & Last Day

Transportation

Laketrails is accessible only by boat or plane. If you plan to provide transportation yourself, please contact us for directions and a map to our nearest pick up point.

Bus service from several points in Minnesota is included in the camping fee. Listed in the Important Participant Information are the pick up (to Camp) and drop off (return) sites and schedule of times. Please note that the times listed are departure times, not boarding times, and plan accordingly. Our Camp staff do attempt to call missing campers, however, if we have not heard from you and cannot reach you, the bus will have to leave without you. If you are running late for the bus, call us at 218-223-8281, and we will either hold the bus, or let you know of another point where you can catch the bus.

The bus does stop for lunch and restroom breaks. Campers may bring a lunch or money from home as we'll stop at one of the elegant fast food establishments along our route.

If you have not previously sent in your health form, remember to bring it with you to the bus. Keep these forms separate from your luggage and hand them in to the Camp Staff Member as you board the bus. Bus safety and behavior rules will be explained by the driver and the Laketrails staff member prior to departure. These rules are related to common courtesy and the safe operation of the bus.

Border Crossing Information

Campers under the age of 18 are not required to have a passport. Youth under the age of 18 that are participating in an organized camp or school activity are exempt from the passport requirement. But you will need to make sure that you have the Parent Authorization form and certified copy of your birth certificate. Campers that have reached or will reach the age of 18 prior to the end of their trip, will be required to have a passport, so plan accordingly. If you have any questions, please call. We work closely with the various border crossing agencies, but they do require us to meet all requirements, and will not cut us any slack in the process. They will hold the bus at the border if all documentation is not in order.

Bus safety and behavior rules will be explained by the driver and the Laketrails staff member prior to departure. These rules are related to common courtesy and the safe operation of the bus.

Arrival

The bus to camp arrives at Young's Bay in the Northwest Angle about 5:00 p.m. on the opening day of the session. Campers not riding the camp bus to camp (please let the Camp Director know if you are not riding the bus) should plan on reaching Young's Bay at this time. At Young's Bay you will be met by the Laketrails boats which will bring you the last 6 miles to camp.

When you arrive at Laketrails Island, you will meet first with the Health Care Manager who will interview you to determine your current health status. At this time give the Health Care Manager all medications or supplements to be taken at camp/on the trip. After this you will receive your cabin assignment. Participants should be prepared to walk about 100-200 yards with their luggage to their cabins (pack light).

Cabin Assignments

We make every effort to place campers with requested cabin-mates. We have learned from long experience that placing three or more requested campers together tends to negatively impact cabin dynamics. Therefore, campers may request one (1) person only, within one year of the camper's age. Campers should request each other on their registration forms. Please understand that due to fluctuating enrollments, it may not be possible to fulfill all requests. Thank you for your understanding.

Departure

On the last day of the session rising is at 6:30 a.m. Boats begin leaving Laketrails at 7:30 a.m. with campers and luggage. The bus departs Young's Bay at 9:00 a.m. Unless you notify us otherwise, it is expected that campers will be dropped off at the same sites where they boarded the bus. The scheduled drop-off times are also noted in the attached information. We make every effort to stay on schedule, but weather and/or equipment problems can occasionally cause the bus to run late. If we know this in advance we will try to contact you. You may always contact us at 218-223-8281 if you are concerned about the late arrival of the bus.

Preparing For Camp

Consecutive Sessions

Campers registered for consecutive sessions may stay at camp between sessions. As staff are taking well-deserved time off between trips, campers staying over will have minimal supervision and are expected to help with camp chores during this interim.

Camper Health and Medication

All medication (including prescription or over-the-counter drugs, vitamins, and all other supplements) must be brought to camp in the original container (as purchased or issued). Containers must detail the name of the patient, the name of the medication, directions for dosage, and the name of the person ordering the medication. All medication (as specified above) taken on the trip must be noted in the health form, and will be held by the Health Care Manager, who will dispense it in Base Camp, and give it to the Guide(s) to dispense at the proper time(s) while on the canoe trip. If for any reason you choose to have your child self-dispense their own medication, be sure to note this on their medical form or on a separate, signed sheet.

Snacks

Please do not bring extra food, candy, or snacks to camp. Camp will provide plenty of nutritious, tasty food for meals. Food brought from home may lead to unwelcome guests (i.e. mice, bears, etc.) in the cabins.

Lost and Found

We strongly recommend that our campers bring no valuable items that are not of direct use in the program (E.g. cameras and fishing gear are fine, but expensive jewelry should be avoided). Laketrails is not responsible for lost, damaged or stolen items. (Laketrails will be responsible for cash and other smaller valuables held in the camp store as long as we are aware of their value.) If you think your child is missing an item when he/she returns home, you may call Laketrails at (218) 223-8281. If we can find the lost item, you will be required to prepay a minimum postage and handling fee of \$15

While At Camp

Telephone Contact

Parents may contact the Camp Director at any time to discuss their child's experience, at (218) 223-8281. Due to limited phone lines and the relatively brief period they are in camp, campers are generally not permitted to initiate telephone calls home. In the event a camper requests to make a phone call, permission to do so is granted at the Camp Director's discretion, after camp makes advance contact with the parent/guardian to discuss the situation.

Homesickness

We will do everything possible to help your son or daughter adjust, adapt and be happy once they arrive at Laketrails. It is often more difficult for parents to say good-bye and deal with their own "separation anxiety" than it is for the kids – really. If you have concerns about your child feeling homesick, please let us know. We do many things to ensure that everybody knows that they are a welcome member of the Laketrails community.

Mail

Campers often appreciate receiving letters from home. Remember, though, that most of their experience is on a wilderness canoe trip where mail delivery is not available. Generally, they will have access to mail service on days one and two, and seven and eight of their session. The US Postal Service delivers mail to Oak Island on Monday, Wednesday and Friday only. Consider sending a letter prior to your campers departure to open when they return from their trip to the Base Camp.

Experts recommend keeping letters upbeat, it's often best to talk about looking forward to seeing them and hearing of their successes at camp; and not emphasize how much you may miss them.

United Parcel Service (UPS) and Federal Express both deliver to the island Monday through Friday. Since neither UPS nor FedEx deliver to PO boxes, use "Pier 25" in place of "P.O. Box 25" when addressing your package. Always make sure "Laketrails" also appears on the label. Please refrain from sending food (we provide plenty to eat).

Please address mail to your son or daughter as follows:

(Person's Name)
c/o Laketrails Base Camp
P.O. Box 25
Oak Island, MN 56741

Visiting Laketrails

Because of our remote location, few parents are able to visit Laketrails. However, some parents may be interested in seeing the place that has had such a huge impact on their child's life. We ask that there be no visits to camp during sessions, as we are very busy and involved with campers during this time, and campers have only a short time to be at camp. However, we do have some volunteer opportunities during which you can have a chance to experience Laketrails. One of these is the annual "Memorial Day" clean up during which alumni and friends help get Laketrails ready for the summer months. If you are interested in this or other opportunities, please contact our office and ask to be added to the friends and alumni mailing list.

for the return of the item.

On the Trail

The challenges of miles of canoeing, steep portages, battling head winds, catching your own dinner and seeing some of the most amazing country, not to mention the sunrise, sunsets, and millions of stars can have a significant impression on young adults who seem glued to their computers, x-boxes, and I-pods while at home. Their experiences will impact the way they view their relationships with family and friends, the way they face challenges at school and in their personal life, and the confidence that they have in themselves and their abilities. *Laketrails is dedicated to helping the individual develop and appreciation of self, community and their environment through a wilderness canoeing adventure.*

While at Laketrails, participants will spend a majority of their time on the trail; exploring the lakes and waterways of the Canadian wilderness. Trips depart on the morning of the 2nd full day at Laketrails and return late on the seventh day in camp. While on the trail, campers will be paddling, portaging, cooking, cleaning, swimming, fishing, navigating and countless other skills that will be learned by living in the “bush”.

The first full day in camp is spent helping campers prepare for their wilderness canoeing expedition. They will learn skills such as paddling, how to pick up and portage a canoe, use a map and compass, take swim tests, plan their actual trip with the help of two experienced Laketrails staff and have a huge dinner and campfire before retiring for the evening.

Life on the Trail

The day begins early at Laketrails as campers need to prepare breakfast before taking camp down and paddling toward their next campsite. Breakfast is one of the most important meals, as it will provide the campers with the energy to paddle and portage as they travel through the vast waterways of Lake of the Woods.

Some days will be relaxing and may even include a layover day, where time is spent exploring, swimming, fishing, having canoe races or napping. However, most trips will travel everyday when they are on the water. Campers will hone their paddling skills by learning the “J” stroke, “C” or sweep stroke, and the “Power” stroke. Portages are inevitable barrier that all groups must overcome. These “hikes through the woods” can range from a few yards to several football fields in length and campers must carry all of their gear over to the other end – INCLUDING THE CANOE’S! Many campers will grow to look forward to portages as an opportunity to get out of the canoes and see some new territory.

Life in Camp!

Once the group arrives at their campsite for the evening, camp chores must be completed. These include gathering fire wood for cooking and the evening fire. Tents must be set up and sleeping bags rolled out. One of the staff may lead the group in a quick game or a short hike while the other, helps to get dinner started. There is always something to do while in camp but there is always time for resting, playing a game of cards, swimming, or fishing.

Meals on the trail!

Groups will cook for themselves while they are on the water. Some of the meals are very simple, such as oatmeal, peanut butter and jelly, or macaroni and cheese. On the other hand campers can sometimes prepare some pretty lavish meals such as shore lunch walleye and fried potatoes, omelets, or tacos complete with refried beans and rice. Campers will work along side the staff in preparing meals and cleaning up afterwards.

Laketrails Base Camp

Personal Gear Tips & Tricks

Well, it is finally time to start packing your gear to head up north. We have found that over the year's people tend to pack way more than they need for a canoe trip into the Lake of the Woods Wilderness. Remember that you are surrounded by water and clothing can be washed using safe environmentally sound techniques that we will share with you. Also, a lot of items can be doubled up within the group to minimize space and weight. You can also double up items (i.e. Personal floatation device is a very warm vest or a rain jacket is a great wind breaker). We are going to take a few minutes and review our clothing list and give you our insights into successful packing.

AVERAGE CANOE COUNTRY TEMPERATURES

	May	June	July	Aug	Sept
Average Temperature	51	60	66	63	53
Average Low each day	38	48	53	51	41
Average High each day	63	72	78	76	64
Average Precipitation	2.6"	3.9"	3.5"	3.6"	2.9"

DOCUMENTS

- There are a number of documents that we need for your trip at Laketrails. The first and foremost form need is the **"Participant Identification and Parent Authorization"** form. This form is necessary for your child to cross the border into Canada, and must accompany your child on the bus.
- The **Health History and Exam** form is helpful to have in advance so that our camp nurse can make any special accommodations that are necessary. Our camp nurse carefully reviews all of these forms and your child will not be able to participate in any activities until we have this form.
- The last form that we will need is the **Store Deposit** form. You can also make a deposit by using the online registration feature on the website. Just log in as if you were registering for camp and select the pay option and enter the amount you want into the store deposit portion. This will enable your child to have money on account in the Duck's Nest (camp store). The camp store has items ranging from \$.50 to \$55.00. You will also want some money for lunch on the bus rides to camp and back home. We do ask campers to deposit all cash in the camp store. If deposited we will be responsible for it; otherwise we are not responsible for any lost or stolen cash.

FOOT WEAR

This is an area of constant discussion and argument among canoe country guides. It is our belief that you need good quality ankle high boots that are comfortable and give good ankle support. The portages here tend to be very rocky and a twisted or broken ankle is far worse than wet feet. Some guides prefer to wear the "Teva" type water sandals. We feel that these are not appropriate in this area because of the lack of ankle support and the large number of sharp rocks on portages. We prefer to wear a low cut tennis shoe around camp. They are comfortable and are not as hard on the environment as hiking boots.

When you first get to camp, we recommend taking your "wet" shoes off and drying your feet thoroughly prior to putting your dry camp shoes on. Then take your wet socks down to the lake and rinse them out and hang them to dry. Open your "wet" boots up as far as possible and set on a sunny rock to dry. Most of the time, you will be pleasantly surprised to find them dry in the morning.

CLOTHING

Most people will bring way to many items in this area. Remember that it is easy to wash out clothing and hang to dry. When we are in the woods we are almost always wearing long pants and long sleeved shirts. We find them to be the most effective bug deterrent and sun burned arms, legs, or shoulders make portaging a real bear. In addition many companies now offer clothing made with the “Buzz Off” material. This material has an insect repelling chemical impregnated into the material. Permethrin is a natural plant material that kills bugs when they are exposed to it. This will not keep biting insects such as mosquito’s or black flies away, but if they fly close to the fabric they will die. The theory is that a bug will fly close enough to the fabric to inhibit it before it could bite you on any exposed skin. For more information visit their website at www.buzzoff.com.

Pants – lightweight cotton “fatigue” pants are very popular in canoe country. They are quick to dry and a very durable. Blue jeans, although comfortable when dry are miserable when wet and take a tremendous amount of time to dry. The pants with zip off legs to make into shorts are nice for days when you are lounging around camp.

Shirts – a couple of t-shirts is sufficient for any length trip. You can wear one and wash the other and flip flop the next day. A lightweight cotton long sleeved shirt can be a real savior on that hot, sunny day where you are portaging through a bog. It keeps the bugs from biting and is fairly cool. Spring and fall trips you will want to add a heavier long sleeve shirt or polar fleece top.

Swimming Suit – this can double as your shorts!!!

Rainwear – Quality rainwear can make or break your trip. We have found that the nylon coated pvc rainwear or those made of gore-tex are most effective in canoe country. They also make a great windbreaker on those days that a cold north wind is blowing. We strongly discourage the use of ponchos as they are difficult to swim in should you capsize.

Misc. Items – A good broad brimmed hat, sunscreen and sunglasses are a necessity in canoe country. You will be spending all of your time around water and the suns rays are very powerful in this area.

Personal Items – Many Laketrails campers bring along a notebook to journal with on the trail. It can make for some great midwinter reading when you are getting those mid-winter blues. Other things that you may want to consider would be cameras, fishing gear, or some rainy day activities (cards, games, books, etc.)

What not to Bring – Please leave the following items at home:

- Electronic devices of any kind (including electronic toys, games, iPods, CD/Tape players, TV’s, pagers, phones, etc.). There are a distraction from the experience and can be easily lost or damaged. *You may use these items on the bus ride, but you need to turn them into the camp store upon arrival. The camp store will keep them for safe while you are participating in the camp program.*
 - Weapons, fireworks, firecrackers or other hazardous materials are prohibited at camp and are also prohibited at Canadian Customs.
 - Alcohol/drugs or tobacco products are prohibited.
-

Equipment Resources

MAIL ORDER / ONLINE RESOURCES

- **Sierra Trading Post** – Discount, overstock, and discontinued items offered at considerable savings. 1-800-713-4534 or visit online at www.sierratradingpost.com
- **Campmor** – Large camping gear retailer. 1-888-226-7667 or visit online at www.campmor.com
- **Piragis Northwoods Company** – Wilderness Canoeing Specialty Store. 1-800-223-6565 or visit online at www.piragis.com
- **Cabelas** – Large outdoor and camping retailer– 1-800-237-4444 or visit online at www.cabelas.com
- **Bass Pro Shops** – Large outdoor and camping retailer – visit online at www.basspro.com
- REI – large outdoor and camping retailer – www.rei.com

TWIN CITIES OUTDOOR STORES

- Cabelas – www.cabelas.com to find the location closest to you.
- Gander Mountain - www.gandermountain.com to find the store closest to you.
- Joe's Sporting Goods – 1-800-go-to-joes or www.joessportinggoods.com
- Scheels Sporting Goods – www.scheelssports.com
- Midwest Mountainering – www.midwestmtn.com
- REI – www.rei.com to find the location closest to you

Many stores offer discounts for kids that are going to camp. I would encourage you to inquire at your local sporting goods store.

Laketrails Base Camp

Personal Equipment Checklist

Packed	Double Checked	Item
		Documents
		Parent Authorization Form (send with child for border crossing)
		Health History and Health Exam Forms (send to laketrails)
		Store Deposit Form and money
		Foot Wear
		"Wet" Shoes - with ankle support for travel
		"Dry" or Camp Shoes for wear around camp
		Socks - for 1 week
		CLOTHING
		2 Pairs Pants
		2 Pairs Shorts
		Underwear for 1 week
		2 or 3 T-Shirts
		Warm Jacket
		1/2 Sweatshirts / Long sleeve shirts
		2 piece durable rain wear
		1 Wide Brimmed Hat
		Swim Suit
		Wash Cloth
		Towel
		PERSONAL ITEMS
		Sleeping Bag
		Tooth Brush and tooth paste
		Hairbrush
		Biodegradable soap
		<i>Insect Repellent (no more than 30% deet)</i>
		Sunscreen (minimum SPF 15)
		Lip Balm (minimum SPF 15)
		Flashlight with extra batteries
		Notebook/pen or pencil for journaling
		Camera with film
		Sunglasses
		Fishing Gear
		Rainy day items - cards, book, Frisbee

This page left blank intentionally



LAKETRAILS BASE CAMP

session no. _____ dates _____

CONFIDENTIAL HEALTH FORM FOR CANOE TRIPS

This form is essential for participant's safety. Please fill it out completely.

NAME _____ BIRTH DATE _____ GENDER _____

ADDRESS _____
(No. and Street) (City) (State) (Zip)

PARENT NAME(S) _____ PHONE NO. _____

DOCTOR/CLINIC _____ CLINIC PHONE NO. _____

OTHER PERSON TO NOTIFY IN CASE OF EMERGENCY: _____

EMERGENCY CONTACT PHONE NO.: _____

HEALTH INSURANCE CARRIER _____ POLICY # _____

HEALTH HISTORY

Does your child have a history of (check if "yes")?

- | | |
|--|---|
| <input type="checkbox"/> Heart Condition | <input type="checkbox"/> Back Problems |
| <input type="checkbox"/> Convulsions/Seizures | <input type="checkbox"/> Asthma |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Toothaches |
| <input type="checkbox"/> Kidney/Bladder Problems | <input type="checkbox"/> Rheumatic Fever |
| <input type="checkbox"/> Stomach Problems | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Draining Ears |
| <input type="checkbox"/> Abnormal Blood Pressure | <input type="checkbox"/> Bed Wetting |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Migraines |
| <input type="checkbox"/> Eating Disorder | <input type="checkbox"/> Sight or Hearing |
| <input type="checkbox"/> Any not listed here | |

Immunization History

Last Year Given	Vaccination Dates	Disease Yes/No
Tetanus _____	Measles _____	_____
Diphtheria _____	Mumps _____	_____
Polio _____	Rubella _____	_____
	Pertussis _____	_____

If "yes" to any of the above, please explain:

Is your child currently taking any medication? If yes, list medication, dose, frequency & reason for taking:

Has your child ever received emotional, behavioral or psychiatric counseling or hospitalization? If so please list date, reason and current status: _____

IS YOUR CHILD ALLERGIC TO ANY OF THE FOLLOWING:

- | | | | |
|-------------------------------------|-----------------------------------|--|--------------------------------|
| <input type="checkbox"/> Insects | <input type="checkbox"/> Clothing | <input type="checkbox"/> Penicillin | <input type="checkbox"/> Other |
| <input type="checkbox"/> Poison Ivy | <input type="checkbox"/> Food | <input type="checkbox"/> Other Medications | |

If "yes" to any of the above, please describe the allergic reaction and how it is treated:

Please list any significant injuries within the last six months that could affect the ability to participate in camp activities.

NOTE: Send all medications in original containers and with instructions for use. Camp policy is for Staff to dispense all medications. Please DO NOT SEND OVER THE COUNTER MEDICATIONS to camp. The camp staff will dispense pain relievers, fever reducers, decongestants, antihistamines & antacids as needed from the camp supply.

This page left blank intentionally

LAKETRAILS BASE CAMP

PHYSICIAN IS ASKED TO COMPLETE THIS PORTION OF THE FORM

The applicant will be participating in a strenuous camping program including an endurance swimming test and a five day canoe trip that entails several hours of paddling each day, and possibly portaging. It is important that Laketrails be made aware of any health conditions that would hinder his/her ability to participate fully in the Laketrails program.

THE NAMED CAMP APPLICANT HAS BEEN EXAMINED WITHIN THE PAST TWO YEARS. YES NO

DATE: _____

HEIGHT _____

WEIGHT _____

BLOOD PRESSURE _____

SIGNIFICANT PAST HISTORY: YES NO . IF YES, EXPLAIN: _____

CURRENT MEDICAL PROBLEMS: YES NO . IF YES, EXPLAIN: _____

ANY ABNORMALITIES ON PHYSICAL EXAM OR LAB REPORT: YES NO . IF YES, EXPLAIN:

SPECIAL RECOMMENDATIONS FOR CAMPER: YES NO . IF YES, EXPLAIN: _____

I have examined this person and reviewed his/her health history and conclude that he/she can participate in all camp activities except as noted above.

PHYSICIAN'S SIGNATURE: _____ DATE _____

PARENT'S AUTHORIZATION

The above health history is correct as far as I know and the person herein described has permission to engage in wilderness camp activities as in the information letter except as noted. **AUTHORIZATION FOR TREATMENT:** I hereby give permission to the medical personnel selected by the camp director to order X-rays, routine tests, treatment and necessary transportation for my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp director to secure and administer treatment, including hospitalization, injections, anesthesia, or surgery for my child as named above. I also authorize the camp staff to administer over the counter pain relievers, fever reducers, decongestants, antihistamines & antacids as needed. This completed form may be photocopied to take on the canoe trip.

PARENT'S SIGNATURE: _____ DATE _____

REVIEW OF HEALTH RECORD IN CAMP: _____

(Camp Health Manager Signature)

This page left blank intentionally

This page left blank intentionally



LAKETRAILS BASE CAMP

Participant Identification & Parent Authorization

Camper's Full Name: _____

Date of Birth: _____

Citizenship: _____

Session Dates: _____

I have reviewed the information about Laketrails Base Camp and its wilderness camping experience as described in the camper packet, and give permission for my child, _____, to participate in this program. I

Child's name

expect my child to stay at Laketrails Base Camp on Oak Island, Minnesota, and to accompany the Laketrails staff on camping excursions into Canada. I understand that this includes crossing the international border into Canada and returning to the United States.

Signed: _____

Date: _____

Please attach one of the following items:

- Birth Certificate
- Passport / Passport Card
- Resident Alien Card (non citizens of the US/Canada)

****Do not send this form to Laketrails****

It is important that this form be on the camper's person when he/she boards the Laketrails bus. The form can be given to a Laketrails staff person at that time.

This page left blank intentionally

Laketrails Base Camp Contact Information

Winter

(September 1 – May 31)

Laketrails Base Camp
9700 E Hayes Road
Mountain Iron, MN 55768
1-800-450-6460

Summer

(June 1—August 31)

Laketrails Base Camp
PO B ox 25
Oak Island, MN 56741
218-223-8281

www.laketrails.org

info@laketrails.org

