

Camp Hiawatha
36944 Camp Hiawatha Rd
Deer River, MN 55636
218-246-8604



Camp Vermilion
2555 Camp Vermilion Rd
Cook MN, 55723
218-666-5834

BOUNDARY WATERS CANOE ADVENTURES – PRE-TRIP INFORMATION PACKET

11/28/2007

Greetings, and thank you for choosing Voyageurs Lutheran Ministry as your Boundary Waters Canoe Adventures provider! The information within this packet has everything you need to help prepare for your week of paddling, enjoying the outdoors, and growing in Christ's love while canoeing in Minnesota's majestic Boundary Waters Canoe Area Wilderness. Please read this information carefully, and if any questions remain, do not hesitate to contact VLM at: vlm@VLMCamps.org; or 1-800-331-5148.

Here is the basic information you need to plan for your trip:

Participants:

- Up to 8 participants from your organization can travel together in one Boundary Waters group, and one of those participants must be an Adult Supervisor. Group size restrictions are due to U.S. Forest Service regulations and can't be altered.
- Camp Vermilion provides your group with a trained Boundary Waters Guide to travel with you and lead your trip.
- We welcome additional groups from any one organization. We ask that you divide the youth and adults into groups of 8 or less prior to your arrival at camp.

Cost:

- A \$400/group non-refundable/non-transferable deposit is required to secure your trip
- 6 or fewer participants: Flat fee of \$2,382/group
- 7 Participants: \$2,646/group; 8 Participants: \$3,024/group; or \$378/individual

Arrival/Departure:

- BWCA Registration and Orientation begins at 3:30 pm on either Saturday or Sunday, depending on your scheduled arrival date.
- Groups typically depart Camp Vermilion early on the morning of the following Friday or Saturday, depending on your scheduled arrival date.

We look forward to serving you this summer in God's Great Northwoods!

In Christ,

Voyageurs Lutheran Ministry



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8+ weeks prior to arrival at Camp Vermilion:

- Church/Org:
- Select an Adult Supervisor who is 21 or older, or check with your Supervisor that s/he is still available to accompany your group.
 - Conduct fundraising projects as needed for the trip.

4-8 weeks prior to arrival at Camp Vermilion:

- Church/Org &
Adult Supervisor:
- Meet as a group.
 - Discuss expectations with youth and adults from your group.
 - Go over the “*Important Information About Your Trip*” page, the “*What to Expect from a Week in the Boundary Waters*” page, and the “*Suggested Packing List*” from this packet.
 - Distribute Health History forms and the “*Suggested Packing List*” to all Campers (including all Adult Supervisors!).
 - Fill out the Boundary Waters Trip Planning Questionnaire and return it to the VLM office at least 4 weeks prior to your arrival.
 - If you are bringing more than one group, please have Health History forms sorted by group.
 - If at all possible, please have 2 copies of each Health History form available upon your arrival at Camp Vermilion

2 weeks prior to arrival at Camp Vermilion:

- Church/Org &
Adult Supervisor:
- Collect any outstanding balance from your group members.
 - Remind campers 16 and older who plan on fishing during the Boundary Waters trip to purchase a MN fishing license if they haven’t already done so. (available at MN gas stations)
 - Contact the VLM office or the Boundary Waters Coordinator at Camp Vermilion with any last minute questions/concerns. (VLM office: 1-800-331-5148; Camp Vermilion: 218-666-5834)

Upon arrival at Camp Vermilion:

- Adult Supervisor:
- Pay remaining balance and hand in two copies of each Health History form to the Boundary Waters Coordinator.
 - Have your vehicle(s) filled with gas before your arrival in preparation of having to transport your group from Camp Vermilion to the Boundary Waters Entry point early the next morning.’

While at Camp Vermilion:

- Adult Supervisor:
- Bring your entire group to Camp meals on time
 - Be in control of your group at all times
 - *Because we run several programs on Camp Vermilion property, please be aware of your group and make sure everyone is respecting quiet hours.*

During Your Boundary Waters Trip:

- Adult Supervisor:
- Be a positive role model in attitude, work ethic, and Bible study participation
 - Aid in Camper supervision, stay alert for the safety of the group throughout the Boundary Waters trip.
 - Have fun, be flexible, and be a model of Christ’s love in the lives of campers.
- * You will be responsible for transporting your group(s) to and from the Boundary Waters Entry and Exit Points with your personal vehicle(s). Vehicles will be parked at the Entry Point during your trip and moved by Camp Vermilion Staff to your Exit Point by the time you exit the Boundary Waters. (Valuables may be locked up at Camp Vermilion). VLM Staff and group equipment will be transported by camp vehicles. If you wish for us to transport your group, arrangements must be made with VLM several weeks prior to your arrival at Camp Vermilion. This option is limited.



Selecting an Adult Supervisor

Included in this section is information to help your church or organization choose an Adult Supervisor for your BWCA group. Selecting the right person as a Supervisor is a crucial element in creating a successful, memorable and Christ-centered Boundary Waters experience.

In selecting an Adult Supervisor, remember that s/he must be at least 21 years of age. Also please consider someone who:

- Has an ongoing relationship with the campers in their home church/community
- Will serve as a role model and motivator when it comes to daily tasks
- Relates well with young people
- Works well with others and is flexible in ever-changing conditions
- Will be attentive in supervising campers, and will aid in camper discipline, if necessary

The Adult Supervisor or another group representative is asked to communicate the needs and expectations of the entire group to VLM both before and during your Boundary Waters trip. Please fill out the Boundary Waters Trip Planning Questionnaire attached to this packet and return it to VLM at least 4 weeks prior to arriving at Camp Vermilion. In order to maximize the experience of all campers and Supervisors, it is a great idea to have your group meet prior to the Boundary Waters trip in order to clarify goals and discuss expectations.

VLM takes great care to select thoughtful and capable Boundary Waters Guides. We recommend and encourage you to also take great care in selecting the Adult Supervisor for your Boundary Waters trip.

Adult Supervisors – Please Note:

VLM provides a trained guide to lead your Boundary Waters trip. That person may be either male or female. VLM Guides are certified Lifeguards and trained and certified in First Aid and CPR. ***The VLM Boundary Waters Guide is the final authority on matters of safety, canoeing, and camping related decisions.***

During your Boundary Waters Orientation, the guide will meet privately with the Adult Supervisor to discuss the trip, roles and responsibilities.

Your guide will lead a Bible study that is woven into the daily life in the Boundary Waters. The Adult Supervisor is welcomed and encouraged to participate in the Bible study and share some of its responsibilities, if desired.





Health and Safety

Health and safety are top priorities at Voyageurs Lutheran Ministry. Your guide is carefully chosen and undergoes a vigorous three-week training session before leading a canoe trip. All guides are certified lifeguards, well versed in emergency procedures, and trained in first aid.

It is important to note that campers will be challenged physically within their own limits and capabilities. Carrying canoes, lifting backpacks, and paddling for extended periods of time are regular occurrences on a Boundary Waters Canoe Adventure.

Voyageurs Lutheran Ministry takes every reasonable precaution for the safety and enjoyment of every person on a VLM canoe trip. There are, however, inherent dangers, which arise due to a combination of factors associated with canoe trips in the BWCAW. Each Adult Supervisor and camper should exercise caution and care for their own safety and the safety of others during the trip.

Insurance

VLM carries accident/injury insurance. This insurance is a modest secondary insurer policy, which will cover expenses your insurance company does not cover if an injury occurs while participating in a BWCA trip with VLM. If you are not insured, VLM insurance will cover some medical costs. Please notify the VLM office immediately if you have claim questions.

Swim Check

All BWCA participants will take part in a simple swim check after arriving at Camp Vermilion and prior to leaving for your Boundary Waters trip. Our Waterfront Director or your guide will administer the check. Boundary Waters participants will be asked to swim approximately 150 feet using a stroke of his or her choice in waist- to neck-deep water using as much time as he or she needs, and tread water for 2 minutes. It is important for the guide to understand the swimming abilities of BWCA participants for purposes of supervision and emergency preparedness. Please contact VLM with any questions or concerns.

Swimming in lakes and other bodies of water may give rise to certain risks because of unknown surface or subsurface conditions. For their safety, all Boundary Waters participants must exercise caution when swimming, and at all times they must comply with the swimming safety rules provided by the guide.

All participants are required to wear a Personal Flotation Device (PFD, or “life jacket”) while swimming, regardless of swimming ability. PFDs are provided by Camp Vermilion.



Below is a short narrative about a typical day in the Boundary Waters with Camp Vermilion. Read it for your enjoyment or to get a feel for fun you will be experiencing this summer!

Sunrise: Wake up! No clocks or alarms allowed out here, we sleep, eat, and travel with the sun. Today we have a fair distance to paddle and some great sights to see. Plus, the earlier we get moving the greater the likelihood that we will see some wildlife, like a moose or deer. Today, our Guide woke us up for an early morning devotional. I didn't want to get up at first, but after watching the sun rise, listening to a story about faith and wilderness, I'm feeling thankful for the way Christ is working through this place to bring our group closer together.



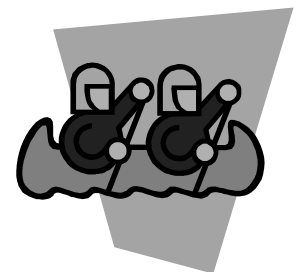
Breakfast: This morning it's Pancakes. We were lucky enough to come to the BWCAW during the peak of blueberry season, so this breakfast is extra special. For the breakfasts later in the week, our group chose oatmeal and something called 'Moose Munch' (our guide assured us it wasn't made with real moose). After breakfast we clean our dishes, pack up camp and get into our canoes for another beautiful day of paddling.

Mid-Morning: After a few hours of paddling a couple of portages we stop for a mid-morning snack. The last portage we crossed was nearly a quarter-mile long. I chose to carry a canoe, and while it was heavy, I made it across with only one stop. My group is getting pretty good at portaging. We started off pretty rocky yesterday, but by now, each one of us knows what to carry and how to help each other out. We're all thankful for leaving extra clothing and unnecessary stuff behind back at Camp, or else we'd be carrying all of it across these portages. The snack we're eating is a special trail mix, the camp calls it 'Gorp.' They've added extra dried fruit for taste, which makes it better than the stuff we buy back home.



Lunch: The rest of the morning has gone by quickly. A small rainstorm came up just as we were pulling up to a campsite for lunch. We grabbed our raincoats and helped our guide put up a tarp for protection. I've never seen anyone tie knots the way she can! The rain looks like it will pass quickly though. For lunch, we're eating hearty crackers with peanut butter and jelly.

Afternoon: We've just pulled up to a waterfall, and let me tell you it is an incredible sight to see. We left our canoes a ways back and followed our guide up to the falls to get some pictures. The roaring is loud but there is something graceful in that sound. In a few minutes, our guide says she's going to lead us in a Bible Study right next to the falls. Later this week she's bringing us to a large rock with ancient Native American paintings still on it. I can't wait!



Supper: We pitched camp and everyone helped out. Now we're waiting for our guide to finish dinner: a pot of warm chicken, rice and vegetables. Last night we had steak! She says she's even going to make a camp specialty for dessert: Scrambled Brownies. The sun is setting and we're all pretty tired from a long day of paddling, so I think it's going to be an early night for most of the group. I'm going to stay up though and see if the northern lights come out. You wouldn't believe the stars up here!





At the publication of the document, the 2008 VLM Boundary Waters Bible Study program was still in development. In the interest of allowing you to prepare for your trip, a working title and outline are below. More information will be available later this spring.

VLM's 2008 Boundary Waters Bible Study

Saved By Grace

Theme Text: Ephesians 2: 4-5

But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ – by grace you have been saved.

Our 2008 Bible study theme will be "Saved by Grace." We will be looking at Biblical tests that show us how God Surprises us by graciously giving us Jesus, forgiving our sins, and calling us into this new kingdom. Our goal is to use time in worship, study, song, and conversation to enrich the faith journey of our campers. We want our campers to hear God talking to them!

Day 1. God Surprise	Luke 18: 1-8	The Unjust Judge and the Widow
Day 2 God's Generosity	Matthew 20: 1-16	The Laborers in the Vineyard
Day 3 God's Forgiveness	Luke 7: 36-48	The Sinful Woman Who Washed Jesus' Feet
Day 4 God's Scandal	Mark 15: 22-39	The Crucifixion of Jesus
Day 5 God's Call	I Samuel 3:1-10	The Call of Samuel





Camp Vermilion Canteen

A Canteen (or Camp Store) will be available to Boundary Waters Canoe Adventure participants for purchasing snacks, t-shirts and other camp memorabilia. For budgeting purposes, we've included a short list of products and prices below.

- Pop/Candy/Ice Cream \$.30 to \$1.25
- Postcard w/ Stamp \$.50
- Plain Evelope w/ Stamp..... \$.40
- Camp Vermilion souvenirs ranging from:..... \$.50 to \$15.00
 - Pens, pencils, glow sticks, necklaces, sunglasses, pillowcases, water bottles etc.
- T Shirt's \$8.00-\$15.00
- Sweatshirts..... \$26.00-\$35.00
- Souvenir Water Bottles..... \$10.00
- Boundary Waters Maps \$5.00

Gifts-in-Kind to Camp Vermilion

Camp Vermilion welcomes Gifts-in-Kind. All donations are much appreciated.

Supplies that are always needed include:

- Paper Plates
- Paper Towels
- Toilet Paper
- Dish Soap
- Coffee
- Chocolate Chips
- Basic Cleaning Supplies
- Brooms and Dust Pans
- Graham Crackers
- Kool-Aid
- Sugar
- Band-aids
- Slightly worn Camping Gear

Mission Project

Each year, VLM at Camp Vermilion and Camp Hiawatha emphasize a special mission project, which all campers are invited to support. In previous years, VLM has donated over \$5,000 each summer to various charities at home and across the globe, thanks to the generosity of our campers. In 2007, our mission project was in support of the ELCA World Hunger Program. Members of your group are invited to contribute.





DIRECTIONS TO VLM AT CAMP VERMILION

General Distances to Camp Vermilion

From: Duluth	90 miles; 1 1/2 Hours
Mpls/St Paul Airport	225 miles; 3.5-4 Hours
St. Cloud	4+ Hours
Fargo/Moorhead	5-6 Hours
Chicago	about 9 hours driving time

To Camp Vermilion (Via Duluth/I-35 out of Minneapolis):

1. Follow I-35 North out of Minneapolis.
2. Take Hwy 33 via Cloquet to Hwy 53 (bypassing Duluth cuts 30+ minutes)
3. Hwy 33 drops you onto Hwy 53 North - follow to Cook
4. TURN RIGHT (North) onto CR- 24 in Cook. Travel 3 blocks through town.
5. TURN RIGHT (over RR Tracks) and immediate LEFT to continue on CR-24 (high school will be on your right). Travel North 3 miles on CR-24
6. TURN RIGHT onto #78 at big "Resort Directional" sign. Travel 2 miles.
7. LEFT onto Luthey Road (2nd possible left, has brown "Camp Vermilion" sign)
8. 3/4 mile on Luthey Road. TURN LEFT under Camp Vermilion Archway.
9. Boundary Waters Canoe Adventure registration is usually in the main parking lot, weather permitting. If it is raining, registration will be in the Dining Hall, the tall red building on the right after the parking lot. Registration and orientation begin at 3:30 pm.

For Internet driving directions, Camp Vermilion's address is:

Camp Vermilion
2555 Vermilion Camp Road
Cook, MN 55723

***Please keep camper safety in mind:
Drive SLOWLY and be alert on and near Camp property!***



SUGGESTED PACKING LIST FOR YOUR ADVENTURE

PRE-TRIP PLANNING GUIDE

REMEMBER: IF YOU PACK IT IN, YOU CARRY IT! WE PORTAGE BETWEEN LAKES!

Necessary Items:

- Completed Health Form (2 copies per participant)
- Necessary Personal Hygiene Items (Toothbrush, prescription medication, contact solution, feminine hygiene products etc.)
- 2 Shirts (short sleeve or tank-tops)
- 1 Long-Sleeve Shirt
- 1 Light Jacket/Fleece
- Sleeping Bag (Small enough to fit into a shared pack. Carry in a waterproof bag or heavy-duty garbage bag.)
- Sleeping Pad (provides warmth and comfort. Thin foam or 'Thermarest' style work well. No large, bulky air mattresses please.)
- 2 Pairs of Socks
- 2-3 Sets of Underwear (some campers substitute swimming suits).
- 1 Pair of Pants (No Jeans or cotton; zip-off pants or wind pants work great. Quick to dry is key.)
- 1-2 Pair(s) of Shorts
- Raingear: 1 Jacket and 1 Pant OR 1 Jacket (Ponchos are not ideal).
- Water Bottle
- Swimsuit
- Hat
- Sunglasses
- SPF Lip Balm
- Sunscreen

Necessary Footwear:

Camp Vermilion has a 'Wet Foot' policy, which means that all campers must load and unload gear while their canoe is still floating in the water. Because of this policy, one pair of each camper's shoes/sandals/boots are guaranteed to get wet. For this reason, we strongly suggest bringing two pairs of shoes/sandals/boots: One "Wet Shoe" for daily travel and One "Dry Shoe" for walking around campsites. Additionally, all campers must wear Wet Shoes while swimming.

- Any combination of Boots/Shoes/Sandals work fine.
- All sandals MUST have a heel strap (no 'flip-flops'); Ideal boots support ankles on rough terrain.
- It is a good idea to bring footwear that also has a closed toe to avoid injury from rocks and sticks.
- Many campers bring one pair of "Teva", "Chaco" or "Keen" style sandals to suit all footwear needs.
- To avoid blisters and other foot problems, please break-in new footwear before coming to Camp Vermilion.

Optional Items:

- Small Bible or New Testament
- Insect Repellent/Bug Bite Medication
- Gallon-sized Ziploc bags to pack clothing
- Camera and Film
- Card Games or Book to Read
- Pocket Knife (blade must be less than 6 inches)
- Small Pillow (Although, rolled up t-shirts work great as a pillow substitute, and save space too!)
- Small Flashlight or Headlamp
- Lightweight/Small Towel (Chamois/Sarongs)
- Winter Stocking Cap (Ideal for June & Aug. trips)
- Small Day-Pack/Fanny Pack
- Pen/Pencil and Journal/Notebook
- Fishing Gear, Small Tackle Boxes (Collapsible poles work best. No large Tackle Boxes, please). (See FAQ section for license info).

For Base Camp Use at Camp Vermilion Before and After Trip:

- Clean Clothes
- Toiletries for shower
- Optional cash for lunch stop on last day of trip
- Towel for shower, sauna
- Optional money for use in the Camp Store

*****What NOT to Bring***:**

- Jeans/denim (Will not dry when they get wet)
- Electronics (MP3/CD Players, portable gaming devices, portable DVD players, radios, etc.)
- Cotton sweatshirts (Will not dry if they get wet)
- Glass or Metal containers
- Personal Food (Candy, beef jerky, etc. Camp



SUGGESTED PACKING LIST FOR YOUR ADVENTURE

PRE-TRIP PLANNING GUIDE

REMEMBER: IF YOU PACK IT IN, YOU CARRY IT! WE PORTAGE BETWEEN LAKES!

- Umbrellas
- Large Tackle Boxes/Bulky Bait Containers

Vermilion provides more than enough food for the week!)

Detailed explanation of clothing and gear to pack:

Below is a more detailed explanation of some of the items on the Suggested Packing List. Your Boundary Waters adventure will be an exciting time of challenge and growth. It is important that you are comfortable and ready for the experience that awaits you. Anyone with further questions is invited to contact VLM at 1-800-331-5148.

Shirts: Bring clothing that can get dirty – long-sleeved for night time and keeping the bugs off on portages, and short-sleeved for warm weather

Warm fleece jacket or heavier shirt: Bring one of these for keeping warm on cold nights or mornings. A wool shirt would also work. Cotton sweatshirts are not ideal, since they do not dry quickly.

Rain gear: Rain is all but a guarantee in the Boundary Waters. If your clothes get wet, they may not dry for the rest of the trip. Because of this, it is essential that you bring good rain gear. Also, if the wind is cold and you need to warm up, you can put on your fleece and wear your rain jacket over it to cut the wind. Keep this in mind when choosing rain gear to bring. You may want it to be large enough to allow for extra space. Ponchos do not work as well as jacket and pants sets.

Swimsuit: Bring one for swimming and make sure it is comfortable. Some campers choose to wear their swimsuits all day, and thus bring two so they don't have to put on a wet suit in the morning.

Socks: Bring two pairs of socks on the trip. Wool and synthetic are preferred – they will dry quickly and keep you warm. Wool socks also help keep feet warm.

Sleeping bag: Ideally, you want one that is warm enough for cold nights and mornings, but light enough to portage. The most important feature, though, is size. "Stuff sack" sleeping bags work well and allow sleeping bags to compress.

Waterproof bags: Keeping your clothing dry while in the Boundary Waters is very important. Each camper shares one "Duluth Pack" for all clothing, sleeping bags and pads. Duluth Packs work great for carrying, but are not waterproof. While Camp Vermilion provides a thick plastic liner for each pack, if your clothing and gear are not protected, they will get wet. Ziploc bags – large and small – work well for packing clothes and other items. A large garbage bag or two, a large Ziplock bag, or a "Dry Bag" would work for your sleeping bag.

Water Bottle: It is important to stay well hydrated on the trail, so a quality water bottle is a necessity. The camp store sells durable ("Nalgene") water bottles if you would like to purchase one after you arrive at Camp Vermilion.

Hat/Sunglasses/Sunscreen: The sun's reflection from the water and aluminum canoes adds a lot to the potential for getting sunburned. PLEASE bring some form of protection from the sun.

Fishing gear. Camp Vermilion welcomes fishing by campers. As a courtesy to us, please mention on the Trip Planning Questionnaire if, and how many, campers would like to fish. This information will help us plan for your group. Additionally, all campers over the age of 16 must have a current Minnesota fishing license. Licenses can be purchased from a number of places in Cook, MN. Anyone planning to purchase a Minnesota fishing license MUST have their social security number with them at the time of purchase. More information on Minnesota fishing regulations, including fees and types of permits available, can be found at www.dnr.state.mn.us/licenses. We also ask that if you plan on fishing, please purchase your license prior to arriving at Camp Vermilion. Stopping on our way to the Boundary Waters is impractical.



Who provides transportation for my group to and from the Boundary Waters Entry Point from Camp Vermilion?

Responsibility for transporting your group rests with your church or organization. Camp Vermilion transports canoes, food and equipment packs, and VLM Staff in camp vehicles. All other transport is the responsibility of your church or organization. More details will be given upon arrival at Camp Vermilion, or you can contact the VLM Office. Transportation is available on a limited basis for a fee.

What time does my group need to arrive at Camp Vermilion?

Please arrive as close to 3:30 pm as possible.

Do Adult Supervisors need to fill out Health Forms?

Yes! All participants, including campers and Adult Supervisors, must bring completed Health Forms to Camp Vermilion. If the camper is below the age of 18, this form must be signed by a parent or legal guardian. A copy of this form is included in this packet.

What is a Wet Foot Policy and why does Camp Vermilion suggest two pairs of Shoes/Boots/Sandals?

In the tradition of the Voyageurs who handled their canoes carefully, our campers step into the water when entering and exiting their canoes to minimize canoe scrapes and damage. No weight will be put into a canoe while that canoe is on land. For this reason, two pairs of boots/shoes/sandals are necessary, one pair of "wet" shoes and one pair of 'dry' shoes. See the Packing List for more information.

Members of my group want to fish. Is this OK? Is there anything more I should know?

Camp Vermilion welcomes fishing by campers. As a courtesy to us, please mention on the Trip Planning Questionnaire if, and how many, campers would like to fish. This information will help us plan for your group. Additionally, all campers over the age of 16 must have a current Minnesota fishing license. Licenses can be purchased from a number of places in Cook, MN. Anyone planning to purchase a Minnesota fishing license MUST have their social security number with them at the time of purchase. More information on Minnesota fishing regulations, including fees and types of permits available, can be found at www.dnr.state.mn.us/licenses. We also ask that if you plan on fishing, please purchase your license prior to arriving at Camp Vermilion. Stopping on our way to the Boundary Waters is impractical.

Tell me about Portaging and Canoeing each day. What is "Portaging" and what should I know about the packs we will be carrying?

The average personal pack weighs less than 45 pounds (depending on how much gear you bring) and each pack contains the gear for two campers – this includes all clothing, personal items, sleeping bags and ground pads. As you can see, the lighter and smaller the gear, the better. The equipment and food packs weigh about 75 pounds each at the beginning of the week. We use aluminum Grumman and Alumacraft canoes, which are durable, but heavy to carry. Typically, groups will paddle between 7 and 15 miles a day. Between lakes, groups will carry all gear across the portages (also called "Portaging"). We try to carry no loose or hand-held items across portages in order to save time and energy.

I'm worried about the amount of gear I am bringing. Is all this stuff necessary?

Good question! Below are some handy tips for minimizing the amount of gear you bring with you:

- Fancy, expensive gear is unnecessary.
- Comfort, not style is key
- Share a bottle of sunscreen
- A pair of shorts can double as a swimsuit bottom, or vice versa.
- Share flashlights
- If you bring a towel, keep it small
- Use layers of clothing (t-shirts, jacket) instead of heavy sweatshirt or jacket.
- Share a tube of toothpaste
- Use a rolled up T Shirt as your pillow.
- Share Bibles



Voyageurs Lutheran Ministry's (VLM's) primary concern is the health and safety of campers. The Boundary Waters Canoe Trip is a rigorous and physically challenging experience for youth and adults. Care should be taken in completing this health history form, carefully noting restrictions and cautions and answering all questions.

Each canoeist must present a completed and signed health form upon arrival at Camp. This includes both youth and adults. Please use black/blue ink when filling out this form. If at all possible, please provide 2 copies of this form upon arrival at Camp.

Name _____ Birth Date _____ Gender _____
 Mailing Address _____ City _____ State _____ ZIP _____
 Emergency Contact/Relation to Canoeist _____
 Day Phone (____) _____ Evening phone (____) _____
 If not available in emergency, notify : 1. _____ Phone (____) _____
 2. _____ Phone (____) _____
 Health/medical insurance? Carrier _____ Policy/Group # _____ None _____

Inoculation Records (please provide month and year):

DPT series _____ Tetanus booster (most recent) _____ MMR (Measles, Mumps, Rubella) _____ Polio _____
 Chicken Pox _____ Meningitis _____ Hepatitis B _____ Other _____

Health History:

Allergies (especially note allergy to bee stings or medications) _____

 Chronic or recurring illnesses/conditions (i.e. ear infections, hay fever, asthma, diabetes, sleepwalking) _____

 Operations or serious injuries/dates _____

 Mental health or behavioral information _____

 Recent exposure to communicable disease _____
 Current medication (include detailed disbursement) _____

 Other comments _____

 Dietary needs (i.e. vegetarian, vegan, food allergy) _____

 Restrictions on physical/strenuous activity _____

Parent/Guardian Authorization: This health history form is correct to the best of my knowledge, and the person herein described has permission to engage in all prescribed camp activities, both on and off site, except as noted in this form. I give the VLM Canoe Guide permission to administer first aid according to his/her training and to administer any prescription medication that is listed on this form, following the directions listed. In the event that I cannot be reached in an emergency, I give permission to the physician selected by the Camp Director to give the necessary medical treatment for my child.

Notification About Risks: VLM takes every reasonable precaution for the safety and enjoyment of every person on a VLM canoe trip. I understand that there are nonetheless inherent risks, which arise due to a combination of factors associated with canoe trips in the BWCAW. In acknowledgement of these inherent risks, I voluntarily assume all risks of injury that the person herein described may sustain while on a trip, provided VLM has exercised reasonable care for the safety and protection of that person. Signature (parent/guardian unless canoeist is 18 years of age or older):

Print Name _____ Signature _____ Date _____

Publicity Waiver: I agree that my photo or my child's may be used for VLM's promotional publications or videos. I waive the right to inspect or approve photos or video footage if used for such purposes. Signature (parent/guardian unless canoeist is 18 years of age or older):

Print Name _____ Signature _____ Date _____



BOUNDARY WATERS TRIP PLANNING QUESTIONNAIRE

PRE-TRIP PLANNING GUIDE

The Boundary Waters Trip Planning Questionnaire helps our staff prepare for your canoe trip. Please complete this form for your group(s) and return it to the VLM office in Cook. If you are bringing more than one group, please complete a separate form for each group. THANK YOU!

Group Name _____ City _____

Trip Date _____ Number of Trips _____

Adult Supervisor(s) _____ Age _____
(please indicate if supervisor has changed)

Form prepared by _____ Date _____

Group Members

Brief Overview of group: _____ Adult Male(s) _____ Adult Female(s) _____ Youth Male(s) _____ Youth Female(s)

Have any of the youth or the adult supervisor(s) attended Camp Vermilion or been to the Boundary Waters previously? If yes, please comment:

Briefly describe the general age/grade, physical capabilities, and canoeing/camping experience of the group:

Note any particular physical/medical/dietary concerns for any of the campers: (i.e., food allergies, diet restrictions, etc.)

Does your group include any non-swimmers? If so, please comment:

Program:

Each canoe guide has a prepared Bible study/devotional program. Would the Adult Supervisor like to assist in leading the devotions?





Expectations:

Please tell us about your decision to participate in our Boundary Waters Canoe Adventure program. As the Adult Supervisor/Group Representative, what goals and expectations do you have for your BWCA trip?

What are the expectations of the youth?

Do any members of your group expect to go fishing during the trip? Is this a general expectation of the entire group? (Please see the FAQ portion of this packet for important Minnesota Fishing License information. Anyone who plans to fish and is over the age of 16 is required to carry a current Minnesota Fishing License).

Other:

List any particular points of interest or places you would like to see while in the Boundary Waters:

List any particular characteristics you are looking for in a guide (gender, leadership style, background, etc.).

Other comments or considerations you would like us to be aware of:

Please note: * You will be responsible for transporting your group(s) to and from the Boundary Waters Entry and Exit Points with your personal vehicle(s). Vehicles will be parked at the Entry Point during your trip and moved by Camp Vermilion Staff to your Exit Point by the time you exit the Boundary Waters. (Valuables may be locked up at Camp Vermilion). VLM Staff and group equipment will be transported by camp vehicles. If you wish for us to transport your group, arrangements must be made with VLM several weeks prior to your arrival at Camp Vermilion. This option is limited.

Please return this form to VLM as soon as possible—at least 4 weeks prior to your arrival at Camp Vermilion. We look forward to serving you this summer!

Mail form to:
VLM
Attn: BWCA
PO Box 1076
Cook, MN 55723

OR Email form to:
Julie@VLMCamps.org

OR Fax form to:
(218) 666-5700

