



FORT WILDERNESS

# Prep Guide Leadership Lab

## Preparing for Camp

A few things to look forward to at Lab are: one-on-one discipleship, an over-night backpack trip, the 4-day canoe trip, nightly campfire, free-time on Blair Lake at the Lab site, team work projects and small group Bible studies.

We will do laundry only once, near the end of the second week. Nights and early mornings can be quite cool and daytime temperatures are generally between 70 & 80 degrees. We will be doing an overnighter and a four-day canoe trip, so bring the appropriate clothing. All equipment for our outings will be provided; if you have a back-pack that you prefer, feel free to bring it along. Please bring a sleeping bag even if you prefer regular bedding, as a bag will be needed for our off-site adventures.

### What to bring checklist.

- |  |   |
|--|---|
| <input type="checkbox"/> Clothing (shorts, jeans, shirts, socks, etc.) | <input type="checkbox"/> Old clothes and shoes (that will get wet)  |
| <input type="checkbox"/> Warm Jacket / Raincoat                        | <input type="checkbox"/> Modest, one-piece (full coverage) swimsuit |
| <input type="checkbox"/> Tennis shoes / Sandals                        | <input type="checkbox"/> Bible / Notebook / Pen                     |
| <input type="checkbox"/> Sleeping Bag & Pillow                         | <input type="checkbox"/> Sunscreen & Insect Spray                   |
| <input type="checkbox"/> Towel & Washcloth, Brush, Comb, etc.          | <input type="checkbox"/> Toothbrush/paste, soap, shampoo            |
| <input type="checkbox"/> Medications ( <b>see attached letter</b> )    | <input type="checkbox"/> Spending Money                             |
| <input type="checkbox"/> Flashlight / Camera                           | <input type="checkbox"/> _____                                      |

### Paperwork checklist.

- |   |  |
|---|--|
| <input type="checkbox"/> Camper fees paid on ___ / ___ / ___            | <input type="checkbox"/> Health History Form sent on ___ / ___ / ___   |
| <input type="checkbox"/> Food allergy info sent on ___ / ___ / ___      | <input type="checkbox"/> Insurance Information sent on ___ / ___ / ___ |
| <input type="checkbox"/> Liability Release Form sent on ___ / ___ / ___ | <input type="checkbox"/> Transportation sent on ___ / ___ / ___        |

**Health History Information:** A health history form and liability release must be filled-out and signed by a parent or guardian. This can be done as a hard copy, or on-line(preferred) and is due at the same time as your payment. Your child cannot attend camp if we do not receive these forms prior to their arrival.

**Insurance:** Each family is responsible for their own camper's health/accident insurance while they are at the Fort.

## Common Questions

### When do campers arrive and depart?

Camp begins on Saturday for Lab 1 – Session 1 (June 10<sup>th</sup> to June 30<sup>th</sup>) - Check-in: 2pm - 4pm

Camp begins on Saturday for Lab 2 – Session 2 (July 8<sup>th</sup> to July 28<sup>th</sup>) - Check-in: 2pm - 4pm

Campers depart on Friday - Pick up between 9:30am - 10:30am

### When are camper fees due?

Camper fees are due, in full, no later than **2 WEEKS PRIOR** to arrival.

### What if I have to cancel?

Each registration deposit is non-refundable and non-transferable.

### What if my child has medications he/she needs to bring to camp?

On opening day of camp the Nurse will check in all medications, please see attachment for new procedures for accepting medication. The health form has a list of medications provided by Fort. Parents and campers will meet the Nurse at registration time and be able to discuss any additional information. Medications are then dispensed when needed by appropriate medical staff throughout the week.

### What if my child has food allergies and/or a special diet?

We can accommodate gluten, dairy and nut allergies as well as some special diets related to specific medical needs. It is valuable for us to work with you to make a plan at least 2 weeks ahead of camp for special situations. If you are gluten free, please plan to bring your own bread and desserts as Fort does NOT provide these items. **For any food allergy, you must email the Youth Food Service Manager, Janet Merkel, no less than 2 weeks before the first day of camp.** Email Janet at [janetmer@fortwilderness.com](mailto:janetmer@fortwilderness.com)

### What about sending letters and packages?

Letters or packages being sent through the **US Post Office** should be sent using the following format:

Name of your loved one, Name of camp, Fort Wilderness, PO Box 715, McNaughton, WI 54543

Packages sent **FedEx or UPS** should be addressed: 6180 Wilderness Trail, Rhinelander, WI 54501

**Please do not send anything with peanuts or peanut butter due to allergies.**

### What about phone calls?

Over the years we have found it best NOT to encourage any phone calls home or vice-versa. If a camper does need to call home, it is our policy to have a camp leader help them call and stay with the camper during the call to answer any questions a parent might have. Because campers are normally involved in activities and not by a phone, we ask that parents call the Fort ONLY in case of emergencies. Cell phones are discouraged and will be collected by counselors and returned at the end of the camp.

### What about spending money?

Most campers bring \$40-\$50. Spending money can be used in the canteen to purchase snacks, keepsakes or clothing.

### What should I not bring?

In keeping with the flavor of the outdoor adventure programs at the Fort, cell phones, electronic games and music devices are not allowed. If you bring any electronics to use while traveling, that's fine, but we will collect your devices while you are at camp and return them at the end of the Lab. In addition fireworks, firearms, alcoholic beverages, drugs and tobacco products are not allowed on our grounds.

### How will problems be handled?

The following steps will be taken in working with any camper who has broken rules, regulations or is disrespectful to other campers or camp leaders:

1. A leader will talk with them to see if the problem can be resolved.
2. If the problem persists, the Camp Director will call the parents and inform them of the problem.
3. If the problem still continues, the Camp Director will call the parents to arrange immediate transportation home for the camper, without any refund of camping fees. Automatic dismissal of any camper that is stealing, possessing drugs/alcohol/firearms or physically abusing another camper is at the discretion of the Camp Director and will be dealt with swiftly, without any refund of camping fees.

### What about transportation options?

A bus or van is available to and from Fort Wilderness for an extra cost (\$115 Round Trip / \$65 One Way). To view the bus schedule, go to [fortwilderness.com/transportation/](http://fortwilderness.com/transportation/)