



**Camp du Nord
YMCA of Greater Twin Cities**

Administrative Offices
2125 E. Hennepin Ave.
Minneapolis, MN 55413
Phone: 612-465-0550

Ely Office
3606 North Arm Road
Ely, MN 55731
Phone: 218-365-0365
Fax: 218-365-5677

www.dunord.org



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.

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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

WHAT TO BRING

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

Food. If you are not on the meal plan, pack a sufficient amount of food for your week at camp. All cabins are equipped with a full kitchen and cooking utensils. Platform cabins, platform tents, and tent sites have an outdoor fire ring for cooking and a food storage unit with refrigeration. Bread, milk, eggs and snacks are available for purchase at the Trading Post.

Towels. Bring hand, bath, beach dish, and dish towels. Camp du Nord does not provide towels.

Bedding. Campers are responsible for their own bedding and pillows. Sleeping bags are convenient, especially for those planning overnight camping. Remember to include blankets, as nights up north can be chilly. See section on Cabins/Camping Sites for appropriate bedding sizes in specific cabins.

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. There are no public laundry facilities at camp. 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, portable BBQ grill, bug net (if camping), games, puzzles or other activities that your family enjoys. These are just a few ideas!

For Sharing. Auction items, musical instruments, favorite stories, and any special talents.

Bikes. You are welcome to bring bikes, although there are limited places to ride (North Arm Road). We ask family campers not to ride bikes within camp boundaries. 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.

PLANNING FOR THE WEEK

Schedule your Overnight or Cookout Now

The overnight and cookout information was mailed to you, or can be found on our website under the *forms and publications* section. This form must be filled out and received by mail, email (libby.carlson@ymcatwincities.org) or fax at our Customer Service Center (2125 E Hennepin Ave. Minneapolis, MN 55413) at least one week prior to your arrival. **It is very difficult to schedule staffed cookouts and overnights after arriving at camp.**

Communication at Camp

Mail may be addressed to you at:

Your Name (and Cabin/Tentsite)
YMCA Camp du Nord
3606 North Arm Road
Ely, MN 55731

Phone

If you need to supply a phone number for folks staying back home, the Camp du Nord office does have a phone. Should an emergency arise at home, the caller should contact the Camp du Nord Administrative Office at 612-465-0550, directly call the camp at 218-365-0365 between the hours of 8:30 am – 5:30 pm or call the emergency on-call numbers: 218-365-7648 or 218-365-7686 or 218-365-2796

Cell Phones/Smart Phones

It is our intention to create a place where families can unplug and be removed from the technology elements of our daily lives, allowing for a simple, peaceful and quiet family vacation in the woods. A huge part of what makes du Nord such a special place for families is the absence of these things. Out of respect for others, please keep your screens in your cabins. Thank you!

Computers

We truly try to provide an uninterrupted experience for families to be together, without screens. Therefore, wireless internet is not readily available on site at Camp du Nord. We do understand that for some, it wouldn't be possible to come to camp if you were not able to check-in. Rather than driving to town to check emails, etc. please talk to the office staff at camp and we can arrange for you to access a computer.

Find Camp du Nord 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.

Camp Office

The Camp Office is located in the lower level of the dining hall. It is accessible from the east side of the building. Information and key staff may be located here. Here you can also find:

- Automatic Defibrillator (AED unit)
- First Aid kit
- Access to the camp radio and phones – for emergencies

Meal Service

Meal service for families at the dining hall is available on a pre-registered basis. You may register for meal service by filling out Meal Service Request Form on the [forms and publications](#) page of the Camp du Nord website. You must sign up for meal service at least one month prior to arriving at camp. Our dining hall does have a limited capacity, and reservations are taken on a first-come, first-served basis, so please register early. Breakfast is served buffet style. Lunch and dinner meals are served family style. Meal times are 8:00 a.m. 12:30 p.m. and 5:30 p.m. With advance notice, efforts will be made to meet special dietary needs (form also available on our website). Food service plans begin with Sunday brunch and end with Saturday breakfast. The Friday afternoon picnic is available for all campers, not just those on the meal plan.

A SUMMER WEEK AT DU NORD

The following is a general outline of activities. A specific schedule with times and locations will be at your cabin or campsite when you arrive and are posted in public areas.

Saturday/Sunday Arrival

Campers may arrive any time after 5 p.m. Saturday and before 3 p.m. Sunday. Please do not arrive early, as our staff needs time to get the facility ready for the week. Campers arriving between 5-8 p.m. on Saturday night will be greeted at Gateway House at the entrance of Pine Pointe Village. If your family arrives after 8 p.m., a map of camp can be found in the lobby of the Gateway Welcome Center. A radio is also located there if you need to get in touch with staff to find your cabin or site. Information on how to locate staff at other times and other important information for the week will be available at your cabin or campsite.

Saturday

5:00-8:00 p.m.	Arrive and Check in at Gateway House
5:30-8:00 p.m.	Trading Post Open
7:00 – 8:00 p.m.	Introductory Campfire

Sunday

9:00 a.m.	Christian Chapel Service at Peace Pointe
9:30 a.m.	Mandatory Equipment Orientation at Northland and Pine Pointe boating areas
10:30-11:15 a.m.	Brunch Buffet for those on the Breakfast and/or Lunch Meal Plan
12:30 – 1:15pm	New Camper Orientation
3:45-4:30 p.m.	All Camp Orientation & Welcome at Burntside Stage
4:30-5:15 p.m.	Activity Sign-Ups in Thor’s Field
5:30 p.m.	Dinner, family style, for those on Dinner Meal Plan
7:00 p.m.	S’mores Night and Family Introductions
	Vespers – Evening Reflections and Christian Hymns at Siam Point

Typical Monday through Friday Schedule

This is offered as general information only. Please refer to the schedule provided in your cabin for times and locations of activities during your week at camp. Please see Programs and Activities section for program descriptions.

7:30 a.m.	Polar Bear Swim at Pine Pointe beach
7:45 a.m.	Polar Bear Swim at du Nord beach
8:00-8:45 a.m.	Breakfast Buffet for those on the Breakfast Meal Plan
9:00-9:30 a.m.	Nature Notes
9:30 - Noon	Age-Group Activities
Noon	Announcements
12:30 p.m.	Lunch, family style, for those on Lunch Meal Plan
Afternoon	Family Activities: hiking, canoeing, swimming, sports, family crafts, etc.
5:30 p.m.	Dinner, family style, for those on Dinner Meal Plan
Evening	Options may include sing-alongs, storytelling, camp auction, game night, saunas, night hikes, Family Discovery Night, Family Arts Center activities and opening and closing gathering.

Saturday Departure

We kindly ask that all families be checked out and depart camp property no later than 11 a.m. on Saturday. Because of limited staff time between check-out and check-in for the next week's families, all families are expected to clean their cabin or site before leaving camp. A cleaning checklist will be provided in your cabin.

On your way out muffins, coffee, and juice will be available free of charge for all campers at Gateway House, located at the entrance of Pine Pointe, from 9-11 a.m.

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!

Trading Post

The Trading Post is located in the lower level of the dining hall. The Trading Post will be open most days from 8:30 a.m.-8:30 p.m. except during meals. Exact hours will be listed in the schedule you receive at your cabin or tent site. Costs for items range from a few dollars for snacks to \$50-\$60 for sweatshirts and jackets.

Sample Items Available

- Espresso drinks, hot chocolate, local root beer
- Ice cream
- Camp du Nord items: T-shirts, jackets, sweatshirts, stuffed animals, hats, postcards, stickers, coffee mugs, travel mugs, water bottles and more!
- Milk, eggs, butter and bread
- Snacks
- Postage stamps
- Insect repellent & sunscreen

The du Nord library is located in the Trading Post. Many resource books, fiction and non-fiction books, and a special children's book area can be found here.

Parents are asked to set limits for their children on their purchases. This is easily done by checking in with the store manager.

The Trading Post operates with an open account for all campers, which allows you to purchase items all week on credit. To open an account campers are asked to check in at the store and provide a credit card, check or cash before making any purchases at the beginning of the week. This allows campers to shop at the Trading Post without the need to carry cash with them during the week.

You may close your account at the Trading Post anytime during regular store hours on Friday. Please note that we do not require you to check-out at the end of the week - this is only if you would like a detailed list of what was purchased. At the end of the week your Trading Post bill will be charged to your credit card. A receipt of your store bill will be sent to you upon request.

The Outdoor Activity Center (OAC)

The OAC provides fun activities to draw attention to the natural beauty around us at du Nord. So get ready for an adventure! Matchless fire starting, scavenger hunts, orienteering, cooking and tasting delicious trail food, hikes, paddles, and more!

The OAC is located in the lower level of the dining hall, in between the Trading Post and office. Hours will be posted. The OAC provides a variety of activities, classes, and games throughout the week. The staff will offer help and guidance in planning your own family hike, paddle or cookout. Maps of the immediate area, camping gear, canoe pads and other equipment are available. The OAC staff will teach you proper use of du Nord equipment if you missed the equipment demonstration on Sunday morning.

du Green Tip: Stop in for details about our Eco-Challenge and learn how you can earn your very own du Green reward. This is a wonderful and fun opportunity for your family to help us in our Green efforts and learn how you can bring some practices home!

Cookouts and Overnights

If you would like more outdoor adventure for your family, consider an overnight or cookout. The OAC can help you! Canoe or hike to one of many beautiful nearby locations with your family and enjoy a genuine trail experience.

The overnight and cookout form can be found on the forms page of our website. This form must be filled out and received by mail or fax at our offices at least one week prior to your arrival. It is very difficult to schedule staffed cookouts and overnights after arriving at camp. All equipment, except for sleeping bags and personal gear (i.e., rain gear, toiletries, etc.), is available in the OAC. Our staff will be available to help in planning your cookout or overnight and help you choose the location and assist you in packing out your equipment and food for your special family get-away. Groups are limited to nine members, including one staff if you choose to have one accompany your family. Participants are charged \$5/person for a cookout and \$8/person for an overnight.

du Trips

We also offer BWCA trips for multiple nights with your family! Before or after your week at du Nord, challenge your family to spend a few days paddling beautiful lakes with an experienced guide. Please contact our office at 612-465-0550 if you are interested in learning more about this opportunity for du Nord families! Cost will depend on the length and details of the trip.

ACTIVITY HIGHLIGHTS FOR SUMMER 2017

Look for these programs at du Nord 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. for Pine Pointe Village and 7:45 a.m. for du Nord Village. Polar Bear swimmers take the early morning plunge into icy Burntside Lake in order to officially end camp's quiet hours. Polar Bears who go all five days will get a certificate at Closing Celebration and the right to buy a coveted Polar Bear T-Shirt in the Trading Post.

Nature Notes is a great opportunity for kids to learn about and enjoy our natural world, in particular the amazing north woods. Campers are asked to come to Nature Notes Monday – Friday morning at 9:00 to learn about nature and our environment. All campers who complete our Nature Notes Program will receive a patch at the end of the week. There are two separate Nature Notes activities, those for 'Under 7 years of age' and 'Over 7 years of age'

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

Camper Supervision Ratios during age groups:

0-3 years	1 staff/3 campers
3-5 years	1 staff/6 campers
6-8 years	1 staff/8 campers
9-14 years	1 staff/10 campers
15-18 years	1 staff/12 campers

Announcements. At the end of age groups each day, all campers (children and adults) gather at Burntside Stage 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!

Garden. Children and adults will have a chance to stop by our camp garden, grown using the compost created by our very own campers! Our garden primarily features the square-foot gardening technique. Stop by to taste some of the fruits (and vegetables) of our labor, and learn about gardening in the north woods!

Afternoon Activities

Opening Celebration is chance to meet the other families, sing songs, play games, and get to know the staff through their opening skit on Sunday afternoon.

The Family Art Center (FAC) is the center of art activities in camp. Open to all campers every Monday – Thursday afternoon 2-4:30 p.m. The FAC is located in du Nord Village. Campers under 12 must be accompanied by an adult.

Specific art classes are offered at the FAC between 2:00 and 4:00 p.m., Monday-Thursday and require sign-up. All those who have signed up for a class are asked to come on time and plan on staying for the entire two hours, as these classes are more technical in nature and require the entire period. There may be an additional fee for some arts projects.

The FAC will also host an "Open Studio" every afternoon. Families can drop in at any time from 2-4:30 for large variety of art projects to work on as a family. There may be a minimal cost for some projects.

Logrolling is a staff lead activity at the du Nord swim beach. Staff members will facilitate participants as they do their best to stay on a spinning log in the water. Logrolling will be available from 2-4 pm on Monday, Tuesday, and Thursday. On Wednesday the log will be at the Northland Boating area for Voyageur Days. Please be aware of the interest of others while participating in logrolling.

Voyageur Days is held on Wednesday afternoon in Northland village. Traditional activities including hatchet throwing, tug-o-war, the card game Pit, the voyageur canoe, and logrolling make for a fun-filled afternoon. You also have the chance to learn about voyageur history, take a picture in

voyageur clothing, and try a classic voyageur treat, bannock! It's a great way to spend an afternoon outside.

Family Triathlon meets Thursday afternoon at 3:30 at du Nord beach. Believe us, it's not as hard as it sounds! The triathlon is done in family teams and consists of one camper swimming around the outside of the swimming area, a second camper running from du Nord beach to Northland boating area, and two more campers paddling a canoe to the finish line at du Nord beach. The triathlon is for all ages and can be as competitive or non-competitive as your team would like.

All-Camp Picnic will take place Friday after age groups. All campers (not just those signed up for a meal plan) can come down to Northland Village for a picnic lunch!

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.

Evening Activities

Activities tentatively scheduled for this summer include:

Saturday Night Campfire is an opportunity to get to know families staying in your village and also ask our weekend duty staff any questions that you have about the upcoming week.

S'mores Night and Sing-Along takes place on Sunday night in each of the three villages. This is a chance to sing camp songs, get to know other families, and make delicious s'mores around the campfire.

Storytelling and Talent Share aka North Woods Home Companion will take place on the Crossroads Patio on Tuesday nights. This is an opportunity for staff to tell classic stories, fun stories for kids, and lead a song or two as well. This is a great chance for YOU to share your talents as well. Dance, sing, play an instrument, do a skit, show off a magic trick, whatever your talent, we want to see it.

The Twilight Paddle meets on Monday nights at both Pine Pointe and Northland Boating Areas. The paddle will allow families to have a shorter experience (1 hour) or a longer one (2 hours) depending on participant interest. What a great way to spend an evening!

Naturalist Presentation will be held on Monday nights and is one of many opportunities for your family to learn about the incredible environment around us in the north woods.

The Night Hike meets on Monday nights between 9 and 9:30 and is a chance for your family to explore the woods in the dark with staff. Counselors will lead the group in nighttime activities out on the North Arm Trails. Campers can hike all the way to Old Baldy with one group, where they can put their new knowledge of the night sky into practice, or have the option to head back to camp a little earlier with another staff. Children under 12 must be accompanied by an adult.

Camp Auction. Join the program staff on Thursday evening at an auction held to help support YMCA Camp du Nord and special camp projects. Please consider bringing an item to be auctioned. Families can bring their auction items to the Trading Post early in the week. Some long-time campers think the Auction is the best part of the week! Staff perform hilarious skits, get goofy, and have a ton of fun. Spirited bidding and friendly competition makes the live auction on Thursday an exciting experience. Popular items include craft projects, food items, services (such as a home-cooked dinner at another family's cabin), chocolate, baked goods and handmade/homemade items. The auction is a great opportunity to teach your children about philanthropy, with an understanding that the money being spent is a donation to Camp du Nord.

Saunas. The Camp du Nord wood-fired sauna will be fired up multiple times throughout your week. Check your schedule for adult single-gender, co-ed adult, teen and kids' saunas. Sign-ups are required for adult saunas. An adult must be present during the kids' sauna. Soap is not allowed in the sauna or Burntside Lake.

Northland and Pine Pointe Villages both have electric saunas and can be used at any time between the hours of 7:30 a.m. and 10:00 p.m. Adults must be present whenever these saunas are used. These saunas must be vacated by 10:00 p.m. in order to respect our quiet hours and our neighbors. The saunas are located near our neighbors, and for that reason, any noise must be kept to a minimum. Please no running or screaming,

especially when entering the water! There is no glass allowed in any of the saunas. Please review sauna rules each time you enter.

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 special recognition of campers that have braved Polar Bear, Eco-Challenge, etc.

2017 DU NORD STAFF

Year-Round Staff

Niki Geisler –Executive Director
Andy Sinykin – Senior Camp Program Director
Emily Weise - FWS Program Director
Scott Olson – Resident Property Manager
Ben Grady – Maintenance Staff
Andy Gibbons – Maintenance Staff
Cindy Gardner – Food Service Manager
Jen Fogel – Administrative Coordinator

Program Staff:

Angela Wunderlich
Arzu Petersen
Avery Witt
Ben Noeldner
Caroline Gray
Claire Patterson
Cole Davis-Roberts
Connor Danis
Elise Tuma
Flora Klein
Henry Klein
Isaac Patterson
Juan Tenjo
Justin Hobbs
Lily Johnson
Lisa Torstenson
Lucy Trotter
Rose Pane
Sadie Saxton
Sam Hoover
Sarah Adler-Rephan
Zach Rice

LDP Staff:

Zach Lee
Caroline Gray
Isaac Patterson
Zach Rice

Outdoor Activity Center:

Noah Burson
Sarah Adler-Rephan
Sadie Saxton
Isaac Patterson
Brian Geisler

Trading Post:

Beth Rice
Elise Tuma
Rachel Brodeur
Flora Klein
Rose Pane

Geisler Patrol:

Cecilia Moulton

Office:

Ellen Gee

Family Arts Center:

Sydney Holcomb
Casandra Ladas

Kitchen Staff:

Jenny Pearson
Willie Pearson
Karvel Schram
Max Nelson
Audrey Davis-Roberts
Stephanie Lee
Philip Moulton
Caty Haaversen
Michelle Timmins
Solomon Olson

Maintenance:

Alexis Ruff
Andrew Pirkl
Brian Geisler
Sid Thompson
Dave Brown
Peter Dieder
Elijah Olson

Volunteer Resource Families

Week	Argo	Yurt
1. June 10-17	Landvik	Marien
2. June 17-24	Anderson/Hagen	Faust/Rosten
3. June 24 – July 1	Swenson	Binning
4. July 1-8	Homans	
5. July 8-15	Anderson/McNally	
6. July 15-22	Davnie	Lee
7. July 22-29	Robinson	Dregni
8. July 29 – Aug. 5	Waibel	
9. Aug. 5-12	Kranz	Rupe
10. Aug. 12-19	Hanson	
11. Aug. 19-26	Trotter	
12. Aug. 26 – Sept. 1	Bergstrom	Phoenix

CAMP POLICIES

Our North Woods Environment

Camp du Nord summer programs often take our beautiful north woods environment into account. We aim to create a greater appreciation for, and understanding of, the outdoors. Program activities are continually being developed with emphasis on increasing campers' awareness of the north woods environment and on family participation in activities that promote a connection with wilderness.

Firewood

Although surrounded by woodland, our supply of wood is not unlimited. Our wood supply, for your use at no charge, is dependent upon hundreds of hours of volunteer efforts and donated woodcutting equipment. We ask that you use firewood conservatively for campfires and in the fireplaces.

Recycling, Trash and Compost

All trash, recycling, and compost should be delivered to the appropriate area before 4 p.m. each day. In keeping with our philosophy, Camp du Nord insists upon recycling glass, plastic, paper and metal. Recyclables must be separated from burnables and placed in the appropriate containers. Continuing this summer is the option to compost in your cabins. If you would like to participate, we will have all materials and information in your cabin/at your site.

Wildlife

Camp du Nord shares the North Woods with many creatures. Bears do visit camp from time to time, looking for unattended food. Please help us prevent visits from bears by making sure that any food and garbage is properly put away at all times. If you are staying in a tent site, you can store food in the nearby food cache, in the bear boxes provided, or in your vehicle. While black bears are not usually dangerous to humans, remember that they are unpredictable wild animals and to keep a safe distance.

CAMP DU NORD POLICIES

1. Every attempt is made to encourage preservation of this unique wilderness setting. All campers are expected to respect the trees, land, buildings, equipment, and each other. Individuals, families or groups registered will be held responsible for any damage to the grounds, buildings, and/or equipment.
2. Rowboats, kayaks and canoes are available for use as a part of the camp fee. Low impact travel on Burntside and the nearby lakes is encouraged. A 10-h.p. motor may be used ONLY by people with physical disabilities. The motor must be removed from the camp boat after each use. If you wish to bring a fishing boat, its length is limited to 16 feet. Larger fishing boats and/or motors cannot be brought to Camp du Nord.
3. If you choose to bring any personal recreation equipment, please keep it in your cabin or site when not in use. Camp du Nord will not be responsible for any damages or misuse of personal equipment by other campers.
4. To respect possible allergy issues of other campers, domestic animals belonging to campers and/or volunteers are not permitted at any of the villages at Camp du Nord at any time.
5. Use of alcoholic beverages at camp is limited to campers' immediate living area. The legal drinking age limit is 21 years and is adhered to at all times. Please be safe and responsible!
6. Tobacco use inside any structure or on the grounds is not allowed. Nearby smoking area is available.
7. Use of illegal drugs is prohibited.
8. The YMCA of the Greater Twin Cities bans guns and weapons of any kind on the premises of Camp du Nord. All firearms are prohibited on camp property.
9. Campers should park cars in established parking lots during stay at camp. We ask that personal vehicles are only used during arrival and departure.
10. All youth groups, 18 years and younger, shall have chaperones in the ratio of one responsible adult chaperone to 10 youth. That adult must be 21 years of age or older and at least five years older than the oldest participant in the group. Young adult groups, ages 19 and 20 years old, shall have one responsible adult chaperone to 15 campers. That adult must be 21 years of age or older and at least three years older than the oldest participant in the group. The responsible adult chaperone is the person signing the reservation agreement and is legally responsible for the group. The adult chaperone should have the health history, emergency contact information, and transportation permission for each participant.

11. All campers should hike, boat or canoe with a partner and communicate their route and estimated time of return to another responsible adult. All search and rescue effort expenses will be charged to the lost campers.
12. Day permits are required to enter the BWCAW for day hiking or paddling. Permits may be obtained at the trailhead at the North Arm Trailhead parking lot or at portages that enter the BWCAW.
13. Any recreational activity carries with it normal levels of physical risk. Any injuries to campers while participating in activities at any of the villages at YMCA Camp du Nord are the responsibility of that camper or responsible adult.
14. By submitting a summer lottery registration form or a post-lottery summer registration form, campers automatically grant permission to use photographs of individuals, families and/or groups in YMCA promotional materials.
15. ANY change(s) made to a summer reservation date(s) or site selection(s) are subject to a \$50 service charge, per change.
16. Cancellations made 3 weeks or less before your camp session start date are non-refundable and non-transferable. If your cancellation is due to a camper's illness or medical reasons, or other uncontrollable circumstances, your camp fees will be refunded minus the deposit when cancellation is accompanied by a doctor's statement/official statement. Cabins not in use because of registration cancellations may be used by the camp staff for other functions.
17. There is a \$20 service fee for all returned checks and rejected credit card payments.
18. Cell phones and other electronic devices should only be used in camper cabins. It is our intention to create a place where families can unplug and be removed from our technology driven society, allowing for a simple, peaceful and quiet family vacation in the woods.

Emergency Procedures

First aid kits are located in the office in the basement of the dining hall, the basement of Thor's Lodge, the Pine Pointe Yurt, Morning Glory Program Center, the dining hall kitchen and the Northland Village shower house. An AED is also located in each village (Office, Thors basement, Morning Glory).

If there is an emergency (i.e., lost camper, fire, etc.), one long air horn blast will sound. Staff members will gather at Thor's Lodge, the OAC, or the Morning Glory Program Center at Pine Pointe. Available adults should also report to these locations if they are willing to assist. Weather emergencies often happen very suddenly and it is the responsibility of all campers to take

appropriate cover. Storm shelters are located in the basement of the dining hall, the basement of Thor's Lodge and the basements of Greenstone and Northern Lights cabins. Inclement weather procedures will be covered at the All Camp Orientation on Sunday afternoon.

If there is an emergency that requires evacuation due to an armed intruder, five short air horn blasts will sound. In this instance your first option should be to flee the area (the best option may be to go into the woods), your second option is to hide, and your last resort is to fight back.

Procedures for Using Camp Equipment

You can use Camp du Nord equipment only after you attend an Equipment Demonstration.

Equipment Demonstrations (Demos) take place on Sunday at 9:30 at Northland and Pine Pointe Village boating areas. Attendance is required. If you would like to use our equipment, please attend the orientation. At Monday age-groups for children, staff explains du Nord traditions and guidelines and offer age-appropriate demonstrations.

Staff will explain in detail, program options and camp operational procedures at the Camp du Nord All Camp Welcome and Orientation on Sunday at 3:30 p.m. at Burntside Stage.

Waterfront

- Swimming is allowed only in designated beach areas.
- Inflatable beach toys and glass items are not allowed at any beach area.
- Fishing is not allowed at, or near any beach, or from any dock near swimming areas.
- Canoes, kayaks and rowboats are available for use after waterfront orientation and equipment demonstrations.
- Watercrafts are to be used only during daylight hours.
- All du Nord watercraft must be properly put away after each use.
- Lifejackets must be worn correctly at all times on a boat or paddleboard.
- Children 12 and under must be accompanied by an adult at ALL times.

Logrolling

Logrolling is a staffed program at the du Nord beach. Offered from 2:00-4:00 on Monday and Tuesday, as a part of Voyageur Days on Wednesday, and again from 2:00-4:00 on Thursday afternoon.

- All participants under 18 must pass the shallow water swim test (at a minimum).
- Participants under 12 must be accompanied by an adult.
- Please limit your time to 1 hour in order for all interested participants to have a quality amount of opportunity.

Canoe Standards

- Always transport canoe from rack to water with two people
- When entering a canoe keep one foot in the water and place other foot in center of canoe
- Wet boot policy - the policy of only allowing keel of canoe to touch water - is intended for the safety of paddlers and preservation of the equipment
- There should be no more than four people in a canoe
- Duffer sits on floor between thwarts and yoke (not on thwart)
- Parts of the Canoe: gunwales, thwarts, yokes, deck plates, bow, stern
- Weather policy; No boating in rough water or when there is thunder or lightning
- Always paddle on opposite sides to avoid swamping
- Life jackets are required at all times. Must be appropriate size and buckled at all times.
- If you swamp never leave the canoe. Lock your arms over the belly and don't worry about any of the gear.
- If you swamp point the canoe toward shore and get in and paddle if possible

Kayak Standards and Procedures

Exploring Burntside Lake by kayak is a wonderful alternative to more traditional canoes. Kayaks offer a means of exploring the waters surrounding du Nord unlike any other craft. Kayaks are stable, draw little water, and are easy to learn to paddle. They're great for families, where children can experience the independence and fun of piloting their own boats (though not alone, of course).

Managing Risk:

While the lower center of gravity given to a paddler by the kayak's seat position makes the boat more stable, kayaking has the additional risk of a paddler becoming trapped if the kayak capsizes. Also, being a solo boat, a kayak offers a greater temptation for paddlers to venture off alone. The following standards have been developed to manage these risks:

1. Kayakers must wear a securely fastened, properly sized PFD at all times.
2. Kayakers must be in the company of other paddlers (canoeists or kayakers) at all times--no paddling alone.
3. Campers who want to take a kayak on an outing must be at least 12 years old and demonstrate their ability to perform a "wet exit" with a du Nord staff member to ensure that they can handle the possibility of capsizing.

Paddleboard Standards

1. Paddleboarders must wear securely fastened, properly sized PFD at all times.
2. Paddleboarders must stay within view of the Northland boathouse. Paddleboarder may not go behind Northland/Blueberry Island, or past Peace Pointe near the shore.
3. Campers under the age of 12 must have parent nearby on another paddleboard, canoe, or kayak.

Program Options

When you arrive in camp, you will be informed about the program possibilities for both family and individual participation. Other than our Equipment Demonstration and the Sunday All Camp Orientation, 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. 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.

Cars at Camp

After unloading on Saturday, we ask that cars be parked in the parking lots. For safety reasons, we do not allow cars to be driven through camp during the week. The only exception is that cars may be kept in the auto tent sites and near Bear and Wolf platform tents (these cars must not be moved during the week). Parking lots are located at the North Arm Trailhead directly across the road from Northland Village, and at the top of the hill at Pine Pointe Village.

Bicycles at Camp

Bikes are welcome on the North Arm Road, but one must be aware of the motor traffic on this road. We do not allow bikes on camp paths. Ride with care!

Island Policy

Because of safety concerns, we do not allow swimming to Northland/Blueberry Island.

Also, we are very lucky that du Nord Island is a loon nesting spot and we get to see the little ones grow throughout the summer. Because of this, we ask that campers do not get out of their boats and walk on the island.

Quiet Hours

10:00 p.m. – 7:30 a.m.

For safety reasons, please wear shoes at all times!

After Hours/Emergency Phone numbers immediately, please use our on-call cell phone numbers at 218-365-7648 or 218-365-7686 or 218-365-2796

CABINS

All cabins have electricity and kitchens with running water, appliances, cooking and eating utensils.

Du Nord Village cabins have at least one double or queen bed; larger units have two. Pine Pointe Village cabins have at least one queen-size bed; larger units have two. Pine Pointe cabins also have a combination of regular size twin beds and extra-long twin beds. Northland Village cabins have a combination of queen size and single-size beds. **Bedding and pillows are not provided. Campers must provide their own bedding.** Sleeping bags are convenient for use in camp or on trail.

Both du Nord Village and Northland Village have a centrally located shower house with modern bathroom conveniences. Outdoor biffies are situated throughout the three villages.

Care of the Cabins, Tent Sites and Grounds

Care of the cabins and grounds is the responsibility of all campers. Every du Nord camper is asked to clean their cabin or tent site before leaving. Final cleanup should include cleaning the appliances, sweeping and/or vacuuming floors, recycling glass, aluminum, plastic and tin, disposing of non-recyclable trash and compost. Summer staff has limited time between sessions and will not be deep cleaning cabins or tent sites after you leave. To allow enough time to transition for the next week, please plan on leaving camp by 11 a.m. on Saturday. A summer staff person will visit you during the week to go over the cleaning checklist and to drop off your cleaning kit. Thank you ahead of time for helping us keep camp in good condition!

du Nord Village

Thor's Lodge sleeps 16, woodburning stove, spacious kitchen, 6 bedrooms, 2 bathrooms, deck. Beds: 6 full and 4 twin.

Lynx Lodge sleeps 14, hand-hewn log cabin with kitchen, 5 bedrooms, fireplace, 2 bathrooms, Beds: 2 queen, 10 twin in bunk and stand alone configurations.

Dane Lodge sleeps 10, hand-hewn log cabin with large kitchen, 3 bedrooms upstairs, stone fireplace in great room, half bath. Beds: 2 full, 2 twin and 2 bunk.

Lunta Loft sleeps 10, large kitchen, 2 bedrooms, 2 alcove bedrooms, fireplace in great room, 2 bathrooms. Beds: 2 queen and 3 bunk.

Jack's II sleeps 7, great room with woodburning stove, kitchen, 2 bedrooms and sleeping loft, bathroom. Beds: 1 queen, 3 twin (1 is a roll out), and 1 bunk.

The Winds sleeps 10, 4 bedrooms, kitchen, woodburning stove, bathroom, lake view, screened porch. Beds: 2 queen, 2 bunk and 2 long twin.

Salt Lick sleeps 6, two bedrooms, kitchen, fireplace, lake view. Beds: 1 full and 2 bunk (4 twins).

North Cove sleeps 5, 2 bedrooms, bathroom, kitchen, fireplace, lake view. Beds: 1 full, 1 twin and 1 bunk.

Nugget sleeps 4, 2 sleeping alcoves, kitchen, fireplace, lake view. Beds: 1 full and 1 bunk.

Totem sleeps 4, 2 bedrooms, kitchen, lake view. Beds: 1 full and 1 bunk.

Siam sleeps 4, 1 bedroom, kitchen, deck, lake view. Beds: 1 full and 1 bunk.

Sans Souci or "Suzy" sleeps 4 total, 2 in cabin and 2 in nearby platform tent; kitchen, fireplace, lake view. Beds: 1 full in cabin and 2 twins in platform tent.

Pilot House sleeps 2, 1 room with fireplace and kitchen. The porch extends over the lake offering great views. Beds: 1 full.

Northland Village

Twilight, Sunshine, North Star, and White Pine sleep 7, bathroom and a full kitchen, gas fireplace, 2 bedrooms and a loft, in-floor heat, central vacuum, and a screened porch. Beds: 1 queen, 5 long twins.

Skipper's sleeps 5, 2 bedrooms, woodburning stove, screened porch, kitchen, deck, bathroom. Beds: 1 queen, 1 bunk and 1 twin.

Kawnipi sleeps 4, 2 bedrooms, bathroom, kitchen, lake view. Beds: 1 queen, 2 twin.

McKenzie sleeps 5, 2 bedrooms, kitchen, screened porch. Beds: 1 queen, 1 bunk, and 1 twin.

Wolf and Bear Platform Tents sleep six and has a covered picnic table area and fire ring. Biffies are located nearby. These camping sites do not have any type of electrical hookups. Nearby refrigeration, food storage, showers and water spigot are available. Each platform tent has 1 double bed and 2 bunk beds. Dishes and cookware are provided by camp.

Pine Pointe Village

Northern Lights sleeps 11, fireplace, four bedrooms and sleeping loft, two decks, two bathrooms. Beds: 2 queen, 7 long twins.

Greenstone sleeps 11, fireplace, four bedrooms and sleeping loft, two decks (one is a screened porch), two bathrooms. Beds: 2 queen, 7 long twins.

Bald Eagle sleeps 7, screened porch, two decks, two bedrooms and sleeping loft, fireplace, bathroom. Beds: 1 queen and 5 long twin.

Osprey sleeps 7, screened porch, two decks, two bedrooms and sleeping loft, fireplace, bathroom. Beds: 1 queen and 5 long twin.

Timberwolf sleeps 7, screened porch, two decks, two bedrooms and sleeping loft, fireplace, bathroom. Beds: 2 queen and 3 long twin.

Chickadee sleeps 5, screened porch, two decks, two bedrooms, fireplace, bathroom, ADA accessible cabin. Beds: 1 queen, 1 long twin and 1 bunk (2 twins).

Wintergreen sleeps 4, screened porch, two decks, two bedrooms, fireplace, bathroom. Beds: 1 queen and 2 long twin.

Split Rock sleeps 5, screened porch, 2 decks, 2 bedrooms, full kitchen, bathroom, fireplace. Beds: 1 queen, 1 long twin and 1 bunk (2 twin).

Raven sleeps 5, screened porch, 2 decks, 2 bedrooms, full kitchen, bathroom, fireplace. Beds: 1 queen, 1 long twin and 1 bunk (2 twin).

Goshawk, Ladyslipper, Moose, and Buck Enjoy one of our "off-the-grid" eco-cabins. These newer cabins are simple, yet very comfortable. A screened porch with picnic table and stainless steel table make outdoor

cooking a breeze. The sleeping room includes 2 elevated long twin over queen bunkbeds. Nearby water spigot, showers, biffies, and refrigeration are available. Solar lanterns and all dishware and cooking utensils are provided.

Grosbeak platform tent sleeps 6, wooden platform with large tent, picnic table, cooking supplies (does not include propane stove), refrigeration and food storage nearby. Contains one double bed and two bunk beds.

CAMPING SITES – Additional Info

Outdoor biffies are situated nearby all camping site areas at du Nord Village and nearby the platform cabins and the platform tent in Pine Pointe Village. Pine Pointe platform tent campers can shower at the Morning Glory Program Center and du Nord tent campers can use the bath house.

Each camping site has a picnic table and fire pit with a grate for cooking. The grates swing aside to allow for campfires. Fire pits should be cleaned out before your family leaves camp. Fires are only allowed in designated areas. It is possible that dry conditions will create a fire hazard. If this occurs, propane cook stoves for tent campers are necessary. Please plan for the possibility of this condition by bringing a propane cook stove.

There are no water or electric hookups at any of the camping sites. A centrally located water spigot is provided at each camping area. All water in camp is safe for drinking unless noted otherwise. Refrigerators and chest freezers for shared use by campers are located at each camping area. Please be sure to clearly mark your food items and containers. To prevent animals from disrupting your food supplies, food must be stored in your vehicle or the food storage shelter (in a mouse-proof container).

Please remember, care of sites and grounds is the responsibility of all campers. When you leave on Saturday morning, please make sure the site is cleaned and ready for use by the next family. Leave it better than you found it!

du Nord Village

Rustic and Auto Tent Sites sleep 8 per site, picnic table, nearby refrigeration and food storage available.

Du Nord Village camping sites are available in two areas. The Rustic Lakeside Sites near the Family Art Center are for tents only. These 12' x 16' sites have wooden platforms that accommodate one large tent and allow you to pitch your tent as you normally would.

Auto Tent Sites are located in the center of camp and can accommodate one tent or one pop-up camper.

Pine Pointe Village

Pine Pointe Village is home to three Platform Cabins and one platform tent. Each platform cabin has a screened porch and outside cooking area. Nearby water spigot, biffies, showers at Morning Glory, and refrigeration are available.

The Pine Pointe sites are located near the lakeshore below the cabin area. To access the sites, proceed into Pine Pointe on the gravel road straight past the Morning Glory Program Center, and down the hill past the Bald Eagle cabin. At the bottom of the hill, turn right and follow the road past the Wintergreen cabin. As you slowly follow this road, you will come to the Yurt. Temporarily park your car here and unload into one of the wheel handcarts provided. Using the cart, follow the gravel path. The path will curve to the left and very soon, you will see the platform sites. Enjoy the week in one of the more secluded, and quiet campsites in all of Camp du Nord.

Please note: Exceeding cabin or tent site capacity by one person only, of any age, is permissible at a fee of \$135.

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.

2017-2018 Fall, Winter and Spring reservations are open!