



**YMCA Family Camp at Gunflint Lodge
YMCA of Greater Twin Cities**

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Keep close to Nature's heart... and break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean.
- John Muir

Camp du Nord Mission Statement

The mission of Camp du Nord is to strengthen families by providing opportunities for individual and family growth, supporting spiritual development and enhancing environmental awareness in a wilderness setting.

We are so excited that you are joining us at Gunflint this summer! We want to continue the mission of Camp du Nord beyond the North Arm Road. What makes camp so special is that it is more than just a place on the map; it is about the memories made with your family in the wilderness.

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CAMP DU NORD PHILOSOPHY

The remote location of YMCA Camp du Nord has been calling families to the north woods for more than fifty-five years. The beauty of the setting, with the vast sky at night and the towering pines on the shores of Burntside Lake, provides an atmosphere ideal for a connection to family and nature, as well as personal reflection and spiritual growth.

In the du Nord logo, the intertwining circles represent the intra-family and inter-family relationships. Within the circles, the tree represents all of nature. The campfire symbolizes the fellowship of people gathering together and the canoe portrays the family reaching into the world in a quiet fashion. It is significant that the canoe is used in the emblem, for it symbolizes du Nord's efforts to actively preserve the wilderness character of the area and maintain a program consistent to that end.

Guided by this philosophy, achievement of the following objectives is sought:

1. To enrich family life and inter-family relationships.
2. To develop new insights and understanding between family members.
3. To cultivate awareness of the natural world and strengthen appreciation for the wilderness.
4. To encourage spiritual growth and experience in a wilderness setting.

YMCA Camp du Nord seeks to promote an atmosphere where all persons feel welcome, included, and respected. At du Nord, we pride ourselves in appreciating the value of diverse populations and welcome all! Our programs are designed to enhance the relationships of any and all those that you consider a part of your family.

The YMCA annually raises funds to help make camp more affordable for all. Our Personal Pricing Plan is supported in part by contributions from our Annual Giving Program and provides scholarships and subsidies for qualifying applicants within our available resources. Please let us know if we may serve you or your family in this way. If the Personal Pricing Plan could help a family visit Camp du Nord, please have them request an application by calling our customer service center at 612-465-0550 or download a form from our website at:

http://www.ymcatwincities.org/_asset/tw86yy/dn_Personal-Pricing-Plan-Scholarship.pdf

PLANNING YOUR WEEK AT GUNFLINT

What To Bring

Careful planning will make your stay at camp more enjoyable. We suggest the following:

Food.

Gunflint Lodge has a restaurant that is open from approximately 7:00am-10:00pm. Meals can be purchased there, and you can find pricing and menu information at gunflint.com. Full-facility cabins have kitchens, cooking utensils are available. The Canoe cabins have a refrigerator, microwave, outdoor fire pit and a charcoal grill (BYOC). Basic dishes and utensils will be provided by Camp du Nord in each Canoe cabin.

Bedding/Towels. The Canoe cabins are provided with sheets and pillows, but we ask that you bring your own sleeping bags and towels. Full-facility cabins are provided with all bedding, please bring towels. Remember to include blankets, as nights up north can be chilly.

Clothing. Be sure to include rain gear and hiking boots or sturdy shoes for all family members. Bring shorts, hats and beach wear for sunny days, and jeans, warm jackets and sweaters for inclement weather. Having sufficient clothing for varying weather conditions can be the difference in your comfort at camp!

Miscellaneous. Other items you may want to consider include personal gear and toiletries, hand soap, shampoo, camera, electric fan, flashlight, battery-operated lantern, sunscreen, bug spray, binoculars, compass, pocket knife, lawn chairs, musical instruments, fishing gear, Minnesota Fishing License (if 16 years of age and older), water bottles, charcoal, bug net, games, puzzles or other activities that your family enjoys. These are just a few ideas!

For Sharing. Musical instruments, favorite stories, and any special talents.

Bikes. You are welcome to bring bikes to ride along the main road. No skateboards or skates are allowed.

du Green Tip: Please do your best to bring items that are re-usable and eco-friendly. Ideas include refillable water bottles, cloth napkins and rags, food with minimal packaging and bio-degradable soaps/shampoos.

Find Camp du Nord and Gunflint on Facebook

Want to stay in touch with du Nord throughout the year? Find us on Facebook by searching for Camp du Nord in your Facebook search bar. You can see and share photos and videos from your week at camp, stay connected with the people you meet, and get the latest information on what's happening during all four seasons at the best place in the world! Also, take a peek before and after you come to camp to chat with other families and learn about upcoming events.

A SUMMER WEEK AT GUNFLINT

The following is a general outline of activities.

Sunday

3:00-4:00 p.m.	Camper check in. Move into cabins
4:30-5:30 p.m.	Welcome and orientation. Required for all campers
5:30-7:00 p.m.	Dinner on your own
7:00-8:00 p.m.	Opening Celebration

Monday-Friday

7:30 a.m.	Polar Bear swim
7:30-9:00 a.m.	Breakfast on your own
9:00 a.m.-Noon	Age Groups!
Noon	Age group pick up and announcements
12:30-2:00 p.m.	Lunch on your own
2:00-5:00 p.m.	Afternoon activities, <i>specifics will be available at check in.</i>
5:00-7:00 p.m.	Dinner on your own
7:00-8:00 p.m.	Evening Programs with du Nord or Gunflint Lodge

Sunday

9:00-10:00 a.m.	Coffee, donuts, feedback, and farewells.
11:00 a.m.	Check out.

Sunday Departure

We kindly ask that all families be checked out and depart camp property no later than 11 a.m. on Saturday.

An online evaluation of the week will be emailed to you after your stay. Please take the time to offer feedback. It is essential in helping us improve each year!

Here is a link to the map of Gunflint Lodge.

<https://www.gunflint.com/wp-content/uploads/2015/07/Propert-Map.gif>

ACTIVITY HIGHLIGHTS FOR SUMMER 2018

Look for these programs at Gunflint this summer! When you arrive at camp, you will find a Welcome Packet in your cabin or tent site that will include a schedule of events for the week. Please review it carefully and let us know if you have any questions.

Morning Activities

Polar Bear Swim is held Monday-Friday mornings at 7:30 a.m. Polar Bear swimmers take the early morning plunge into icy Gunflint Lake in order to officially end camp's quiet hours. Polar Bears who go all five days will get a certificate at Closing Celebration.

Age-Groups are held Monday-Friday from 9:30-noon. Children are divided by age into groups and our wonderful staff will lead them in recreational and educational activities – crafts, hikes, outdoor skills, games, etc. There are age-groups for all ages- infants through adults!

Announcements. At the end of age groups each day, all campers (children and adults) gather for Announcements. This is a way for our staff to let campers know of any program changes or highlights for the rest of the day. This is the best way to keep in touch with all that is going on throughout camp. Don't miss out!

Counselor Hunt and Water Games takes place on Friday afternoon at 1:30. Kids will search for counselors hiding in the woods around camp and have the chance to throw them in the lake. All camp water games in the swimming area will follow. Children under 12 must be supervised by an adult.

Closing Celebration is the perfect ending to your week at camp. Held on Friday nights, closing includes skits from each of the age groups, songs, and an opportunity to end the week all together.

Closer to your week at Gunflint and upon arrival, you will be provided with more detail on your time at camp. Please feel free to contact Camp du Nord offices at anytime with questions about anything.

CAMP POLICIES

We are given the wonderful opportunity to utilize the space at Gunflint this summer for a family camp experience. Please use their equipment and facilities with respect and care. Feel free to contact du Nord about any questions concerning your time at Gunflint.

Program Options

When you arrive in camp, you will be informed about the program possibilities for both family and individual participation. Participation is completely voluntary. It's your vacation, so don't over-program yourself!

Parental Responsibility of Children

Staff takes full responsibility for children from 9:30-12:00 Monday-Friday during our daily age-group activities. At all other times, parents assume responsibility for the supervision, care and safety of their children. Camp is an incredibly safe environment, and as a community, we all agree to keep an eye on the children at camp. However, we do ask that you have awareness of where your kids are during your stay.

Child Protection Policy

We would like to make you aware of our YMCA's child protection policy. The intent of this policy is to protect your family, our staff, and the YMCA. It states (in part) that staff members and volunteers may not have contact with children who are YMCA program participants in non-YMCA activities (such as babysitting or weekend trips) without the knowledge of the Executive Director and the written consent of the family.

Some children wish to communicate with their counselors or other camp staff after their camp experience or during the school year. We ask that families send this communication directly to our Executive Director at our Camping Offices in Minneapolis, who will ensure that the letter gets to the staff person. We do not allow our staff to give out personal addresses, phone numbers, email addresses, or social media information to children. Thank you for your understanding.

YMCA Member, Participant, and Guest Code of Conduct

We expect persons using YMCA programs and facilities to behave in a mature and responsible way, and to respect the rights and dignity of others. Our Code of Conduct does not permit language or any action that can hurt or frighten another person, or that falls below a generally accepted standard of conduct.

The following activities are prohibited in all YMCA facilities and programs

- Inappropriate attire. Appropriate 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 menacing behavior.
- Theft or behavior that results in the destruction of property.
- Carrying or concealing any weapons or devices or objects that may be used as weapons.
- Using or possessing illegal chemicals on YMCA property, in YMCA vehicles, or at YMCA sponsored programs.
- Any other conduct of an inappropriate, threatening or offensive nature.
- Loitering is not permitted in or outside YMCA facilities or programs
- Smoking is not permitted in or outside YMCA facilities or programs, or on YMCA property or program sites. YMCA facilities and grounds are a smoke-free environment.
- Members, participants, and guests are encouraged to be responsible for their personal comfort and safety, and to ask any person whose behavior threatens their comfort to refrain. If a member, participant or guest feels uncomfortable in confronting the person directly, they should report the behavior to a YMCA staff person.

A member, participant, or guest who is in violation of the Code of Conduct could be subject to consequences including removal from a program and/or termination of membership or program privileges.

YMCA Camp du Nord – Camping for all Seasons

Every season at camp is the best season! The North Arm Trails are perfect for hiking in the fall and skiing in the winter. Camp du Nord, an exceptional site for a family outing, retreat or fellowship with a group of friends, is open weekdays and weekends, for short- or long-term visits during these seasons. Call the Camp du Nord Administrative Office at 612-465-0450 soon as reservations for current openings are being accepted now.

2018- 2019 Fall, Winter and Spring reservations are open!