



## 20 – 22 Day Application: Why and How

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Greetings Menogyn camper!

We are so excited that you have expressed interest in coming on one of our 20-22 day trips! Enclosed is an application. This application is meant to really get you thinking about *why* you want to go on a trip of this magnitude and length. It is designed to help facilitate the process of forming your trail group and fostering dedication, an open mind and a positive attitude for the excitement and the hardships of an adventure like this!

Before we finalize registration for our 20 – 22 day campers, we want to make sure everyone is ready and willing to work hard and have a great time in their group. We expect that each camper coming on these trips exemplify the four Core Values of the YMCA--Caring, Honesty, Responsibility and Respect. At this level, a positive attitude is a must (i.e. pushing on when tired, being respectful to your group members, being responsible for staying healthy on trail by drinking water, etc...).

Please take a few moments to think honestly about what a 20 – 22 day trip into the wilderness means for you. Fill out the following sheet and send it back to us in the enclosed envelope. Once registered, your guide will be the only person to see the application, and will contact you before your trip to introduce him/herself and start planning!

**We will not be finalizing 20 – 22 day adventure registrations until we receive this application.**

Please return this application with your registration.

Upon receiving this application, we will be able to continue the registration process.  
If this timing is a problem, please call our Customer Service Center at 612-822-2267.

We are so happy that you want to be at Menogyn this summer, and hope the process of applying for this trip creates excitement and helps you prepare mentally for the true nature and beauty of traveling with a small group of people through the wilderness!

We look forward to receiving your application!

Sincerely,

A handwritten signature in black ink, appearing to read "Doug Nethercut".

Doug Nethercut  
Camp Director

A handwritten signature in black ink, appearing to read "Fred Sproat".

Fred Sproat  
Program Director



## 20-22 Day Application

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Circle one:

<b>Quetico Canoe Session I</b>	<b>Quetico Canoe Session II</b>	<b>Yellowstone Backpacking Session I</b>	<b>Yellowstone Backpacking Session II</b>
<b>June 22- July 11, 2016</b>	<b>July 14- August 4, 2016</b>	<b>July 14- August 4, 2016</b>	<b>August 9-27, 2014</b>

**NAME:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **HS Grad Year ('16-'17):** \_\_\_\_\_  
**Street:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_  
**Phone:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

### So you're thinking about going on a 20-22 Day Adventure?

**Picture this:** 16-18 days "on-trail," steadily living and working with a group in the wilderness, braving the elements (bugs, mud, steep trails, hot sun...) It's a tough gig. BUT a trip like this is also VERY rewarding. You will be part of a team of people making their way through the wilderness. You will experience *amazing* sounds and sights, and push yourself, physically and mentally, beyond where you ever thought you wanted to or could!

**Menogyn's 20-21 day Quetico canoeing trip** travels to Quetico Provincial Park in S. Ontario--just north of the Boundary Waters Canoe Area (BWCA). This Provincial Park is not managed and "kept up" like the US Forest Service does in the BWCA. On the Quetico trip you will be asked to portage (carry everything on trails between lakes) canoes and heavy packs. The trip can involve more rugged portages - pushing yourself, your group, canoes and heavy packs over and around over-grown trails. The Quetico trip is also more remote, with less people and more wildlife. This a real, intimate deep-wilderness adventure!

**Menogyn's 20-21 day Yellowstone backpacking trips** travel in and around Yellowstone National Park in Wyoming. You'll experience scenery unlike you've ever seen in Minnesota. Hiking and camping between 7,000 and 13,000 feet is normal on these trips. The wildlife includes moose, black and grizzly bear, elk and marmot to name a few. You may also experience dramatic shifts in weather from one minute to the next--snow, wind, rain, hail, and intense sun. If this doesn't make you feel alive, nothing will!

Each Menogyn's 20-22 day trip is physically and mentally challenging. In order for us to make sure everyone is ready, able and willing to go, we'd like you to honestly answer the following questions: *(use extra paper, if necessary)* Thank You.

1. Give some examples of the outdoor experiences you have had.

Describe a challenge you encountered on that trip and how you dealt with that challenge.

2. 20 – 22 day groups are between 4-8 people. For those three weeks, you must work together and live with other people on your trip. Describe another situation where you worked together with a group of people.

A) What worked well and what didn't?

B) What strengths do you have to contribute to the group?

C) What will you need help with?

3. Menogyn means "To grow fully." Describe why you want a Menogyn Wilderness experience and ways in which you could grow as a result of this experience. What are some goals you might set for yourself to grow?

4. Finally, these trips need campers who like being in the wilderness and who make it fun, despite the tough challenges. Describe how you deal with stress and tough times? Why do you like camping and being outside for extended periods of time?

