



P.O. Box 1076, Cook, MN 55723 800-331-5148 218-666-5465 vlm@VLMcamps.org www.VLMcamps.org

Voyageurs Lutheran Ministry provides opportunities for Christ-centered spiritual growth, leadership development, and outreach in God's great northwoods!

Voyageurs Canoe Country Pre-trip Information Packet for Summer 2012

Greetings,

Thank you for choosing Voyageurs Lutheran Ministry (VLM) for your Canoe Country experience! The information within this packet will help you to prepare for your journey. Get ready to paddle, enjoy the outdoors, and grow in Christ's love while canoeing in or near Minnesota's majestic Boundary Waters Canoe Area Wilderness (BWCAW). Please read this information carefully, and if any questions remain, contact Marie at marie@VLMcamps.org or at 218-780-2696.

Here is the basic information you need to plan for your trip.

Participants:

- Up to 8 participants from your organization can travel together in one group and one of those participants must be a designated Group Leader (see page 4). Group size restrictions are due to U.S. Forest Service regulations and cannot be altered. Large groups can book several trips, but each group of 8 must travel independently. We ask that you divide the groups prior to your arrival at Camp Vermilion. Alternatively, group sizes can be larger if you chose to travel outside of the Boundary Waters.
- Voyageurs Canoe Country provides your group with a trained guide to travel with you and lead your trip. Your group will assist in daily activities such as setting up camp, gathering firewood, doing the dishes, etc.

Cost:

- A \$400/group non-refundable/non-transferrable deposit is required to secure your trip.
- Individual costs vary by trip length and type. Some discounts are available. Check out www.canoe.VLMcamps.org for details.

Arrival/Departure:

- Registration and orientation begins at 2:00 pm on your scheduled arrival date. To respect other visitors, please be prompt. Call Marie at 218-780-2696 if you are running late.
- Departure times vary depending on your trip type. Most weeklong trips end after breakfast on your last day. Most weekend trips end around 6:00 pm on your last day. Custom trips are available on a limited basis.

We look forward to serving you this summer in God's great northwoods!

In Christ,

Marie Kirschstein

VLM Adventure Director



Home of Voyageurs Canoe Country

P.O. Box 1076, Cook, MN 55723 800-331-5148 218-666-5465

vlm@VLMcamps.org www.VLMcamps.org



Table of Contents

Pre-Trip Information Packet Introduction..... 1

Table of Contents 2

Preparing for Your Adventure – A Leader’s Guide 3

Group Leader Information and Responsibilities 4

Important Information about Your Trip 5

What to Expect from a Trip with Voyageurs Canoe Country..... 6

Bible Study Outline 7

Canteen and Mission Project Information 8

Directions to Camp Vermilion 9

Suggested Packing List for Your Adventure 10-11

Frequently Asked Questions 11-12

Health History Form 13

Trip Planning Questionnaire 14-15

Please have the Group Leader or other group representative fill out and return the Trip Planning Questionnaire to Voyageurs Lutheran Ministry, PO Box 1076, Cook, MN 55723 at least 4 weeks prior to your arrival at Camp Vermilion. (One form per group if bringing more than one group.)



Preparing for Your Adventure – A Leader’s Guide

8+ weeks prior to arrival at Camp Vermilion:

- Church/Org:
- Discuss trip types and work with us to outline your trip(s).
 - Send in a second payment of \$400 per group by April 15.
 - Select a Group Leader who is 21 or older, or check with your Leader that s/he is still available to accompany your group.
 - Conduct fundraising projects as needed for the trip.

4-8 weeks prior to arrival at Camp Vermilion:

- Church/Org &/or
Group Leader:
- Meet as a group to:
 - Discuss expectations with all of the participants in your group.
 - Go over the “Important Information About Your Trip” page, the “What to Expect from a Trip in the Boundary Waters” page, and the “Suggested Packing List” from this packet.
 - Distribute Health History forms and the “Suggested Packing List” to all participants- youth and adults.
 - Fill out the Trip Planning Questionnaire and return it to the VLM office at least 4 weeks prior to your arrival. (1 questionnaire per group)
 - Collect and mail 2 copies of the Health History forms to the VLM office – also at least 4 weeks prior to your arrival. If you are bringing more than one group, please have Health History forms sorted by group.

2 weeks prior to arrival at Camp Vermilion:

- Church/Org &
Group Leader:
- Collect any outstanding balance from your group members.
 - Remind campers 16 and older who plan on fishing during the trip to purchase a MN fishing license if they haven’t already done so. (available at MN gas stations)
 - Contact Marie, VLM Adventure Director, at 218-780-2696 or marie@VLMcamps.org with any last minute questions/concerns.

Trip to Camp Vermilion:

- Group Leader:
- Have your vehicle(s) filled with gas before your arrival in preparation of having to transport your group from Camp Vermilion to the start of your trip early the next morning.*
 - Arrive at Camp Vermilion at 2:00 pm sharp. Contact Marie (218-780-2696) if you are late.
 - Pay remaining balance.

While at Camp Vermilion:

- Group Leader:
- Help ensure that your entire group is on time for scheduled events.
 - Because we run several programs on Camp Vermilion property, please help ensure that your group is respecting quiet hours.

During Your Boundary Waters Trip:

- Group Leader:
- Be a positive role model in attitude, work ethic, and Bible study participation.
 - Aid in supervision and stay alert for the safety of the group throughout the trip. Assist the guide when asked.
 - Have fun, be flexible, and be a model of Christ’s love in the lives of participants.

* You will be responsible for transporting your group(s) to and from the Entry and Exit Points with your personal vehicle(s). Vehicles will be parked at the Entry Point during your trip and moved by camp staff to your Exit Point by the time you end your trip. Small valuables may be locked up at Camp Vermilion. Guides and group equipment will be transported by camp vehicles. If you wish for us to transport your group, arrangements must be made with VLM several weeks prior to your arrival at Camp Vermilion. This option is limited and is an additional cost.



Group Leader Information and Responsibilities

Selecting a Group Leader

Selecting the right person as a Group Leader is a crucial element in creating a successful, memorable and Christ-centered Voyageurs Canoe Country experience. If your group consists of all adults, please select one person to be the main contact for the trip.

Senior High Groups need one Group Leader at least 21 years of age. Junior High Groups need at least two Group Leaders at least 21 years of age. Also please consider someone who:

- Has an ongoing relationship with the participants in their home church/community
- Will serve as a role model and motivator when it comes to daily tasks
- Relates well with people
- Works well with others and is flexible in ever-changing conditions
- Will be attentive in supervising participants and will aid in discipline, if necessary

The Group Leader is asked to communicate the needs and expectations of the entire group to VLM both before and during your trip. Please fill out the Trip Planning Questionnaire attached to this packet and return it to VLM at least 4 weeks prior to arriving at Camp Vermilion. In order to maximize the experience of all participants, it is a great idea to have your group meet prior to the Voyageurs Canoe Country trip in order to clarify goals and discuss expectations.

VLM takes great care to select thoughtful and capable guides. We recommend and encourage you to also take great care in selecting the Group Leader for your trip.

Group Leaders – Please Note:

VLM provides a trained guide to lead your trip. That person may be either male or female. VLM guides are certified in remote first aid, water safety and CPR. The VLM guide is the final authority on matters of safety, canoeing, and camping related decisions.

During your orientation, the guide will meet privately with the Group Leader to discuss the trip, roles and responsibilities. Your guide will lead a Bible study that is woven into the daily life during the trip. The Group Leader is welcomed and encouraged to participate in the Bible study and share some of its responsibilities, if desired.

If your group has space available and would be willing to allow an individual to travel with you, please contact VLM as we often have individuals hoping to join a group. Additionally, VLM might add a "guide-in-training" to your group that will not impact the price of your trip and whose role would be one of learning and support.



Home of Voyageurs Canoe Country

P.O. Box 1076, Cook, MN 55723 800-331-5148 218-666-5465 vlm@VLMcamps.org www.VLMcamps.org



**Important Information about Your Trip
(Please copy and share with all group participants.)**

Health and Safety

Health and safety are top priorities at Voyageurs Lutheran Ministry. Your guide is carefully chosen and undergoes a vigorous three-week training session before leading a canoe trip. All guides are certified in remote first aid, water safety, and CPR. By filling out your Health History Forms and mailing them in, we are better prepared to take care of your group during your trip.

It is important to note that participants will be challenged physically within their own limits and capabilities. Carrying canoes, lifting backpacks, and paddling for extended periods of time are regular occurrences on a Voyageurs Canoe Country trip. Be realistic when selecting a trip type for your group.

Voyageurs Lutheran Ministry takes every reasonable precaution for the safety and enjoyment of every person on a Voyageurs Canoe Country trip. There are, however, inherent dangers, which arise due to a combination of factors associated with canoe trips. Each participant should exercise caution and care for their own safety and the safety of others during the trip.

Insurance

VLM carries accident/injury insurance. This insurance is a modest secondary insurer policy, which will cover expenses your insurance company does not cover if an injury occurs while participating in a canoe trip with VLM. If you are not insured, VLM insurance will cover some medical costs. Please notify the VLM office immediately if you have claim questions.

Swim Check

All canoe trip participants will take part in a simple swim check after arriving at Camp Vermilion and prior to leaving for your trip. Canoe trip participants will be asked to swim approximately 150 feet (using a stroke of his or her choice in waist- to neck-deep water using as much time as he or she needs) and tread water for 2 minutes. Swim checks are important for the guide to understand the swimming abilities of trip participants for purposes of supervision and emergency preparedness.

Swimming in lakes and other bodies of water may give rise to certain risks because of unknown surface or subsurface conditions. For their safety, all trip participants must exercise caution when swimming, and at all times they must comply with the swimming safety rules provided by the guide.

All participants are required to wear a Personal Flotation Device (PFD) while swimming, regardless of swimming ability. PFDs are provided by Camp Vermilion.



Home of Voyageurs Canoe Country

P.O. Box 1076, Cook, MN 55723 800-331-5148 218-666-5465 vlm@VLMcamps.org www.VLMcamps.org



What to Expect from a Trip with Voyageurs Canoe Country (Please copy and share with all group participants.)

Below is a short narrative about a typical day in Canoe Country. Read it for your enjoyment or to get a feel for the fun you will be experiencing this summer!

Sunrise: Wake up! No clocks or alarms allowed out here, we sleep, eat, and travel with the sun. Today we have a fair distance to paddle and some great sights to see. Plus, the earlier we get moving the greater the likelihood that we will see some wildlife, like a moose or deer. Today, our guide woke us up for an early morning devotional. I didn't want to get up at first, but after watching the sunrise, listening to a story about faith and wilderness, I'm feeling thankful for the way Christ is working through this place to bring our group closer together.



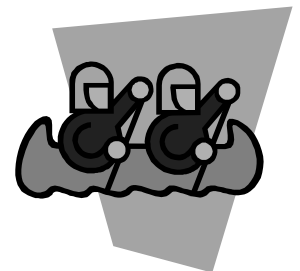
Breakfast: This morning it's pancakes. We were lucky enough to come during the peak of blueberry season, so this breakfast is extra special. For the breakfasts later in the week, our group chose oatmeal and something called "Moose Munch" (our guide assured us it wasn't made with real moose). After breakfast we clean our dishes, pack up camp and get into our canoes for another beautiful day of paddling.

Mid-Morning: After a few hours of paddling and a couple of portages we stop for a mid-morning snack. The last portage we crossed was nearly a quarter-mile long. I chose to carry a canoe, and while it was heavy, I made it across with only one stop. My group is getting pretty good at portaging. We started off pretty rocky yesterday, but by now, each one of us knows what to carry and how to help each other out. We're all thankful for leaving extra clothing and unnecessary stuff back at camp or else we'd be carrying all of it across these portages. The snack we're eating is a special trail mix, the camp calls it 'Gorp.' They've added extra dried fruit for taste, which makes it better than the stuff we buy back home.



Lunch: The rest of the morning has gone by quickly. A small rainstorm came up just as we were pulling up to a campsite for lunch. We grabbed our raincoats and helped our guide put up a tarp for protection. I've never seen anyone tie knots the way she can! The rain looks like it will pass quickly though. For lunch, we're eating hearty crackers with peanut butter and jelly.

Afternoon: We've just pulled up to a waterfall it is an incredible sight to see. We left our canoes a ways back and followed our guide up to the falls to get some pictures. The roaring is loud but there is something graceful in that sound. In a few minutes, our guide says she's going to lead us in a Bible Study right next to the falls. Later this week she's bringing us to a large rock with ancient Native American paintings still on it. I can't wait!



Supper: We pitched camp and everyone helped out. Now we're waiting for our guide to finish dinner: a pot of warm chicken, rice and vegetables. Last night we had steak! She says she's even going to make a camp specialty for dessert: Scrambled Brownies. The sun is setting and we're all pretty tired from a long day of paddling, so I think it's going to be an early night for most of the group. I'm going to stay up though and see if the northern lights come out. You wouldn't believe the stars up here!



Home of Voyageurs Canoe Country

P.O. Box 1076, Cook, MN 55723 800-331-5148 218-666-5465

vlm@VLMcamps.org www.VLMcamps.org



Bible Study Outline- Still to come...

The Bible Study used will be adapted to fit the environment and the length of Voyageurs Canoe Country trips.

Day	Title	Text	Objectives - This study will help participants...
One			•
Two			•
Three			•
Four			•
Five			



Home of Voyageurs Canoe Country

P.O. Box 1076, Cook, MN 55723 800-331-5148 218-666-5465 vlm@VLMcamps.org www.VLMcamps.org



Canteen and Mission Project Information

Camp Vermilion Canteen

A canteen (or camp store) will be available to Voyageurs Canoe Country participants for purchasing snacks, t-shirts and other camp memorabilia. For budgeting purposes, we've included a short list of products and prices below.

- Pop/Candy/Ice Cream\$0.25 to \$1.75
- Camp Vermilion souvenirs\$0.50 to \$15.00
- T Shirts.....\$8.00-\$15.00
- Sweatshirts.....\$26.00-\$35.00
- Souvenir Water Bottles.....\$10.00
- Boundary Waters Maps\$5.00

Gifts-in-Kind to Camp Vermilion

Camp Vermilion welcomes gifts-in-kind. All donations are much appreciated.

Supplies that are always needed include:

- Paper Towels
- Toilet Paper
- Dish Soap
- Coffee
- Chocolate Chips
- Graham Crackers
- Sugar
- Quick Oats
- Band-aids
- Duct Tape

Mission Project

Each year, VLM at Camp Vermilion and Camp Hiawatha emphasize a special mission project, which all campers are invited to support. In previous years, VLM has donated over \$5,000 each summer to various charities at home and across the globe, thanks to the generosity of our campers. The 2012 mission project is yet to be determined. Please consider making a donation to these projects while at camp this summer.



Home of Voyageurs Canoe Country

P.O. Box 1076, Cook, MN 55723 800-331-5148 218-666-5465 vlm@VLMcamps.org www.VLMcamps.org



Directions to Camp Vermilion

General Distances to Camp Vermilion

- From: Duluth90 miles; 1 1/2 Hours
- Minneapolis/St. Paul Airport225 miles; 3.5-4 Hours
- St. Cloud4+ Hours
- Fargo/Moorhead.....5-6 Hours
- Chicagoabout 10 hours driving time

To Camp Vermilion (Via Duluth/I-35 out of Minneapolis):

1. Follow I-35 north out of Minneapolis.
2. Take Hwy 33 via Cloquet to Hwy 53 (bypassing Duluth cuts 30+ minutes)
3. Hwy 33 drops you onto Hwy 53 North - follow to Cook, MN.
Once you reach Cook...
4. Turn right (north) onto CR- 24/2nd St. SE in Cook. Travel 3 blocks through town.
5. Go over RR Tracks and continue north 3 miles on CR-24.
6. Turn right (east) onto CR-78/Beatty Road at big "Resort Directional" sign. Travel 2 miles.
7. Turn left (north) onto Luthey Road. Watch for brown "Camp Vermilion" sign.
8. Travel 1.3 miles on Luthey Road. Turn left under Camp Vermilion archway.
9. Voyageurs Canoe Country registration is usually in the main parking lot, weather permitting. If it is raining, registration will be in the Dining Hall, the tall red building on the right after the parking lot. Registration and orientation begin at 2:00 pm.

For internet driving directions or your GPS, Camp Vermilion's physical address is:

Camp Vermilion
2555 Vermilion Camp Road
Cook, MN 55723

Call Marie, VLM's Adventure Director, (218-780-2696) if you are running late or are lost.
Remember to arrive at 2:00 pm.

***Please keep safety in mind.
Drive SLOWLY and be alert on camp property!***



Home of Voyageurs Canoe Country

P.O. Box 1076, Cook, MN 55723 800-331-5148 218-666-5465 vlm@VLMcamps.org www.VLMcamps.org



Suggested Packing List- (Please copy and share with all group participants.)

Remember: If you pack it, we carry it. We have to portage between lakes. Pack lightly!

Necessary Items:

- Necessary Personal Hygiene Items (Toothbrush, prescription medication, contact solution, feminine hygiene products etc.)
- 2 Shirts (short sleeve or tank-tops)
- 1 Long-Sleeve Shirt
- 1 Light Jacket/Fleece
- Sleeping Bag (Small enough to fit into a shared pack. Put in a waterproof bag or heavy-duty garbage bag.)
- Sleeping Pad (provides warmth and comfort. Thin foam or 'Thermarest' style work well. No large, bulky air mattresses please.)
- Water Bottle
- 2 Pairs of Wool or Other Quick Dry Socks
- 2-3 Sets of Underwear (can substitute swimming suits)
- 1 Pair of Pants (No jeans or cotton; quick to dry is key. Zip-off pants or wind pants work great.)
- 1-2 Pair(s) of Shorts
- Raingear: 1 Jacket and 1 Pant OR 1 Jacket (Ponchos are not ideal.)
- Swimsuit- Please bring modest swimwear.
- Hat
- Sunglasses
- SPF Lip Balm
- Sunscreen

Necessary Footwear:

Camp Vermilion has a 'Wet Foot' policy, which means that all participants must load and unload gear while their canoe is still floating in the water. Because of this policy, one pair of each participant's shoes/sandals/boots are guaranteed to get wet. For this reason, we strongly suggest bringing two pairs of shoes/sandals/boots: one "wet shoe" for daily travel and one "dry shoe" for walking around campsites. Additionally, all participants must wear wet shoes while swimming.

- Many combinations of boots/shoes/sandals work fine. Use the following information to choose what combination is best for you.
- All sandals MUST have strap securely to your foot (no 'flip-flops').
- Boots support ankles on rough terrain. Close-toed shoes help avoid injury from rocks and sticks. Sport sandals like Teva, Chaco, or Keen, dry quickly and can serve as wet and dry shoes, but don't protect as well.
- To avoid blisters and other foot problems, please break-in new footwear before coming to Camp Vermilion.

Optional Items:

- Small Bible or New Testament
- Insect Repellent/Bug Bite Medication
- Gallon-sized Ziploc bags to pack clothing
- Camera
- Card Games or Book to Read
- Pocket Knife (blade must be less than 6 inches)
- Pen/Pencil and Journal/Notebook
- Small Flashlight or Headlamp
- Lightweight/Small Towel (Chamois/Sarongs)
- Winter Stocking Cap (Ideal for June & Aug. trips)
- Small Day-Pack/Fanny Pack
- Fishing Gear, Small Tackle Boxes (Collapsible poles work best. No large Tackle Boxes, please). (See FAQ section for license info).

For Base Camp Use at Camp Vermilion Before and After Trip:

- Clean Clothes
- Toiletries for shower
- Towel for shower, sauna
- Optional money for snacks/souvenirs

*****What NOT to Bring on Trail***:**

- Jeans/denim (Will not dry when they get wet)
- Electronics (iPods, portable gaming devices, portable DVD players, radios, etc.)
- Umbrellas
- Large Tackle Boxes/Bulky Bait Containers
- Cotton sweatshirts (Will not dry if they get wet)
- Glass or Metal containers
- Personal Food like candy, beef jerky, etc. VLM provides more than enough food for the week.



Home of Voyageurs Canoe Country

P.O. Box 1076, Cook, MN 55723 800-331-5148 218-666-5465 vlm@VLMcamps.org www.VLMcamps.org



Detailed explanation of clothing and gear to pack: (Please copy and share with all group participants.)

Below is a more detailed explanation of some of the items on the Suggested Packing List. Your Voyageurs Canoe Country adventure will be an exciting time of challenge and growth. It is important that you are comfortable and ready for the experience that awaits you. Anyone with further questions is invited to contact Marie at 218-780-2696.

On a budget? Check thrift stores or borrow gear from friends and family. TJMaxx and Target are expanding their “quick dry” clothing options as well. You don’t need name brand items. Just avoid cotton since it doesn’t dry as fast.

Shirts: Bring clothing that can get dirty – long-sleeved for night time and keeping the bugs off on portages and short-sleeved for warm weather. Quick dry is preferred. Look for clothing made of nylon, polyester, or other synthetics.

Warm fleece jacket or heavier shirt: Bring one of these for keeping warm on cold nights or mornings. A wool shirt would also work. Cotton sweatshirts are not ideal, since they are bulky and do not dry quickly.

Rain gear: Rain is all but a guarantee in the Boundary Waters. If your clothes get wet, they may not dry for the rest of the trip. Because of this, it is essential that you bring good rain gear. Also, if the wind is cold and you need to warm up, you can put on your fleece and wear your rain jacket over it to cut the wind. Keep this in mind when choosing rain gear to bring. You may want it to be large enough to allow for extra space. Ponchos do not work as well as jacket and pants sets.

Swimsuit: Bring one for swimming and make sure it is comfortable and modest. Some participants choose to wear their swimsuits all day, and thus bring two so they don’t have to put on a wet suit in the morning.

Socks: Bring two pairs of socks on the trip. Wool and synthetic are preferred as they will dry more quickly.

Sleeping bag: Ideally, you want one that is warm enough for cold nights and mornings, but light enough to portage. The most important feature, though, is size. “Stuff sack” sleeping bags work well and allow sleeping bags to compress.

Waterproof bags: Keeping your clothing dry is very important. Each participant shares one “Duluth Pack” with another person for all clothing, sleeping bags and pads. Duluth Packs work great for carrying, but are not waterproof. While Camp Vermilion provides a thick plastic liner for each pack, if your clothing and gear are not protected, they will get wet. Ziploc bags – large and small – work well for packing clothes and other items. A large garbage bag or two, a large Ziploc bag, or a “Dry Bag” would work for your sleeping bag.

Water Bottle: It is important to stay well hydrated on the trail, so a quality water bottle is a necessity. The camp store sells durable (“Nalgene”) water bottles if you would like to purchase one after you arrive at Camp Vermilion.

Hat/Sunglasses/Sunscreen: The sun’s reflection from the water and aluminum canoes adds a lot to the potential for getting sunburned. PLEASE bring some form of protection from the sun.

Fishing gear: VLM welcomes fishing by participants. All campers over the age of 16 must have a current Minnesota fishing license. Licenses can be purchased from a number of places in Cook, MN. Anyone planning to purchase a Minnesota fishing license MUST have their social security number with them at the time of purchase. More information on Minnesota fishing regulations, including fees and types of permits available, can be found at www.dnr.state.mn.us/licenses. We also ask that if you plan on fishing, please purchase your license prior to arriving at Camp Vermilion.



Home of Voyageurs Canoe Country

P.O. Box 1076, Cook, MN 55723 800-331-5148

218-666-5465

vlm@VLMcamps.org

www.VLMcamps.org



Frequently Asked Questions

Who provides transportation for my group to and from the entry points from Camp Vermilion?

Responsibility for transporting your group and your personal gear rests with your group. Voyageurs Lutheran Ministry transports canoes, food and equipment packs, and VLM staff in camp vehicles. More details will be given upon arrival at Camp Vermilion. Transportation for your group is available on a limited basis for a fee. Please inform VLM on the mode of your transportation in your Trip Planning Questionnaire.

What time does my group need to arrive at Camp Vermilion?

Orientation begins at 2:00 pm. As a courtesy to other groups, please be on time. If you are running late, please call Marie at 218-780-2696 so VLM staff can adjust schedules as needed.

Do Group Leaders need to fill out Health Forms?

Yes! All participants, regardless of age, must send a completed Health Form to Camp Vermilion. If the participant is below the age of 18, this form must be signed by a parent or legal guardian. A copy of the Health Form is included in this packet.

What is a Wet Foot Policy and why does Camp Vermilion suggest two pairs of shoes/boots/sandals?

In the tradition of the voyageurs who handled their canoes carefully, our groups step into the water when entering and exiting their canoes to minimize canoe scrapes and damage. No weight will be put into a canoe while that canoe is on land. For this reason, two pairs of boots/shoes/sandals are necessary, one pair of "wet" shoes and one pair of "dry" shoes. See the Packing List for more information.

Members of my group want to fish. Is this OK? Is there anything more I should know?

Camp Vermilion welcomes fishing by participants. As a courtesy to us, please mention on the Trip Planning Questionnaire if, and how many, campers would like to fish. This information will help us plan for your group. Additionally, be sure to read the information about fishing licenses in the Detailed Packing List section of this document or visit www.dnr.state.mn.us/licenses.

Tell me about portaging and canoeing each day. What is "portaging" and what should I know about the packs we will be carrying?

The average personal pack weighs less than 45 pounds (depending on how much gear you bring) and each pack contains the gear for two participants – this includes all clothing, personal items, sleeping bags and ground pads. As you can see, the lighter and smaller the gear, the better. The equipment and food packs weigh about 75 pounds each at the beginning of the week. We use aluminum Grumman and Alumacraft canoes, which are durable, but are heavy to carry- about 75 pounds. Typically, groups will paddle between 7 and 15 miles a day. Between lakes, groups will carry all gear across the portages (also called "portaging"). We try to carry no loose or hand-held items across portages in order to save time and energy.

I'm worried about the amount of gear I am bringing. Is all this stuff necessary?

Good question! Below are some handy tips for minimizing the amount of gear you bring with you:

- Fancy, expensive gear is unnecessary.
- Comfort, not style is key.
- Share a bottle of sunscreen.
- A pair of shorts can double as a swimsuit bottom or vice versa.
- Share flashlights.
- Use layers of clothing (t-shirts, jacket) instead of a heavy sweatshirt or jacket.
- Share a tube of toothpaste.
- Use rolled up T Shirt/Fleece as pillow.
- Share Bibles.
- If you bring a towel, keep it small.



Home of Voyageurs Canoe Country

P.O. Box 1076, Cook, MN 55723 800-331-5148 218-666-5465

vlm@VLMcamps.org www.VLMcamps.org



We are updating our Health Form for 2012. Once this document is available, it will be posted online at <http://VLMcamps.org/forms/>. Thank you for your patience.



Home of Voyageurs Canoe Country

P.O. Box 1076, Cook, MN 55723 800-331-5148 218-666-5465 vlm@VLMcamps.org www.VLMcamps.org



Trip Planning Questionnaire

The Voyageurs Canoe Country Trip Planning Questionnaire helps our staff prepare for your trip. Please complete this form for your group(s) and return it to VLM at least 4 weeks prior to your arrival. If you are bringing more than one group, please complete a separate form for each group. Directions for returning are found on the next page. Thank you for taking the time to share your group's expectations with us.

Group Name _____ City _____

Trip Date _____

Group Leader(s) _____ Age _____

Form prepared by _____ Date _____

Mode of Transportation for your group (type of vehicle, van(s), car(s), bus, etc.)* _____

Group Members

Brief Overview of group: _____ Adult Male(s) _____ Adult Female(s) _____ Youth Male(s) _____ Youth Female(s)

Have any of the participants attended Camp Vermilion or been to the Boundary Waters previously? If yes, please comment:

Briefly describe the general age/grade, physical capabilities, and canoeing/camping experience of the group:

Note any particular physical/medical/dietary concerns for any of the campers: (i.e., food allergies, diet restrictions, etc.)

Does your group include any non-swimmers? If so, please comment:

Program:

Each canoe guide has a prepared Bible study/devotional program. Would the Adult Supervisor like to assist in leading the devotions?



Home of Voyageurs Canoe Country

P.O. Box 1076, Cook, MN 55723 800-331-5148 218-666-5465

vlm@VLMcamps.org www.VLMcamps.org



Pre-trip Questionnaire (page 2)

Expectations:

Please tell us about your decision to participate in our Voyageurs Canoe Country program. As the Group Leader, what goals and expectations do you have for your trip?

What are the expectations of the rest of the participants?

Do any members of your group expect to go fishing during the trip? Is this a general expectation of the entire group? (Please see the FAQ portion of this packet for important Minnesota Fishing License information. Anyone who plans to fish and is over the age of 16 is required to carry a current Minnesota Fishing License).

Other:

List any particular points of interest or places you would like to see while in or near the Boundary Waters:

List any particular characteristics you are looking for in a guide (gender, leadership style, background, etc.).

Other comments or considerations you would like us to be aware of:

Please note: * You will be responsible for transporting your group(s) to and from the Boundary Waters Entry and Exit Points with your personal vehicle(s). Vehicles will be parked at the Entry Point during your trip and moved by VLM staff to your Exit Point by the time you exit the Boundary Waters. (Small valuables may be locked up at Camp Vermilion). VLM staff and group equipment will be transported by camp vehicles. If you wish for us to transport your group, arrangements must be made with VLM several weeks prior to your arrival at Camp Vermilion. This option is limited.

Please return this form to VLM as soon as possible—at least 4 weeks prior to your arrival at Camp Vermilion.

We look forward to serving you this summer!

Mail: Camp Vermilion, Attn: Adventure Director, 2555 Vermilion Camp Rd., Cook, MN 55723

Email: marie@VLMcamps.org

Fax: 218-666-5700