



FORT WILDERNESS

Prep Guide

Journey: Voyageurs National Park

Preparing for your Journey

Thanks for joining us! We're so excited for the adventure that lies ahead. We ask that you do your best to stick to the items on this packing list. Additionally, you may be asked to help carry gear for community use depending on the ability and space you have. Drybags will be available to check-out before we leave so your important gear will stay nice and dry.

If you have any questions or concerns as you pack, please reach out. We'd love to help. Here are some helpful tips and best practices to make the packing process easy and successful!

Clothing:

With clothing, quick-dry moisture wicking materials are always better. They will help keep you drier, warmer, and happier on your trip. The idea is to have an inner layer that pulls sweat away from your body to keep you dry, middle layers that provide insulation to keep you warm, and a waterproof top layer to protect you from rain if needed. To save space and weight we will have to re-wear some clothes on this trip, but don't worry, we will all be in the same boat and smell together. It's just a part of the experience!

Upper Body/Lower Body

- 2 T-shirts (non-cotton)
- 1 long sleeved top (long underwear, sun hoodie or polyester)
- 1 rain jacket
- 1 warm fleece or puffy layer (something that will keep you warm in the evening)
- 1 pair of shorts
- 1 pair of long pants – no jeans please!
- 1 warm bottom layer (sweatpants or fleece pants)
- 1 pair of rain pants (if you have them)

Other Items

- 4 pairs of underwear
- 3 pairs of wool socks
- 1 pair of dry shoes comfortable for hiking around camp
- 1 pair of water shoes (Chacos, Tevas) that will stay strapped and secured to your feet. No crocs or flip flops.
- 1-2 swimsuits to wear while paddling
- Warm hat to wear while sleeping
- Baseball hat/wide brimmed hat for sun protection

Travel Clothes

Bring an extra pair of everything. In addition, show up on the first day of your journey wearing comfortable clothes to travel in. They should be clothes that you can wear for 1-2 days in the van. We will leave them in the trailer while we hike.

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Hygiene and Personal Items:

Try to condense these items as best as you can.

It will be helpful to put your toothbrush and toothpaste in a plastic bag to keep them together.

Additionally, put your bible, notebook, and pen in a separate plastic bag.

- Toothbrush and toothpaste
- Towel – small, quick-drying
- Sunscreen
- Bug Spray
- Shower Bag – Plan on bringing a bag with shower supplies, a clean towel, and the extra change of clothes (listed under 'Travel Clothes') to use when we get back from our trip. Everything you leave in here will not go on the river with us.
- Pen
- Notebook or journal
- Bible – Bring one that could get wet or lost. We have extra bibles on hand if you'd like to borrow one.

Gear:

Having the right gear is crucial to having a good trip! As you collect these items, make sure that they are in good working order and ready for your use. Additionally, please ensure that your sleeping bag is rated to at least 30 degrees. If you are unsure of how to check, don't hesitate to reach out. Remember that if you need a sleeping bag, we have some to check-out.

- 1 Sleeping Bag
- 1 Headlamp or Flashlight
- 2 Water Bottles (32 oz. or more with a screw-top lid)
- 1 pair of Sunglasses – Polarized are better for viewing wildlife under the water!
- Extra Items** – These items are non-essential, but feel free to pack them if you would like.
 - Sleeping Pad – Small and light weight, designed for wilderness use
 - Neck buff/handkerchief – Good for extra wind and sun protection
 - Lip Balm

DO NOT BRING:

- Anything that smells – i.e. lotion, deodorant etc.
- Electronics
- Anything that you value and might get ruined if it gets wet
- Watches
- Pillow
- Knives or Weapons
- Alcoholic beverages or drugs and tobacco products

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 participating in a Fort program.

Paperwork checklist:

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

Common Questions

When do campers arrive and depart?

Camp begins on Saturday - Check-in at 11:00am
Campers depart on Friday - Pick up at 10:00am

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 on the journey?

On opening day of camp, the designated trip Emergency Medical Responder will check in all medications. The health form has a list of medications provided by Fort. Parents and campers will meet the EMR at registration time and be able to discuss any additional information. Medications are then dispensed when needed by appropriate medical staff throughout the week.

How are health issues handled on the river?

A trained and certified Emergency Medical Responder will travel with each trip. We will work with special conditions, allergies, or concerns on a case-by-case basis. Filling out the health form accurately and completely at registration is important so we can serve you well.

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

For any food allergy, we want to help. The nature of the trip allows some flexibility with food - Please email at the same time as online registration to be sure we can accommodate your needs. Contact the Adventure Program Manager, Gunnar Koehn at gunnarkoehn@fortwilderness.com

What equipment does Fort Provide?

Fort provides canoes, paddles, and life jackets as well as all necessary equipment such as tents and packs. Your personal belongings and required items can be found on the packing list above.

Is canoeing experience required?

No experience required! We will take a practice paddle on the first day to teach basic paddling skills and help you feel comfortable once we hit the river. We paddle up to 9 miles a day which can be moderately challenging so being in general good shape is needed.

Can I bring my phone?

This is an unplugged adventure! No phones allowed. Trip leaders have phones and satellite communication for emergency purposes.

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What are the sleeping arrangements?

We have high-quality four-person tents that 2 - 4 people share. Tents will be separated by gender.

What about bathrooms and showers?

Pit/vault toilets will be provided at all campsites we stay at. Showers will be available upon returning to camp the night before pickup.

What about food and water?

On the trail we eat high-quality, freeze-dried food to save weight and space in our packs. A previous trip of high school students gave very high marks! We filter all the water that we consume using Platypus gravity water filters.

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 trip leader will call the parents and inform them of the problem.
3. If the problem continues, the trip leader 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 trip leader and will be dealt with swiftly, without any refund of camping fees.