

# 2018 du Trips Information Packet

YMCA Camp du Nord



YMCA Camp du Nord is very fortunate to be located so close to the Boundary Waters Canoe Area Wilderness (BWCAW). We want to help you learn to travel through it! The du Trips program at Camp du Nord is excited to provide an opportunity to enhance your family's wilderness experience by offering family adventures into the BWCAW. Your family will be offered the chance to work together to develop wilderness skills, have a fun outdoor adventure, and create meaningful outdoor experiences with memories that will last a lifetime.

## **What is a du Trip?**

A du Trip is a chance for your family to explore the beauty of the BWCA with a trained and certified du Nord staff member. These trips can help families learn and understand how to plan and travel through the Boundary Waters Canoe Area Wilderness.

Families will plan and prepare with the guidance of an experienced du Nord staff member to create a truly unique experience. Once at camp, your family will meet your du Trip leader and go through the necessary pre-trip skills orientation, route, menu, equipment, and safety standards necessary for a trip into the BWCA. While 'on trail' your family and du Trip staff, will experience what Boundary Waters travel and camping is all about!

## **So we go with a staff member, right?**

Yes, our du Trip leaders are summer staff members who are very excited to work with families and help them learn about wilderness travel. They have extensive camping experience and go through a series of trainings including:

- Wilderness First Responder. This is an in depth training in responding to emergencies in wilderness and remote settings.
- Red Cross Lifeguarding. Since most travel in the Boundary Waters is well, on the water; our staff need to know what risks there are in traveling, swimming, and generally just being around water.
- A third training our staff go through is a du Trip specific training focusing on making good decisions and mitigating risks in the wilderness while also seeking a fun and enjoyable experience.

The du Trip staff member is there to help your experience be a positive one and to help you and your family learn about wilderness travel. This means they are not 'sherpas' or full service leaders that will cook all meals, set up your tent, or be there just to play with your children. They are an active member of your group, and they are there to teach you and your family! We expect all members of the trip to participate and learn where able and necessary. (Sorry, we don't mean for that to sound too 'heavy' but it's important to mention.)



## **When can my family go?**

Some families have gone before or after their stay at Camp du Nord, or at a separate time from their week at camp. Families currently on the waitlist for a week at camp also have the opportunity to pursue a du Trip. We will do our best to work with you and your schedule to plan an amazing experience! Trip dates are on a first come first serve schedule starting after the du Nord Lottery.

### **Families can choose between several different experiences and trip lengths:**

***The InTents Experience:*** *An Introductory BWCAW traveler experience.*

Campers arrive the day before (by noon) their trip leaves to plan and pack for their trail experience.

Trip Length: 3 Nights/4 Days (On Trail for 2 Nights/3 Days) or 4 Nights/5 Days (On Trail for 3 Nights/4 Days)

***The Freeboard Experience:*** *A longer trip with a few more portages and lakes to visit!*

Campers arrive the day before (by noon) their trip leaves to plan and pack for their trail experience.

Trip Length: 4 Nights/5 Days (on Trail for 3 Nights/4 Days) or 5 Nights/6 Days (On Trail for 4 Nights/5 Days)

### ***Custom trip***

Looking for a mix of both trips or have some special concerns or ideas you would like to discuss? Please contact [Lindsey.Johnson@ymcamn.org](mailto:Lindsey.Johnson@ymcamn.org) to discuss

## **A couple other things...**

- Families/Groups can include up to but no more than 8 members. The BWCAW has a group limit of 9 participants, including children. Minimum age for a du Trip for children is 6 years old.
- During the trip planning process the staff member and family can set goals and share expectations for the trip ahead.
- Trips will be offered on a first-come, first-served basis, with priority given to families that attach their du Trip experience with their camper week. There will be one trip available each camper week.
- There will be the opportunity to request a female or a male leader, the request may not be granted depending on staffing and scheduling.

## Tentative Schedule for a du Trip

### *Day before trip leaves for trail:*

- Family arrives to Camp du Nord by Noon, meets leader in the Outdoor Activity Center.
- Lunch either at the dining hall or at Grosbeak (Platform tent), Family moves into Grosbeak.
- 1:30pm Leader will take family through instruction or review of canoe parts and paddle strokes as well as gather PFDs.
- 3:30pm Leader and family go over route and food in the OAC. Set up tent and get packs and liners.
- Relaxing time before dinner (at Grosbeak or around camp) Dinner at dining hall if there is room or at Grosbeak)
- 6:00pm Leader goes over how to pack a pack and final details for trip: safety protocols, "What to do if..." scenarios, other expectations and group goals talk.
- See you in the morning!

### *Trail Day!*

- 6:30am Wake up/ Eat breakfast at Grosbeak (We suggest an easy but nutritious breakfast)
- 7:00am Gather items and move out of Grosbeak. Pack remaining needs into packs.
- 7:30am Bring packs to OAC and meet leader to start loading up gear, canoes, paddles, PFDs, tents, and more into canoe trailer and van. Fill Water Bottles!
- 9:00am Depart for trail!

While on Trail, your family and leader will work together to work out the schedule of the days of your trip. Weather depending, most du Trip groups travel, paddle and portage during the morning and early afternoon hours, and pull into their campsites around 2pm or 3pm. Depending on where you are traveling, campsites can be limited so we want to make sure we allow adequate time for travel and getting to a desired campsite. Of course, camping and travel depends on weather, natural conditions and group members, it is important to remember that our plans or routes can change while on trail.

### *Welcome back!*

- We'll pick up your group around 10:00am and return to camp.
- 11:00am Start the pack in process: Return gear, clean dishes, hang tents and packs.
- 12:00pm Lunch and fill out evaluations
- 1:00pm finish any loose ends, tearful goodbyes. Au Revoir!!!!





## **Food/Menu**

Food, the energy supply for the travelers - You will have the option to choose from several different meal and snack options for your trips. After registering for a du Trip, we will send you the Menu selection sheet. We like to make meals that are similar to what you may enjoy at home, such as:

### *Breakfast:*

Oatmeal, Granola, Breakfast burritos

### *Trail lunch:*

Tortillas or crackers with cheese, summer sausage, Trail mix, bug juice (bugs not included), peanut butter & honey.

### *Dinner:*

Chicken Stir Fry, burritos or tacos, Paddler's stew, or pita pizzas.

### *Desserts/Snacks:*

Brownies, Popcorn, S'mores, Cornbread, Bannock Bread...

To help save weight we will carry a combination of fresh and freeze dried foods.

\*We will work with the family to help accommodate most dietary concerns or needs.

## **Equipment**

After registering for your du Trip, we will send you an equipment list indicating what you will need for your trip. You provide the clothes, boots, and a few other essentials, and we'll grab the rest, such as tents, packs, canoes, paddles, food, sleeping bags, maps...and more!

## **Fees and Registration**

The final registration deadline will be May 28<sup>th</sup>, 2018 in order to secure permits for Boundary Waters trips.

The cost will be \$65 per adult, per night and \$55 per child 12 and under, per night. This covers all gear and food during the du trip. If you are planning to stay at Camp du Nord for additional days, the charge will be \$90 per night spent in a platform tent. The \$100 registration deposit will go towards trip cost upon enrollment.

\*Note about meals at camp – These fees do not include any meals in Camp du Nord's dining hall. Please indicate on your registration form if you hope to eat a meal at camp before or after your trip. Meal reservations in the dining hall are dependent upon space available.

## **Happy Trails!**

We hope you will consider a du Trip experience! Please feel free to contact us with any questions or concerns. The BWCAW offers an amazing opportunity to enjoy the north woods and create lifelong memories with your family, we would be happy to help guide your experience.

