



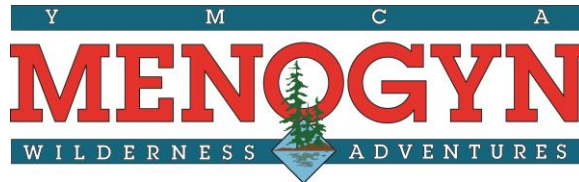
Camp Menogyn Parent Guide Summer 2016

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

Winter Office: 763-230-9310



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 90 years, the Menogyn experience has been a positive force in many lives. The challenge, beauty and fun of small group wilderness travel is as relevant for youth today as it was when Menogyn started back in 1922.

Menogyn means "Full of Growth" in the Ojibwe language. Like the Native Americans and Voyagers, 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 an 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 Menogyn!



Fred Sproat
Interim Executive Director
(763) 230-9310

www.CampMenogyn.org

New Camper Orientation

- 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 Monday, May 2nd
from 7:00-8:00 pm**

at REI in Bloomington at 750 W American Blvd. (494 and Lyndale)

Visit <http://www.rei.com/map/store/15>
for directions and REI store details

No need to RSVP, come join us!

Table of Contents

HEALTH FORMS	5
HEALTH HISTORY FORM	5
HEALTH EXAMINATION FORM	5
ADMINISTERING MEDICATION	5
OTHER IMPORTANT INFO	5
PASSPORT OR PASSPORT CARD	5
OUT OF TOWN PARTICIPANTS - LODGING	5
CAMP FEES	5
FOOD	6
LOST AND FOUND	6
COMMUNICATION & MONEY	7
MONEY AND VALUABLES	7
CODE OF THE COMMUNITY	8
IN CAMP & ON TRAIL	9
PLANNING	9
THE "WELCOME TO MENOGYN"	9
BASIC TRIP SCHEDULES	9
SKILLS	9
TOGETHER ON TRAIL	10
GROUP SIZE AND STRUCTURE	10
STAFF - ROLE MODELS TO LEARN & GROW WITH	10
HEALTH & SAFETY	10
SAFETY CONSIDERATIONS	10
PACKING THE BIG 3	11
PACKING LIST	12
THE MENOGYN PROGRESSION	13
8-15 DAY TRIPS	14
20-22 DAY TRIPS	15
NOR'WESTERS & LONG TRIPS - THE PINNACLE ADVENTURES	16
EQUIPMENT	17
ADDITIONAL OPPORTUNITIES	18

WOMEN'S WILDERNESS CANOEING ADVENTURES	18
WINTER AT MENOYN	18
FOR MENOYN CAMPERS	18
FAMILY CAMP WEEKENDS	18
<u>PARENT DROP OFF-PICK UP DRIVING DIRECTIONS TO CAMP</u>	<u>19</u>
BUS TRANSPORTATION	20
PICK-UP AND DROP-OFF SAFETY AT YMCA CAMP MENOYN	21

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 1, 2016** (or as soon as possible after camper registration).

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 1, 2016** (or as soon as possible after camper registration).

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 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 day Quetico**, **30 day Nor'Wester**, and **50 day Hommes & Femmes** canoe trips. Backpackers will be notified if they are traveling to Canada. Visit www.campmenogyn.org for more information.

Out of Town Participants - Lodging

For those who need special lodging arrangements, please call 763-430-9310 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 1, 2015. Campers registering after that date need to pay their fee in full. Payment plans can be arranged with the YMCA Customer Center at 612-822-2267.

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. Our food must be able to be stored in non-refrigerated conditions without spoiling and cook quickly over a fire or stove. 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.

Items, identified or not, will arrive at the Minneapolis Camp Center two weeks after each session is completed and will only be kept for two weeks once they arrive in the office. Anything that is not retrieved during those two weeks at the Camp Center will be donated to a local charity.

Communication & Money

Menogyn Photo Gallery

Look for your teenager in our photo gallery on Menogyn's Facebook page. Here we post photos of your teen with his or her trail group before they head out on their trip. You can also see what's going on at camp by following menogyn.magic on Instagram.

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 manner.

Sending 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
Session Date
YMCA Camp Menogyn
55 Menogyn Trail
Grand Marais, MN 55604

Contacting 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: 612-223-6322

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.

Code of the 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.
- Fireworks/Firecrackers.
- 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.

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)
Day 3 and on	Camping out on the trails, while climbing various rock faces, back packing 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 home after breakfast.

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 min 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.

Menogyn groups travel miles from medical help. As such, our staff bring along both the health history form as well as the health exam form. 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 1, 2013 (if you register after May 1st, please send forms in as soon as possible).**

Safety Considerations

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.

Packing | The Big 3

For summer wilderness travel, three items take on extra importance.
Attend a New Camper Orientation! (details on pg 2)

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, Kaplan Brothers, 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 8 and 11 day rock climbing trips you will also need a pair of canoeing boots, as described above. For a 14 day 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, give us a call, you may be able to borrow one from camp. 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.
 - o *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
 - o *If going on a 20/21 day backpacking trip, a 0-15 degree bag is recommended*
- 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 or synthetic boot socks, preferably not cotton
- 2 Pair lighter weight socks, preferably not cotton
- 2 Shorts (we recommend nylon shorts with a liner for guys & gals)
- Swim suit
- 1 Pair long pants (wool, polar fleece or synthetic)
- 2-4 Pair 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.
 - o *No cotton sweatshirts, for time on-trail as they do not hold warmth when wet.*
 - o *If going on a 14 day or longer backpacking trip, bringing additional warm layers is required. It can snow at high elevation in the summer months.*
- 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 7*)
- Mittens or Gloves required for 14 day backpacking trips and longer

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.

Additional 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.)
- Thermarest/Sleeping Pads are OPTIONAL, but are recommended for 20+ day sessions especially the 20/21 day backpacking trips.

***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 small, pocket-sized

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)

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.

- **8-11 day adventures** in canoeing, backpacking or rock climbing.
- **14-16 day adventures** in canoeing, backpacking or rock climbing.
- **20-22 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 20-22 day 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.
 - **Wahkaneé** (Women) and **Waputik** (Men) These backpack adventures hike in the peaks of the Yukon or Alaskan Mountain ranges.

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

The Menogyn Progression (continued)

8-15 Day Trips

Menogyn's 8-11 day and 14-15 day 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-day groups take a ferry to Isle Royale (a large island in Lake Superior) and 14-day groups travel to the Big Horn Mountains in Wyoming.

Rock Climbing

Groups will canoe or backpack to their climbing sites every day in the BWCA or hike along the Superior Hiking Trail, 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 (continued)

20-22 Day Trips

Menogyn's 20-22 day adventures are designed for campers with experience in canoeing or backpacking. These campers are ready to experience the joy of hard work!

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 14-15 day 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.

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 members' 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 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.

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. They canoe rivers in the far north of Canada.

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

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 canoer 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 canoers 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 on 8 and 11 day trips or backpack/rock on 14 day trips--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. We recognize that these can be expensive and we have limited pairs available to loan out. They can also be rented from REI. Feel free to call Mo with with questions: 218-388-4497.

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 20 -24 for \$495. 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, 2015.

Family Camp Weekends

Families of all shapes, sizes and ages can enjoy these fun and peaceful family weekends. For 2015-2016, Memorial Day Family Camp is May 22-25, Labor Day Family Camp is September 4-7th. Menogyn will also have Family Camp weekends over New Year's and Presidents' Day. 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.

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

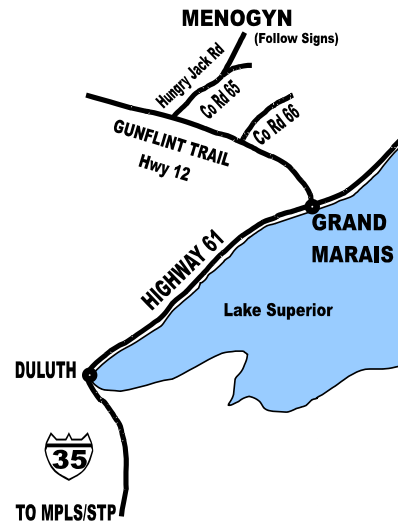
Menogyn parents are welcome to visit on arrival or departure days. If you plan to visit, notify camp well ahead of time. Because our space is limited, guest sleeping accommodations are not always available. We request that you *do not bring pets* to Menogyn or leave any food in your vehicles. We like 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 Marais Area Tourism Association at 888-922-5000. Tell them Menogyn sent you!

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 County Road 21 (Old 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 pavilion to alert us of your arrival.



Map not to scale:

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

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. 19	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

Where: REI Outdoor Store - located at 494 and Lyndale Avenue in Bloomington. 750 W. American Blvd, Bloomington, MN 55420. (see pg 21 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.

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.

