



LAKETRAILS BASE CAMP

2010 Laketrails Parent Packet

Winter/Spring 2010

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 this information carefully – check that forms are complete and accurate. 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.** The Participant Identification form is used to gain entry to Canada and re-entry to the United States for your child. Please **DO NOT** send 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, too, that this is a change from prior years in that youth are no longer permitted to cross the border with only a driver's license. A passport may be used instead of the birth certificate. **(PIPA not needed, but Passport is required if participant is 19 or older.)**

Please use the Little Falls 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 Sue Lemm at Laketrails at 218-783-4181 (218-223-8281 after June 3rd).

Reminder: The balance of your camp fee is due by May 1st.

Changes, Cancellations, and Refunds: As indicated on the registration form, the registration deposit is non-refundable. **Prior to the start of the session**, you may change your camp session (space permitting) without penalty. **Before April 1st**, if you cancel your registration, the camp fee can be refunded. **After April 1st**, the camp fee is not refundable except under exceptional circumstances involving serious participant illness/injury, with supporting documentation from a physician, and with consent of the Camp Director. Any such refund will total no more than one-half the session fee. Minor illness, homesickness, or a change in plans are not sufficient grounds for a refund.

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

Sincerely,

Sue Lemm
Camp Director

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 19-years of age or older **ARE REQUIRED** to have a passport. Youth under the age of 19 who are participating in the Laketrails program are exempt from the passport requirement. But you will need to make sure that you have the **Parent Authorization form** and **copy of your birth certificate** (A picture ID may be helpful, but will **not** replace either of these documents). Campers who will reach age 19 prior to the end of their trip are required to have a passport, so plan accordingly. If you have any questions, please call us. 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. If even one person lacks proper documentation, the entire bus can be denied entry to Canada. These forms should be kept separate from your luggage and given to the Camp Staff representative.

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.

Clothing/Equipment

Trips are hard on clothing and equipment. Portage trails are uneven, weather can change abruptly, and campers will be very active. Consider each item carefully as you pack. Is it durable? What would happen if it were torn, lost, or damaged? For the canoe trip, campers' personal gear and sleeping bags are packed together in waterproof packs supplied by the camp. All personal belongings should be plainly marked with first and last name for identification. Items you do not take with you on your canoe trip can be left in your luggage at Base Camp. Cabin storage is limited.

As a general rule of thumb, bring old clothes. If you are going to invest in something, rainwear is the most important part of the wardrobe, when you need it.

It is also a good idea to pack a clean, dry set of clothes that you will wear for the bus ride home and not be wearing during your stay at camp.

Please bring only these two pieces of luggage: a sleeping bag and one suitcase/duffel bag.

Please Bring:

Sleeping bag	2 pairs of pants
2 pairs shorts	Underwear for 1 week
3 shirts	Socks for 1 week
1 or 2 sweatshirts	Warm jacket
2 piece durable raingear	2 pair shoes (at least 1 pair sturdy tennis shoes)
Brimmed cap or hat	Swim suit
1 Towel	Toiletry Kit (toothbrush, toothpaste, personal hygiene products)
Flashlight (and extra batteries)	Insect repellent (no more than 30% D.E.E.T.)
Sunscreen (minimum SPF 15)	Metal or sturdy plastic refillable water bottle
Chapstick (minimum SPF 15)	

Optional Items:

Notebook/pen or pencil for "journaling"	Sunglasses
Camera/film	Sandals (Teva-like)
Fishing gear (rod & reel, artificial lures, etc.)	

Prohibited Items:

- Electronic devices of any kind (including electronic toys, games, CD/tape players, TV's, pagers, phones, etc.). They are a distraction from the experience, and can be easily lost. You may use these items on the bus ride, but they should be turned in to the camp store (the Duck's Nest) for safekeeping when you arrive. You'll get them back for the bus ride home.
- Excessive cash. The camp store has items ranging from \$1 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 lost or stolen cash.
- Weapons, fireworks, firecrackers and other hazardous materials are prohibited at camp and are also prohibited at Canadian customs.
- Alcohol/drugs and tobacco products are prohibited

Any of the above items, or other inappropriate or hazardous items brought to camp will be confiscated.

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 for the return of the item.

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 on 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.

Emergency Communication

In case of a medical or family emergency at home, contact Sue Lemm at (218) 223-8281.

Risks and Medical Care

Laketrails has made the scenic natural beauty of Lake of the Woods our setting for showing young people how to care for themselves and the environment. It is important for parents and campers to acknowledge that due to the remoteness of our trips, instant communication with emergency medical services is not always possible. Our trip leaders are trained in Wilderness First Aid, have a thorough knowledge of the areas they are traversing and carry a group first aid kit at all times. Our program cannot guarantee accident free travel, but our attitude and investment in accident prevention can ensure that, in the case of accident or illness, our counselors have the training and judgment to make appropriate and expeditious decisions.

All trips have emergency evacuation plans. Should any serious accident or illness occur while on the trip, our primary concern is to get the injured person to the appropriate medical facilities. Once we have done this, we will notify parents or guardians as soon as possible.

In case of minor illness or injury, participants will be treated in the field. We do not normally notify parents or guardians unless we feel there is the need for medical follow up. In that case we will either call or send a note home with the camper. We reserve the right to send an individual home if our health care specialist or a physician so advises. If you plan to be away for any length of time during your teen's time on their trip, please arrange for a relative or neighbor to be able to pick up your child should he or she become ill. Please notify camp of this situation by putting the name, address and telephone number of the relative or neighbor on the camper's health form.

Non-Medical Evacuations

Non-medical evacuations negatively impact every aspect of a trip. If a participant is evacuated early from a trip for non-medical reasons (i.e., refusal to complete the trip) or removed from the trip for other reasons (i.e., refusal to abide by clearly state camp rules or trip expectations, or failure to keep themselves or others safe, etc.) the participant's family will be charged an evacuation fee of not less than \$100.00. The final fee may be higher, to account for staff time, transportation costs, other expenses related to the evacuation, and the impact of the evacuation on other participants' experiences. To ensure a safe, quality experience for every participant, please ensure your teen is ready and willing to complete the trip before they arrive at camp. Our trips are not "boot camp"-style experiences. We do not recommend sending teens if they are unwilling to go.

Laundry

Laundry for campers who stay for **more** than a single session can be done at camp in very limited quantities. Laundry may be done by a staff member, or we may ask the camper to help. (We'll supply the detergent.)