

# What to Expect at Camp Amnicon

## **Things to look forward to:**

Your trip will be fun, with laughter, swimming, and exploring. It will be deep, with quiet times, daily devotions and honest talks around the campfire. And it will be challenging, and likely to push you outside of your comfort zone. This trip is a time for growth—in your faith, your friendships, and in yourself.

## **Health and safety:**

Safety is our primary concern, and we have had an outstanding safety record for 50 years. Our guides hold Lifeguard, CPR and Wilderness First Aid certifications, and place an emphasis on caution and respect for the environment. Close working relationships and communication are maintained with the authorities in the areas we travel (including Park Service and Coast Guard) and Amnicon is accredited by the American Camping Association and adheres to their high standards of administration, safety, program and staffing.

As a general rule, you should be in at least average health and be prepared to be physically active during the trip. Please contact us if you have specific health concerns or if you wonder if this trip is right for you or your child. **Please note: a completed health form, signed by a parent/guardian and by licensed medical personnel is required to attend this trip.** This form also serves as our contact and permission form. In the event of hospitalization, a doctor's visit, or if a camper is unable to complete the trip, a camp director will notify the parent, guardian, or emergency contact listed on the camper's health form.

## **Your guides**

Two Amnicon guides will be with you for your entire time at camp. The guides will teach you wilderness skills, take care of first aid and safety needs, lead daily devotions, and become an important part of your group. Amnicon staff are chosen for their experience, maturity, and love of people. They receive almost three weeks of intensive training on the skills needed to make your trip safe and fun.

## **What happens on the trail?**

Every day on trail is different, depending on the weather, route, and group dynamics, but you can expect some things to stay the same. Each day you will wake to breakfast and a morning devotion. Once the campsite is packed up, most of the day will be spent in travel, either canoeing or hiking to your next site, with a break for lunch. The campsite will be set up, and you may have free time to swim, play and explore. Hungry campers will feast on dinner cooked over the fire, and stay up watching the stars and talking before crawling into your sleeping bags in the tent.

## **How is the food?**

Good food is a priority for us! We have a trail menu that adapts lots of the foods you are used to at home: pancakes, hamburgers and lots more. There are plenty of tasty snacks, too! If you have specific dietary needs (like allergies or a vegetarian diet,) but be sure to let us know so we can be prepared with good food for you, too.

## **What is the weather like?**

Lake Superior affects the daily weather a great deal. Be prepared for a variety of weather conditions including heat, cold, wind, rain, or sun. Good raingear and warm clothes will be important to your enjoyment of the trip if the weather turns chilly or wet.

## **A word about bugs:**

Many people ask us "are the bugs bad?" The answer: sometimes. Plan to bring bug repellent if you're concerned. Our region is home to deer ticks, and there is a risk of tick-borne illnesses. Most can be easily treated if detected early, so your guides will teach you about 'tick-checks' and symptoms to watch for. We've found that the one thing that makes the biggest difference in your experience with the bugs is your attitude. We recommend choosing at the beginning of your trip that the bugs aren't important enough to ruin your experience.

## **Can I contact my kid at camp?**

In an emergency, call the camp at (715)-364-2602. Remember that campers will be in the wilderness, and may not be reachable except in an emergency! Mail will be distributed at the end of the week.

# Adventure Trip Packing List

## **Packing Guidelines:**

- Camp Amnicon provides food, canoes, and gear like PFDs, packs, etc. If you have a favorite gear of your own, feel free to bring it! You can use it if your guides deem it appropriate.
- We have some loaners of starred items (\*) available if you need them! Thrift stores are also a great way to find trail clothes if you don't have something listed below. Don't worry about brands.
- **Avoid cotton!** Choose wool or synthetic items instead. Cotton takes a long time to dry, and wicks heat to keep you cold. Synthetic and wool items will keep you warm even if you are wet.
- Pack for comfort and function. Think of your clothes as tools for various kinds of weather. Don't worry about looking fashionable!
- Don't bring more than you need. You have to carry what you bring!

## **Necessary Items:**

- **Your Contact, Consent, & Health Form.** It must be signed by a guardian (or the participant if over 18) and a licensed medical professional. A copy of a recent physical may be substituted for the physician's signature.
- **Medications** in original bottles, with dosage and expiration date information
- \*Sleeping Bag, rated to at least 45F
- \*Rain gear- jacket and pants. Ponchos don't work well.
- Personal hygiene items (toothbrush, toothpaste, feminine hygiene products)
- 2 short sleeved shirts or tank tops
- 1 long sleeved shirt
- \*1 warm sweater or fleece (NOT a cotton sweatshirt!)
- 1 pair pants (NO jeans or cotton! Quick drying pants are best.)
- 2 pairs wool socks
- Brimmed hat for sun
- Warm stocking hat for chilly nights
- \*Water bottle (at least 32 oz. w/ screw-on top, like Nalgene)
- Wet shoes (see note below)
- Dry shoes (see note below)

## **Optional Items:**

- 1 or 2 pairs of shorts
- Sunscreen, bug spray
- Swimsuit
- Bandanas
- \*Small Bible (wrapped in plastic!)
- \*Camera (wrapped in plastic!)
- Flashlight or headlamp
- Small daypack or fanny pack
- Fishing gear (small, collapsible, must have WI license if over 16)
- Camping towel (chamois, sarong)
- \*Sleeping pad
- Card games, journal, book to read
- Sunglasses

## **For use in-base, or before/after the trip**

- Clean clothes for the car ride home
- Towel & toiletries to shower at camp after the trip
- Money for the camp store (t-shirts, water bottles, etc...)

## What NOT to bring to camp

- Anything you don't want to get dirty or wet! Camp Amnicon is not responsible for any personal property that is lost, damaged, or stolen both at Camp Amnicon and while on the trip. This includes vehicles used to transport campers to Camp Amnicon. Vehicles may be left in the Camp Amnicon parking lot while the group is on the trip.
- Electronics (cell phones, ipods, etc...). Please don't count on using your cell phone as your camera for the trip. If you would like to bring a camera, we recommend bringing a small digital camera, wrapped in plastic.
- Glass or metal containers
- Personal food or snacks
- Fireworks, alcohol, illegal substances, or weapons. Any individual in possession of or using alcohol, illegal substances, or misusing drugs will be asked to leave the trip and Camp Amnicon. Camp Amnicon reserves the right to search the possessions of a camper for alcohol, drugs, and weapons.
- Pets, sports equipment. A fishing pole may be brought, but campers must arrange all necessary pieces, storage, and licenses.

## A note on foot wear:

Camp Amnicon has a 'wet foot' policy, which means that we protect our canoes by requiring that all participants load and unload gear while their canoe is still floating in the water. We also require trip participants to wear shoes while swimming. This means that **one pair of each camper's shoes are guaranteed to get wet**. We strongly suggest bringing two pairs of footwear: one pair of 'wet shoes' for canoeing and swimming, and one pair of 'dry shoes' for time in the campsite. Many combinations of boots/shoes/sandals work fine. Use the following information to choose what combination is best for you.

- If your trip includes white water, your wet shoes must have closed toes and attach securely to your feet. Crocs are not recommended for white water wet shoes.
- If you are hiking, bring shoes with good ankle and arch support.
- All sandals must strap securely to your feet. No flip flops!
- Tennis shoes and sneakers as wet shoes help avoid injury from rocks & sticks.
- Sport sandals (Teva, Keen, Chaco) dry quickly enough to serve as both wet and dry shoes, but don't offer much warmth or protection.

## If you have questions about packing:

We want to make sure that you have the most successful trip possible! Bringing along the right clothes & personal gear is one way to do that. If you have any questions about what to bring or need recommendations, please feel free to contact Camp Amnicon.

Phone: 715-364-2602, Email: [info@amnicon.org](mailto:info@amnicon.org)