



Camp Menogyn

Information Guide

Summer

2019

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

Customer Service Center:
612-822-2267



WELCOME TO MENOGYN!

Whether this is your child's first or fourth summer traveling to the Northwoods with us, they are about to start a great adventure. For 97 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.

The name, Menogyn, is meant to signify, "full of growth". 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.

We look forward to helping your child create lifelong skills and friendships.

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!



Meghan Cosgrove
Executive Director
612-371-8705



Claire Dzierzak
Program Director
763-230-9310

www.CampMenogyn.org

New Camper Orientation

**Join us Tuesday, April 23rd
from 7:00-8:00 pm**

**at YMCA YCID Building in St. Paul at 2525 Wabash Ave, 55114
(Sunrise Bank Headquarters Building. Please note the address is Wabash not Wabasha)**

We appreciate RSVP's to info@campmenogyn.org but they are not necessary

- 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!!

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**PLEASE KEEP THIS BOOK HANDY UNTIL YOUR
CAMPER RETURNS FROM CAMP!**

I. Code of the Community

At Menogyn, all are welcome. We ask every staff member and participant respect the code of community to ensure a positive experience.

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, behave in a mature and responsible way and respect the rights and dignity of others.

As a Menogyn camper, you agree to refrain from:

- 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;
- wearing inappropriate attire. Non-offensive attire must be worn at all times;
- carrying or concealing any weapons or devices or objects which may be used as weapons;
- using or possessing illegal chemicals, tobacco, paraphernalia or alcohol on YMCA property.
- engaging in intentionally risky behavior that endangers the wellbeing of self or others.

Bullying Policy

At YMCA Camp Menogyn, bullying is inexcusable, and we have a firm policy against all types of bullying. Each camper is expected to treat all other campers with respect, and to help each other achieve the best possible experience. Failure to meet Menogyn's standards of respectful behavior may result in communication with Parents/Guardians for assistance and potentially the dismissal of the camper.

Our leadership addresses all incidents of bullying seriously. We train all camp staff to identify bullying and to promote honest communication between themselves and campers. Our goal is to work together as a team to ensure that campers gain self-confidence, make new friends and go home with fond memories of their camp experience.

Homesickness/Behavioral Challenges

Our staff works as hard as possible to help campers with homesickness and behavioral issues. We do not issue refunds for campers that leave early due to those reasons.

YMCA Camp Menogyn reserves the right to dismiss any camper who does not follow respectful behavior expectations as outlined above. In the event that a camper is dismissed, there will be no refund of session fees and the parent or guardian of the camper will be held responsible for the camper's early transportation home 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:

- Phones, tablets, electronic games or toys. Personal 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. 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 if you choose to have them in your lunch on bus ride up) The squirrels at Menogyn will find it very quickly!

Please do bring:

- A great attitude! – Approach group travel with an open mind, a willingness to participate, and you're on your way to grow fully.

II. Preparing for Camp

Preparing for a wilderness trip is no small feat! Please attend the NEW CAMPER ORIENTATION on April 23rd to get all your questions answered about the following packing information. You can also reach out to our admin staff if you have any specific questions regarding how to prepare and what to pack. We are always willing to answer these questions!

Packing | The Big 3

For summer wilderness travel, three items take on extra importance.

1) Boots *The most important factor in selecting boots to bring to Menogyn are that they are well-broken-in and comfortable. Please put thought into boots as early in the spring as possible to ensure they are well worn in.*

• **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 Merrell/Oboz hiking boots. We do not recommend water shoes/aqua socks because they don't have ankle support. Gore-tex is not necessary because the boots will always be wet.

• **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 rock/canoe combo trips you will also need a pair of canoeing boots, as described above. For a backpacking/rock combo 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, Patagonia, Marmot 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 damp 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! 763-230-9310.

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. *Ponchos strongly discouraged*
- *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
 - *If going on a 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 such as chacos or tevas 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.
 - *No cotton sweatshirts, for time on-trail as they do not hold warmth when wet.*
 - *If going on a 13 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 (available in camp store)
- Water Bottle (32 oz) - a must! (we have Nalgene bottles in our camp store)
- Head lamp or small flashlight with extra batteries
- Money for Camp Store "Tuck Shop" items
- Mittens or Gloves required for 13 day backpacking trips and longer
- Pack a lunch and beverage for the trip to camp**

While on trail, Menogyn campers use "wet" boots, sox and clothes during the day and a set of "dry" shoes, socks and clothes each night when they stay at a campsite.

Additional Items for Trail Life

- Insect repellent
- Writing journal (available for purchase)
- Book
- Sunscreen/lotion
- Camera
- Fishing gear & tackle*
- Small games (hackey sack, cards, etc.)
- Thermarest/Sleeping Pads are OPTIONAL, but are recommended for 21 day backpacking trips.

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, sweatshirt)
- 1 pair lightweight socks
- Towel, shampoo & soap (for the shower after sauna)

Money and Valuables

Items at the Menogyn store ("Tuck Shop") include T-shirts (\$10-18), sweatshirts (\$30-35), hats (\$20-25), maps, mugs, etc. We suggest \$30 to \$75.

***Fishing:** Though fishing is not a primary goal on a Menogyn canoe adventure, you are welcome to bring a rod. Campers provide their own poles and small, pocket-sized tackle box and license as appropriate.

The Menogyn bus stops for lunch in Duluth on the trip home. **On the return trip, lunch is provided by camp.**

Packing information, continued:

Camper's money and valuables such as cell phones and iPods are kept in a safe place while groups are on the trail and returned to them before leaving camp. Please encourage your camper to turn in all money and valuables as soon as they arrive at Menogyn. Menogyn is not responsible for any lost or stolen personal items.

Other Important Info

Passport or Passport Card

Campers traveling to Canada will need a passport or passport card this includes our **Quetico, Nor'Wester**, and **Hombres & Femmes** trips. Backpackers will be notified if they are traveling to Canada. Visit www.campmenogyn.org for more information.

Out of Town Participants

For those who need special lodging arrangements, please call 763-230-9310 or send an email to info@campmenogyn.org **at least one month** in advance of your trip to set up your home stay. We also request you fill out the "Out of State Transportation Form" available at campmenogyn.org under Forms & Publications.

Camp Fees

Camp session fees and the bus transportation charges are due no later than May 15, 2019. Campers registering after that date need to pay their fee in full. Scholarships are available for all programs. Please visit campmenogyn.org for more info or call 612-822-2267.

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 within two days of your camper's session to check on Lost & Found at 218-388-4497. Please have a detailed description of the item(s) including campers full name, camp session dates, and phone number where you can be reached. We will donate unclaimed items after two weeks.

III. Transportation

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 9:45am. 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 visit northshorevisitor.com and then know Menogyn sent you!

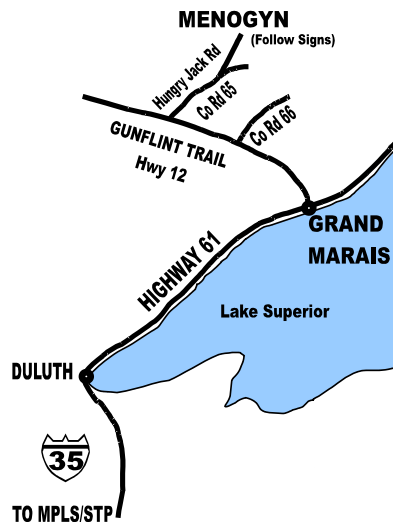
Directions to Menogyn

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. Turn left on the Gunflint Trail (Cty Rd 12) proceed for 29 miles; turn 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 if no one is there to greet you.

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. It is 300 miles to camp from the Twin Cities Area, approximately 5 1/2 hours. Most campers take the bus! **We do everything we can for an on-time departure and arrival but bus times may vary due to road construction.**

Bring a bag lunch and beverage for the trip up to camp. The bus will stop for lunch at Tettegouche State Park.

On the return trip, camp will provide a lunch for campers.

The Menogyn Bus Stops

	<u>Departure to Menogyn</u>	<u>Returns from Menogyn</u>
Shoreview YMCA	7:00am Departure at 7:30am	4:00pm Parents arrive at 3:45pm
Duluth	9:30am	1pm

Twin Cities Pick-Up and/or Drop-Off

Where: Shoreview YMCA Branch 3760 Lexington Avenue North, Shoreview, MN 55126

Directions: From Interstate 35, Take exit for 694 East. Follow 694 to Lexington Ave N. Take Exit for Lexington Ave and follow it Grey Fox Rd in Shoreview, MN

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.

Bus Safety

Campers are expected to exhibit appropriate behavior while on the bus or van and be respectful of drivers and other passengers. The bus and all bus stops are an extension of Camp Menogyn and are tobacco, drug and alcohol free spaces, campers are expected to conduct themselves accordingly.

Pick-up and Drop-off Safety at YMCA Camp Menogyn

Because the safety of your camper is our number one priority, 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.

IV. Camp Life at Menogyn

In Camp

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 is off on the journey! This is part of the tradition and the growth experience at Menogyn.

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! (Some trips may go on-trail day 2)
Day 3 and on	Camping out on the trail, 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 health officer, 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)	

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.

Food

In Camp:

While in base camp our food is hearty and homemade. Breakfasts in camp can include eggs & biscuits, pancakes, bacon, fruit, etc. Lunches can consist of homemade baked Mac & Cheese or hearty chili & corn bread. Dinners, such as lasagna, homemade bread, fajitas, chicken, salad greens, and milk, keep us happy and ready to go!

V. On Trail

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 education level, 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 those campers that identify as 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.

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 an individual backpack. Lightweight nylon tents are used, and each group carries a backpacking stove and fuel. Each 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 or backpack/rock on 13 day trips. 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 Claire with questions: 763-230-9310.

Food

On Trail:

We have a tradition of delicious meals on-trail at Menogyn. Trail food 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
Falafal

Beverages

Hot cocoa
Milk (powdered)
Coffee / Tea

Desserts

Brownies
Puddings
Cake
Cookies

VI. Health and Wellness

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 North Shore 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 emphasized 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 **Physical Exam** forms, or on a separate sheet of paper. In the event of illness or injury requiring significant medical treatment or evacuation off trail, parents/guardians will be notified.

****The Health History form and the Physical Exam form are due in our office on May 15, 2019 (if you register after May 15th, please send forms in as soon as possible).**

Each camper must have a physical examination within 12 months of arrival at camp. If your camper has had a physical within this timeframe, it is not necessary to have another physical, but you must have a licensed physician sign the form.

Risk Management

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.

All trail groups have a satellite phone for emergency communication only. While they are able to call camp the phones are not continually on and able to receive calls. In the event of an on trail emergency groups will contact camp and one of the camp directors will notify parents.

Menogyn groups do 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 **Physical 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.

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.

- 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).

V. Communication

Sending Mail to Your Camper

Campers are encouraged to write home upon their arrival at camp. Family and friends are encouraged to write letters for campers to receive upon their return to camp. We are unable to sign for packages.

The Address at Camp:

Your Camper's Name
Session Date
YMCA Camp Menogyn
55 Menogyn Trail
Grand Marais, MN 55604

Menogyn Photo Gallery

Look for your teenager in our photo gallery on Menogyn's Facebook page. Here we post photos of your teen with their 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, we are a wilderness camp, so the Internet connectivity can be limited. We will do our best to get photos uploaded in a timely manner!



Contacting Our Customer Service Office

YMCA Camp Menogyn's Customer Service Center is staffed year-round. 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.**

While on trail each group will have a satellite phone with them for emergency communication only. In the event of an on-trail emergency, groups will contact camp and one of the camp directors will notify parents.

VIII. 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.

- **6 day adventures** in canoeing, backpacking or rock climbing.
- **13 day adventures** in canoeing, backpacking or rock climbing.
- **21 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*** - 34 day extended adventures that canoe on rivers in Ontario, Canada or backpack in the mountains of the Western U.S. or Canada
- **Long Trips*** - 48 day expedition adventures.
 - **Hommes** and **Femmes du Nord** (Men and Women of the North) These canoe expeditions paddle on Arctic Rivers in the Northwest Territories and Nunavut.
 - **Wahkanees** (Women) and **Waputiks** (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 Trips:

6-13 Day Trips

Menogyn's 6 day and 13 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 canoe, 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 10-400 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 6-13 day adventures include:

-Duncan	-Daniels	-Rose	-Clearwater
-Poplar	-Winchell	-Saganaga	-Cross Bay
-Missing Link	-Mountain	-Seagull	-and <u>many</u> more!

Backpacking

Groups 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 6-day groups travel along the Border Route Trail, while the 13 day groups take a ferry to Isle Royale (a large island in Lake Superior) or 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.

21 Day Trips

Menogyn's 21 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. 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 6-13 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 travel through this virtually untouched & minimally-maintained wilderness 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.

Groups start their adventures at French, Nym or Beaverhouse Lakes and travel through lakes such as Agnes L., Alice L., the Poets Chain of lakes and may choose to end their adventures outside the Park by doing the Greens portages and/or the 8.5 mile Grand Portage.

Nor'Westers & Long Trips - The Pinnacle Adventures

Since 1965, Menogyn has been offering extended invitational 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.

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 Beartooths in Montana or the Willmore Wilderness in Canada. 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, often travel to Alaska to explore the Brooks Range or the Arctic National Wildlife Refuge.

Additional Opportunities

Mother/Child Wilderness Canoeing Adventures

Guided introductory Boundary Waters Canoe trips for adult women and their children. This year, our mother/child trip is August 18-23. Call 612-822-2267 or go to www.CampMenogyn.org for a registration form.

Fall, Winter & Spring Programming at Menogyn—Youth Camp, Family Camp and Retreats

Yes, we are open years round! Programs for teens, adults, families, and groups are provided throughout the fall, winter and spring. We welcome all families to our 2019-20 Family Camps! Date are as follows: **Labor Day Camp** August 30-September 2. **New Year's Camp**: December 27-Jan 2 and **President's Day Camp**: Feb 15-18. All meals are provided and families stay in rustic cabins as they participate in exciting full-day or half-day trips to local waterfalls and bluffs. Cross-country skiing, snowshoeing, dog sledding are only some of the winter possibilities! Call 612-822-2267 or go to www.CampMenogyn.org for a registration form.

For Menogyn Campers

- Fall Camp October 17-20, 2019
- Winter Camp December 27-30, 2019.

Adult Canoe Trips

Menogyn offers adult canoe trips during the late summer and early fall. A great opportunity to experience the BWCA for the first time or as a veteran camper. Visit CampMenogyn.org and click on fall, winter, spring.

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 Tuesday, April 23rd
from 7:00-8:00 pm**

**at YMCA YCID Building in St. Paul at 2525 Wabash (not Wabasha) Ave
(Sunrise Bank Headquarters Building)**

No need to RSVP, come join us!