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**Keep this book handy until your  
child returns from camp.**

## Welcome to YMCA Camp Widjiwagan

This booklet has much of the information you'll need to prepare for your Widjiwagan adventure. It will tell you how to get to camp, what you should bring with you, what to expect and much more. We also include forms that are **important** for you to return so we can provide every camper with the best possible experience. Please read through this booklet thoroughly, and keep it as a reference. Like all campers and their parents/guardians, you will find yourself referring to it again and again as the date for camp approaches. This booklet is your guide to a summer of adventure and fun!

### What to Expect...

...Get away from civilization! At Widji, most of your time will be spent out of camp on a wilderness trip, canoeing or backpacking daily to new campsites, portaging, sleeping in tents, and cooking fantastic meals with your trail group.

...While in camp you will stay in log cabins that are rustic in the true Northwood's fashion. They are situated along the beautiful shores of Burntside Lake. Outdoor toilets are equipped with cold water for washing, and our own Finnish sauna offers an occasional evening treat. At the end of your session, campers will have the opportunity to take a shower and a sauna before heading for home.

...A typical Widji group will have three to six other campers your age, and a well-trained, experienced, and enthusiastic counselor. (Some groups may have two counselors).

...This is **your trip!** You'll help plan the route and the menu, and you'll share in the paddling, cooking, campsite responsibilities and FUN.

...Your Widji counselor teaches and thoroughly reviews how to paddle a canoe, how to carry a backpack and the other wilderness skills you need before you take to the trail.

...Widji trips are physically strenuous at times. Working hard to get in shape and build strength before your trip will help you enjoy each activity that much more.

...A Widji trip is an adventure – you'll have fun days, rainy days, sunny days, easy days, hard portages or mountain passes, bugs, gorgeous sunsets, and just about everything else you can imagine. A positive attitude and lots of enthusiasm are the best things you can bring to camp.

## Paperwork/Forms

We want to get to know each camper **before** he or she arrives at Camp Widjiwagan. It is important that we have a good understanding of every camper's needs, strengths, desires, and expectations so we can better provide a fantastic Widji experience!

Here is an explanation of each form we need you to complete prior to the camper's session. As you complete each form, try to include as much pertinent information as possible.

**All fees and forms are due by May 3, 2010.**

1. **Health History Form** – This form provides us with the camper's medical history and other information that helps us make group assignments and place your child in the best group possible for them. If there is additional information we should know regarding how to manage your camper's diet, medications and behavior, please attach an additional sheet of paper with more information to the Health History Form. **Parents/guardians** need to complete this and return it by May 3, 2010.
2. **Camper Information Form** – Campers and parents/guardians should complete and return this form by May 3, 2010. This form provides us with insight into the camper's interests, skills and desires. This will assist us in making group assignments and planning the camper's experience.
3. **Physical Examination Form** – Each camper must have a physical examination within 24 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 the licensed physician sign the form.** Please try to return this form by May 3, 2010, but not later than 2 weeks prior to the camper's session.
4. **Passports** – Campers traveling to Canada (Quetico, Explorer Canoe, AE Canoe, Voyageur, possibly AE Backpack and Mountaineer) will be required to have a passport. In addition to the original (which should be sent up with the child), a copy of the passport must be sent in to the office with the other required paperwork. This will help ensure that all campers have the appropriate documentation. Once at camp, passports will be checked into the office and kept secure until campers go on trail. When on trail, passports will be kept with the counselor in the First Aid Kit.
5. **Out-of-State Transportation Form** – If you are coming from outside of the Twin Cities area and are unable to make housing arrangements, Widji staff can meet you and arrange housing accommodations for a fee. Please complete and mail this form as soon as possible, but no later than

May 3, 2010. For further information, please refer to the "Out-of-State Transportation" section in this booklet.

## **Friends at Widjiwagan**

While some campers come to Widjiwagan with a friend, most first-time Widji campers come without knowing anyone else. A big part of what makes Widjiwagan special are the strong friendships made on the trail. Therefore, we encourage you to come to camp ready to meet new people and make friends.

If you plan on coming to camp with a friend, we can try to place you and one friend in the same trail group. We will not place groups of three or more friends together. This can create a difficult social situation for other members of the group. **Both** friends must request each other in order to be placed in the same group. At the advanced trip level, we do not honor friend requests.

## **Financial Assistance**

The YMCA welcomes all who wish to participate and annually raises funds through our Y Partners Campaign to help make that possible. Please let us know if we may serve you or your family in this way. Check online at [www.widji.org](http://www.widji.org) for application material or call 612-465-0568.

## **Program Accessibility**

Please let the YMCA know if you or your camper has a disability requiring accommodation. This information enables the YMCA to better meet your needs or those of your camper, within available resources and to the extent reasonable.

## **Behavior Expectations**

YMCA Camp Widjiwagan reserves the right to dismiss any camper if they do not follow respectful behavior expectations. Actions that will lead to dismissal include, but are not limited to: harassment, use of drugs or alcohol, theft or damage of property and disregarding instructions. If a child is dismissed, there will be no refund.

## What to Bring

Don't forget to bring your sense of adventure as you head to Widjiwagan! This is your opportunity to experience a different way of life – enthusiasm and excitement are the key ingredients for success. Enclosed you'll find a "what to bring" list for your Widji adventure. If you have questions, please give us a call 651-238-4027; we would be happy to help.

You may find many of the items on the "What to Bring" list in your own closet. However, if you have difficulty finding things, we have listed some Twin Cities stores that may be helpful.

Store	Location	Phone Number
Dick's Sporting Goods	Check the phone directory for convenient locations.	
Gander Mountain	Check the phone directory for convenient locations.	
Hoigaards	5425 Excelsior Blvd, St. Louis Park	(952) 929-1351
Joe's Sporting Goods	33 East County Rd B, St. Paul	(651) 209-7800
Kaplan Brothers, Inc.	1414 E Lake St, Mpls	(612) 729-9465
Midwest Mountaineering	309 Cedar Ave S, Mpls	(612) 339-3433
Nokomis Shoe Shop	4950 34 <sup>th</sup> Ave S, Mpls	(612) 724-1406
Ragstock & Secondhand Stores	Check the phone directory for convenient locations.	
REI	494 & Lyndale Ave, Richfield	(952) 884-4315
REI	1955 W Cty Rd B2, Roseville	(651) 635-0211
Thrifty Outfitters	309 Cedar Ave S, Mpls	(612) 339-6290
Sports Authority	Check the phone directory for convenient locations.	
Mills Fleet Farm	Check the phone directory for convenient locations.	
<b>Online Resources</b>		
<a href="http://www.campmor.com">www.campmor.com</a>	<a href="http://www.sierratradingpost.com">www.sierratradingpost.com</a>	<a href="http://www.mec.ca">www.mec.ca</a>
<a href="http://www.ems.com">www.ems.com</a>		

## What Not to Bring

- **Widji is tobacco free!** Do not bring tobacco products or plan to use them at Widji, or while on a Widji trip. Tobacco use conflicts with the healthy lifestyle goals of Widji.
- Alcoholic beverages, drugs not prescribed by a physician and firearms are not allowed at camp or on trail. Bringing any of these items to camp will result in immediate dismissal.
- Cell phones and laptop computers are not allowed.
- In keeping with Widji's philosophy of living and working within our natural world, personal electronic devices such as CD players, iPods, MP3 players, Gameboys or electronic games, radios or hair dryers are not allowed at camp.
- Do not bring your own supply of aspirin, Tylenol or other over-the-counter medications. Our Health Services and trail first aid kits contain all the supplies you'll need.

- If your camper wishes to bring a knife to camp, it should be no larger than a “Swiss Army” pocket knife. Large knives are unnecessary and a hazard.
- Finally do not bring candy or pop to camp. They create an attraction for Northwood’s critters!

## Getting to Camp using Widjiwagan Transportation

A coach style chartered bus and/or van(s) leave the Northeast YMCA located at 2100 Orchard Lane in White Bear Lake on the opening day of each camp session according to the schedule below. The bus returns campers to the Northeast YMCA on closing day of the session. The bus stops in Cloquet and Virginia for the convenience of campers living in these areas.

**Directions to the Northeast YMCA:** From I-694 go North onto White Bear Avenue. Continue down White Bear Avenue for ¼ mile. Turn Right onto Orchard Lane. The YMCA is on your right. The Bus Coordinator will be at each arriving and departing bus and can be reached at: **(651) 245-2332**.

- The bus will stop at Subway on the way up to camp. Bring money to buy lunch or pack a bag lunch. Campers riding the bus home should also bring money for lunch.
- Please make reservations to ride the bus or van. If you did not reserve a bus or van seat on the registration card and you plan to use our transportation, please call the camp office immediately and let us know. There are no refunds on bus fees.

St. Paul – Round Trip \$126	To or From Camp \$63
Cloquet – Round Trip \$84	To or From Camp \$42
Virginia – Round Trip \$56	To or From Camp \$28

**Bus Drop-Off and Pick up:** At the drop-off location, campers are greeted by Widji staff. Each camper is checked in by a staff member as they get on the bus or van. This same process occurs at any stop that is made on the way up to camp. Campers returning from camp at the end of their session are met at the bus or van by their parents/guardians. A Widjiwagan staff member will remain at the pick up location until all campers have been picked up. It is imperative that parents/guardians arrive at the pick up location on time, as the Widjiwagan staff needs to proceed to the airport to drop off out-of-state campers. Safety procedures for both bus and van travel are reviewed by the driver, staff, and campers prior to departure on all trips.

### To Widji: Departure Times

Northeast YMCA, White Bear Lake.....	Load 7:45 a.m.	Depart 8:00 a.m.
Arby's Restaurant, Cloquet .....		10:15 a.m.
Subway Restaurant, off Hwy. 53, Virginia .....		11:30 a.m.
Arrive at Camp.....		1:30 p.m.

### From Widji: Arrival Times

Leave Camp.....	9:00 a.m.
Subway Restaurant, off Hwy. 53, Virginia .....	10:15 a.m.
Arby's Restaurant, Cloquet .....	11:15 a.m.
Northeast YMCA, White Bear Lake.....	2:00 p.m.

**Bus to Widji**

Northeast YMCA – 7:15am begin check-in  
Depart 8:00 am

**Monday, June 14**  
Canoe-BWCA: June 14-27  
Canoe-Quetico: June 14-27  
Canoe-Quetico: June 14-July 4  
Canoe-Explorer: June 14- July 10  
Canoe-Adv. Explorer: June 14-July 16

**Friday, June 18**  
Canoe-Introductory: June 18-27  
Canoe-BWCA: June 18-July 4  
Canoe-Quetico: June 18-July 4

**Wednesday, June 23**  
Canoe-Introductory: June 23-July 4  
Canoe-BWCA: June 23-July 4  
Canoe-BWCA: June 23-July 10  
Backpack Explorer: June 23-July 23

**Wednesday, June 30**  
Canoe-Introductory: June 30-July 10  
Canoe-BWCA: June 30-July 16  
Canoe-Explorer: June 30-July 29  
Backpack-Isle Royale: June 30-July 10

**Tuesday, July 6**  
Canoe-Introductory: July 6-16  
Canoe-BWCA: July 6-16  
Canoe-Quetico: July 6-23  
Backpack-Bighorn Mt: July 6-23  
Backpack-Rocky Mt: July 6-23

**Monday, July 12**  
Canoe-Introductory: July 12-23  
Canoe-BWCA: July 12-23  
Canoe-BWCA: July 12-29  
Canoe Quetico: July 12-29  
Backpack-Bighorn: July 12-29  
Backpack-Adv. Exp.: July 12- Aug 11

**Monday, July 19**  
Canoe-Introductory: July 19-29  
Canoe-BWCA: July 19-August 5  
Canoe-Quetico: July 19-August 5  
Canoe/Backpack Combo: July 19- August 5  
Canoe-Adv. Exp.: July 19-August 21

**Sunday, July 25**  
Canoe-Introductory: July 25-August 5  
Canoe-Quetico: July 25-August 5  
Canoe-Explorer: July 25-August 23  
Backpack-Rocky Mt: July 25-August 11  
Backpack-Explorer: July 25-August 23

**Sunday, August 1**  
Canoe-Introductory: August 1-11  
Canoe-BWCA: August 1-17  
Canoe-Quetico: August 1-21  
Backpack-Bighorn Mt: August 1-17  
Backpack-Rocky Mt: August 1-17

**Saturday, August 7**  
Canoe-Introductory: August 7-17  
Backpack-Superior: August 7-17  
Canoe-BWCA: August 7-23  
Canoe-Quetico: August 7-25  
Cano/Backpack Combo: August 7-25

**Friday, August 13**  
Canoe-Introductory: August 13-25  
Canoe-BWCA: August 13-25

**Bus from Widji**

Northeast YMCA – 2:00 p.m.

**Sunday, June 27**  
Canoe-Introductory: June 18-27  
Canoe-BWCA: June 14-27  
Canoe-Quetico: June 14-27

**Sunday, July 4**  
Canoe-Introductory: June 23-July 4  
Canoe-BWCA: June 23-July 4  
Canoe-BWCA: June 18-July 4  
Canoe-Quetico: June 18-July 4  
Canoe-Quetico: June 14-July 4

**Saturday, July 10**  
Canoe-Introductory: June 30-July 10  
Canoe-BWCA: June 23-July 10  
Canoe-Explorer: June 14-July 10  
Backpack Isle Royale: June 30-July 10

**Friday, July 16**  
Canoe-Introductory: July 6-16  
Canoe-BWCA: July 6-July 16  
Canoe-BWCA: June 30-July 16  
Canoe-Adv. Explorer: June 14-July 16

**Friday, July 23**  
Canoe-Introductory: July 12-23  
Canoe-BWCA: July 12-23  
Canoe-Quetico: July 6-23  
Backpack-Bighorn Mt: July 6-23  
Backpack-Rocky Mt: July 6-23  
Backpack-Explorer: June 23-July 23

**Thursday, July 29**  
Canoe-Introductory: July 19-29  
Canoe-BWCA: July 12-29  
Canoe-Quetico: July 12-29  
Canoe-Explorer: June 30-July 29  
Backpack-Bighorn Mt: July 12-29

**Thursday, August 5**  
Canoe-Introductory: July 25-August 5  
Canoe-BWCA: July 19-August 5  
Canoe-Quetico: July 25-August 5  
Canoe-Quetico: July 19-August 5  
Canoe/Backpack Combo: July 19-August 5

**Wednesday, August 11**  
Canoe-Introductory: August 1-11  
Backpack-Rocky Mt: July 25-August 11  
Backpack-Adv. Exp.: July 12-August 11

**Tuesday, August 17**  
Canoe-Introductory: August 7-17  
Canoe-BWCA: August 1-17  
Backpack-Superior: August 7-17  
Backpack-Bighorn Mt: August 1-17  
Backpack-Rocky Mt: August 1-17

**Saturday, August 21**  
Canoe-Quetico: August 1-21  
Canoe-Adv. Explorer: July 19-August 21

**Monday, August 23**  
Canoe-BWCA: August 7-23  
Canoe-Explorer: July 25-August 23  
Backpack-Explorer: July 25-August 23

**Wednesday, August 25**  
Canoe-Introductory: August 13-25  
Canoe-BWCA: August 13-25  
Canoe-Quetico: August 7-25  
Canoe/Backpack Combo: August 7-25

**Hotels Near the Northeast YMCA**

Holiday Inn Express - Vadnais Heights (651) 484-2400  
Best Western – Maplewood Inn (651) 770-2811  
Best Western – White Bear Country Inn (651) 429-5393  
Emerald Inn of Maplewood (651) 777-8131

**Getting to Camp by Automobile**

If you prefer, you may drop off and/or pick up your camper. We'd be delighted to have you visit Camp Widjiwagan. If you are bringing your child to Camp, please plan to arrive by 1:00 p.m. If you are picking up your camper, please arrive at camp between 8:30 and 9:00 a.m. on the morning their session ends. Staff will not be available to supervise campers after 9:00 a.m. Dogs are not allowed at camp.

Due to limited parking availability at Camp, campers are prohibited from driving their own vehicles to Widji.

**Directions to Ely from Twin Cities:**

Take I-35 north to Cloquet exit. Take Highway 33 north through Cloquet to Highway 53. Take Highway 53 north past Virginia to Highway 169. Go east on Highway 169 to Ely.

**Directions from Ely to Camp Widjiwagan:**

Travel east out of Ely 1.5 miles. Just past the entrance to the International Wolf Center, turn left onto 88. Go 2.3 miles to 116, which is the Echo Trail. Turn right on the Echo Trail and go 9.1 miles to the North Arm Road (less than 1 mile past Fenske Lake Campground). Turn left onto 644, which is the North Arm Road. Follow North Arm Road for 1.5 miles to the camp entrance, which will be on your left. Turn left into camp and proceed to the office in the Sigurd Olson Center.

From St. Paul to Camp Widjiwagan: approximately 260 miles, 5 hours driving time.

Camp Telephone Number: (218) 365-2117

## Out-of-State Transportation and Housing

Many campers come to Widji from outside of the Minneapolis/Saint Paul metropolitan area. Most are able to arrange their own housing in the Twin Cities and transportation to the Widji bus. When this is not possible, Widji will for an additional fee, provide transportation and housing for campers en route to or from camp.

To request this service, please complete the enclosed "Out-of-State Transportation and Housing" form and send to the Widji office by May 3.

### Fees for this service are as follows:

1. Transportation to and from airport, before and after session, one night housing and meals.....\$102
  2. Transportation to airport, after session only.....\$40
- We ask that campers arriving from out of state who plan to be transported by Widji staff **arrive between 2:00 and 7:00 p.m.** the day before their session begins.
  - Please make return trip reservations for no earlier than **5:30 p.m.** on the last day of the camp session. In the rare event that you are unable to schedule your return trip for that day, we will provide an extra night of housing and meals for an additional \$102.
  - If there is a last minute change in travel plans, **PLEASE** call the Widji Administrative Office (651) 645-6605, Monday – Friday. If you do not reach anyone at the Administrative Office, then contact camp directly at (218) 365-2117 or the Bus Coordinator at (651) 245-2332.

## Visiting

The time for parents/guardians and friends to visit their camper is at the end-of-session banquet. This is a fantastic opportunity for parents/guardians to share in the trail experience and participate in camp's celebration banquet. We invite you all to attend and join in the festivities!

### Banquet Reservations

**Reservations for both meals and tent spaces are required one week prior to the banquet date; no reservations will be accepted after this deadline.**

Reservations can be made by completing the banquet reservation form and returning it to our Administrative Office along with the appropriate payment. Everyone is welcome to participate in the Social Hour and Closing Campfire; reservations are not required for these events and may be attended whether or not you have banquet reservations.

**Space is limited, reserve early! No meal or tent reservations accepted less than one week prior to the banquet you are attending.**

**BANQUET DAY VISITORS SCHEDULE** – BANQUET DAYS are always the day **before** the session ends. For example, if the session dates are July 12-23, the BANQUET is July 22. Reservations for visitors must be made no later than one week in advance of the banquet you are attending by completing the Banquet Reservation form along with sending in the appropriate fee.

4:30-5:00 p.m.     **Arrive, check-in at the office.**  
5:30 p.m.         **Banquet in Kirby Dining Hall**  
6:15 p.m.         **Social time outside of Kirby.**  
7:00 p.m.         **Closing Campfire**

If you would like to join us, **please make advance reservations** by returning the Banquet Reservation form to the Widji Administrative Office at 532 **County Road F, Hudson, WI 54016**. **Our banquet seating is limited, so please make reservations ASAP.** **Banquet reservations must be made no later than one week before a given banquet, no reservations will be accepted after this deadline.** In the event a banquet is filled, guests are still invited to the skits/closing campfire.

**Guest Meal Prices**

Breakfast.....\$5 per guest     *Children under the age of five eat free.*  
Banquet.....\$10 per guest

We do not have cabin space for guests, but tent sites are available for one night at \$10 depending on availability. Due to the limited space, guests may only tent at Widji the night of their camper's banquet. **Reservations for tent spaces are required no later than one week prior to the banquet date you are attending.** Set-up time is from 4 to 5:30 p.m. If you need information regarding accommodations in the Ely area call the Ely Chamber of Commerce at (800) 777-7281 or visit their Web site at <http://www.Ely.org>

**No meal or tent reservations accepted less than one week prior to the banquet you are attending**

**There are no refunds on banquet and tent site fees.**

***NO PETS allowed at camp.***

**Camp Widjiwagan has a policy that there are no pets allowed in camp.** If you are visiting camp and have a pet with you, the alternatives are:

- Use the kennel service available at the Ely Veterinarian Clinic, (218) 365-5911.
- Stay at one of the nearby public campgrounds that may allow pets, such as Fenske Lake. Thank you for your cooperation in this matter.

## 2010 Banquet Schedule

### Saturday, June 26

Canoe-Introductory: June 18-27  
Canoe-BWCA: June 14-27  
Canoe-Quetico: June 14-27

### Saturday, July 3

Canoe-Introductory: June 23-July 4  
Canoe-BWCA: June 23-July 4  
Canoe-BWCA: June 18-July 4  
Canoe-Quetico: June 18-July 4  
Canoe-Quetico: June 14-July 4

### Friday, July 9

Canoe-Introductory: June 30-July 10  
Canoe-BWCA: June 23-July 10  
Canoe-Explorer: June 14-July 10  
Backpack Isle Royale: June 30-July 10

### Thursday, July 15

Canoe-Introductory: July 6-16  
Canoe-BWCA: July 6-16  
Canoe-BWCA: June 30-July 16  
Canoe-Adv. Explorer: June 14-July 16

### Thursday, July 22

Canoe-Introductory: July 12-23  
Canoe-BWCA: July 12-23  
Canoe-Quetico: July 6-23  
Backpack-Bighorn Mt: July 6-23  
Backpack-Rocky Mt: July 6-23  
Backpack-Explorer: June 23-July 23

### Wednesday, July 28

Canoe-Introductory: July 19-29  
Canoe-BWCA: July 12-29  
Canoe-Quetico: July 12-29  
Canoe-Explorer: June 30-July 29

Backpack-Bighorn Mt: July 12-29

### Wednesday, August 4

Canoe-Introductory: July 25-August 5  
Canoe-BWCA: July 19-August 5  
Canoe-Quetico: July 25-August 5  
Canoe-Quetico: July 19-August 5  
Canoe/Backpack Combo: July 19-Aug 5

### Tuesday, August 10

Canoe-Introductory: August 1-11  
Backpack-Rocky Mt: July 25-August 11  
Backpack-Adv. Exp.: July 12-August 11

### Monday, August 16

Canoe-Introductory: August 7-17  
Canoe-BWCA: August 1-17  
Backpack-Superior: August 7-17  
Backpack-Bighorn Mt: August 1-17  
Backpack-Rocky Mt: August 1-17

### Friday, August 20

Canoe-Quetico: August 1-21  
Canoe-Adv. Explorer: July 19-Aug 21

### Sunday, August 22

Canoe-BWCA: August 7-23  
Canoe-Explorer: July 25-August 23  
Backpack-Explorer: July 25-August 23

### Tuesday, August 24

Canoe-Introductory: August 13-25  
Canoe-BWCA: August 13-25  
Canoe-Quetico: August 7-25  
Canoe/Backpack Combo: August 7-25

## Payments

- **All fees are due May 3, 2010.**
- **Credit Cards** – Your camp fee may be put on your VISA, Discover, Mastercard or American Express by phone or mail. **All camp fees must be paid in full by May 3, 2010.**
- There is a \$25 service charge for all returned checks and credit card payments.
- If your child earned part of his or her fee by selling products through one of the other YMCA of Greater Saint Paul Branches, please indicate this with the name of the Branch and amount credited (not sold) when you return the payment card and payment.
- Any changes made to session dates or type of session will require a \$25 service fee.

## Cancellations

### Regular Sessions

Cancellations must be in writing. If you cancel:

- A \$200 non-refundable registration fee is due with each registration.
- All remaining fees are due by May 3, 2010.
- Registrations after May 3, 2010 require full payment.
- Any changes made to session dates or type of session will require a \$25 service fee.
- Payments can be made by check, Visa, MasterCard, Discover or American Express.

Cancellation and Refund Policy:

Cancellations must be made in writing. If you cancel:

1. Before May 3, 2010, Widji will refund all fees except the registration fee, which is \$200 for regular sessions, \$300 for Explorer and Advanced Explorer sessions and \$500 for Mountaineer and Voyageur sessions.
2. After May 3, 2010 all fees are non-refundable.\*

\*Exception for #2: A) If a cancellation is made due to a medical condition and confirmed in writing by the treating physician all fees but the registration fee will be refunded.

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

Camp Widjiwagan reserves the right to send any camper home early who does not abide by camp rules or whose behavior is disruptive, uncontrollable, illegal, dangerous or disrespectful to other campers or the camp community. No refund will be issued for any of the above reasons.

## **Communication with Camp**

### **The Widji Administrative Office**

The Twin Cities Widji office is open year-round, Monday – Friday from 8:00 a.m. to 4:30 p.m.

YMCA Camp Widjiwagan  
532 County Road F  
Hudson, WI 54016  
Phone: (651) 645-6605 Fax: (715) 386-4382

### **We Will Contact You...**

Widjiwagan will contact parents/guardians only if a camper experiences an illness or injury requiring medical attention outside of Widjiwagan, or if they have been evacuated from their wilderness trip for any reason. To expedite this process, it is important that we have the correct contact information for the parents/guardians throughout the camp session. If it is necessary for a camper to go home, the parents/guardians are expected to provide transportation.

### **Telephone at Camp**

Camperers are not allowed to make or receive calls while at camp except in emergencies; phone (218) 365-2117 and fax (218) 365-2018. If no one is in the office to take your call, we have voicemail which is checked frequently throughout the day.

### **Mail at Camp**

Letters from family and friends (but **not** 'CARE packages' – please see below) are always appreciated! Our mailing address is:

Camper Name, Camper Session (i.e. Quetico, Explorer)  
YMCA Camp Widjiwagan  
3788 North Arm Road  
Ely, MN 55731-8441

### **E-mail at Camp**

Please do not e-mail your child while they are at camp. Widjiwagan is not equipped to handle e-mails to campers. Any e-mails that are sent will not be forwarded to campers or trail staff.

**Please** do not send or have your child bring 'Care Packages' with food, beverages or candy. We ask this for two reasons: First, having food in cabins attracts animals to the buildings and creates excess waste. Second, we carefully plan and balance camp meals. 'Care Packages' sent to campers will not be given to them until they return home at the end of their session.

## Money at Camp

Money and valuables will be checked into the Trading Post or camp safe to prevent loss. This excludes personal electronic devices outlined on page 4 as they are not allowed and we do not have sufficient space for such items.

Widji campers may need money for the following:

- **The Trading Post** – Widjiwagan has a small Trading Post where campers can purchase items such as bandanas, pens, stationery, stamps, batteries, as well as Widjiwagan hats, shirts, sweatshirts, etc. Purchases are made by subtracting the cost of the item from the original amount deposited. The remaining balance is returned to the camper the morning of his or her last day in camp. These are approximate prices and are subject to change:
  - Nalgene bottle \$15
  - Sweatshirts \$30-\$48
  - T-shirts \$12-\$15
- **Lunch on the way to and from camp** – Please bring money to buy lunch \$5-\$10.
- **Fishing Licenses** – Fishing regulations and license requirements vary for each area through which Widji travels.

## Health Service

- Widjiwagan's Health Services is staffed by Health Professionals who rotate on a weekly basis. Widji's advising physician oversees the Health Services. Ely has a well-equipped hospital located 15 miles from camp.
- Campers who use prescription medication must bring it to camp in the **original prescription bottle** and we must have written instructions from your doctor, either on the bottle or on a separate piece of paper, before it can be used.
- In case of an accident or serious illness, parents/guardians or the emergency contact will be notified.
- On Widji trips we work and play in remote wilderness areas. Prepare for your trip by working on your fitness level. You do not need to be an athlete to enjoy the wilderness, but conditioning is important for your safety, the safety of others and the success of your experience. Increasing your muscle strength, flexibility, and aerobic fitness will help make your trip more enjoyable.
  - o Increase muscle strength with sit ups, push ups, or weight lifting
  - o Remember to stretch before and after you work out to maintain and increase your flexibility.
  - o Aim for 3-5 aerobic workouts each week – jogging, hiking swimming, etc for 30 minutes per workout.

- Because of the isolated nature of Widji trips, all campers **must** have had a tetanus shot or booster within the last ten years. Campers who have not had a tetanus shot or booster within the last 10 years will not be allowed to go on their trip.

## **Fishing Facts**

Fishing in the Northwood's of Minnesota and Ontario, the Bighorns of Wyoming, and the Absarokas of Montana often provides excitement and fond memories for all who venture across the remote lakes and portage trails. Game fish of the Quetico/Superior canoe country include walleye, lake trout, northern pike, and small mouth bass , as well as panfish and a few other exotic species. Mountain lakes and streams feature a wide variety of trout including brook, brown, rainbow, cut throat, and other species as well.

Campers need to consider size and weight limits of fishing tackle so that it fits in their portage packs or backpacks along with the rest of their personal gear. Flat, compact tackle boxes are suggested, preferably no larger than 12-14 inches long. Lure selection is often by personal preference, but some that produce well include Rappela's (imitation minnows), spoons, an assortment of jigs and spinner baits. **Widjiwagan requires that the barbs be flattened on all treble hooks.** We ask this for the safety of the fish and the campers. Barbless hooks allow for greater ease in the release of fish that are inedible and might otherwise be seriously injured by improper removal of a barbed hook.

**Although fishing is not the primary focus of Widjiwagan trips, ample time is made available on layover days, as well as in the morning and evening of travel days when time allows. Good Luck!**

### **FISHING IN MINNESOTA**

For information regarding current fees and restrictions as well as the purchasing of a license, call (651) 296-6157 or (888) MINNDNR or visit the Minnesota DNR at <http://www.dnr.state.mn.us/fishing/index.html>.

### **FISHING IN CANADA**

For information regarding current fees and restrictions as well as the purchasing of a license, call (800) 387-7011 or visit the Canadian Web site at <http://www.mnr.gov.on.ca/en/Business/LetsFish/index.html>.

### **FISHING IN WYOMING**

For information regarding current fees and restrictions as well as the purchasing of a license, call (307) 777-4600 or visit the Wyoming Web site at <http://gf.state.wy.us/fish/>.

### **FISHING IN MONTANA**

For information regarding current fees and restrictions as well as the purchasing of a license, visit the Montana Web site at <http://www.fwp.mt.gov./fishing/>.

## **The Widjiwagan Progression**

At Widjiwagan, you may return year after year and always find new and more challenging adventures. For Widji campers in grades seven through 10, we offer trips of varying lengths ranging from six to 18 days on trail. The ideal start to the progression for new campers might be an Introductory BWCA session or an Isle Royale Backpack session. Returning campers may opt to try a longer Bighorn Backpack or BWCA Canoe session as an intermediate level trip. More experienced campers may attend our Quetico Canoe or Rocky Mountain Backpack sessions. Many campers try both canoeing and backpacking during their years at Widjiwagan.

Our Advanced Camper progression is an invitational program for Widji campers who have completed their sophomore year in high school and have shown competence, maturity and leadership on their past Widji trips. These campers may be invited to explore more rugged and remote areas as Widji Explorers, Advanced Explorers and Voyageurs/Mountaineers. The Voyageur and Mountaineer expeditions culminate the camper's years at Widjiwagan. These groups spend 35-45 days paddling in the Northwest Territories, Nunavut, or Alaska or backpacking in Alaska or the Yukon.

All of Widjiwagan's trips, from the six day Introductory BWCA to the Mountaineer and Voyageur expeditions, incorporate our mission to provide a fun, quality wilderness experience which develops respect for self, community, and the environment.

## **Lost and Found**

Yes, items get misplaced at Widji! We make every effort to return lost items while campers are at camp. To facilitate this, please mark all items brought to camp with your child's first and last name. With so many campers coming with the same items, often the only distinguishing mark is the camper's name. All lost and found articles are brought to the office, so if a camper loses something while at camp, he/she can check the office. After each session ends, we gather all "found" items in our camp lost and found. If you're missing something you can check in at the office until September 30. After that date, all unclaimed items will be donated to a local charity.