



# NORTH STAR CAMP

## PREPARING FOR CAMP

### SUMMER 2024

Summer is just around the corner and we could not be more excited to welcome your camper to their "North Star Home" soon!

At North Star, we seek to create a safe, FUN, inclusive and diverse environment in which each member of the community can grow physically, socially, emotionally and spiritually. We want campers to leave at the end of the summer with new friends, greater independence and lifelong memories.



We will soon bring together a community of over 300 campers and staff, so it is important to have policies and procedures to ensure everyone has the best possible summer.

With that in mind, we have put together this "Preparing for Camp" document. Please read it carefully with your camper and let us know if you have any questions.



**Forms are due May 1st**  
(via [CampInTouch](#))

#### A QUICK NOTE ABOUT COVID-19

The last several years have taught us to be adaptable and flexible. Keeping our entire camp community safe, healthy and having a wonderful experience is always our goal. We hope that COVID-19 is not going to be part of the summer, but we greatly appreciate your understanding if we need to adapt our policies and plans if necessary.

#### NORTH STAR WEBSITE QUICKLINKS

[Preparing For Camp](#)  
[Hayward Area Lodging](#)

#### 2024 CAMPING SEASON

**1st Session:** June 17 to July 13  
**2nd Session:** July 14 to August 9  
**8 week Session:** June 17 to August 9  
**Post Camp:** August 16 to August 21

#### CONTACT INFORMATION

**Before May 15:**

2220 W. Medill Ave, Chicago IL 60647

**After May 15:**

10970 W. Boys Camp Road  
Hayward, WI 54843



**Phone/Text:** 715-462-3254

**Fax:** 866-255-1566

**Email:** [office@northstarcamp.com](mailto:office@northstarcamp.com)

*"There is a destiny that makes us brothers; none goes his way alone." - Edwin Markham*

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## PREPARING FOR CAMP

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# MISSION STATEMENT & CODE OF CONDUCT

## MISSION STATEMENT

North Star exists to create and promote a safe, fun environment in which the community ensures the physical, social, emotional, cognitive and spiritual growth of its members.

## CODE OF CONDUCT

In order to create the safe, fun environment outlined in our mission statement, we have created a Code of Conduct to help be the guiding light for acceptable and unacceptable behaviors at camp.

**Prior to camp, all campers and parents must sign the Code of Conduct.** This can be found in [CampInTouch](#).

### ***As a member of the North Star community:***

- ☐ I will treat everyone with kindness and respect.
- ☐ I will respect the beliefs of others even when they are different from my own.
- ☐ I will respect others' right to privacy, personal space and physical boundaries.
- ☐ I will be honest.
- ☐ I will ask for help and report to a counselor, Village Director, or Director when something is making me or someone else feel upset or unsafe.
- ☐ I will not bring drugs, alcohol, tobacco or weapons to camp.
- ☐ I will not bring outside food or drink into camp.
- ☐ I will not intentionally hurt someone else's feelings or participate in actions that allow someone else to.
- ☐ I will not judge anyone at camp by race, religion, gender, sexual orientation, color, or physical differences.
- ☐ I will not use obscenities, profanity, or vulgar language at camp.
- ☐ I will not participate in physical contact anywhere a bathing suit would cover or sexual behaviors with others during camp.
- ☐ I will not use any sexually charged language including gestures, jokes, slurs, and/or derogatory statements that reference gender, gender identity, or sexual orientation.
- ☐ I understand that a threat or carrying out physical aggression is not acceptable and may result in me being dismissed from camp.
- ☐ I understand that unwanted behavior that is aggressive, represents power imbalance, and is repetitive is bullying. Behaviors that constitute harassment and bullying include, but are not limited to: comments that are derogatory with respect to race, religion, gender, sexual orientation, color or disability; suggestive, humiliating or degrading comments; and threats to shun, stalk, haze, or physical injure another person (camper or camp employee).
- ☐ I will not use social media or personal accounts to disparage the camp, other campers, or employees of the camp.

### ***Online Communication & Off-Season Behavior:***

- ☐ I understand that behaviors away from camp that fall outside of North Star's values may jeopardize my ability to return to North Star.
- ☐ I will not use obscenities, profanity, or vulgar language on social media, texts, messages and communications.
- ☐ I will not use blogs, social media, texts, or other websites to harass, bully, or intimidate other campers or employees of the camp.
- ☐ I understand that these guidelines are for the benefit of the entire camp community.
  
- ☐ I recognize that refusing to follow the above agreements might result in me leaving camp and jeopardize an invitation back in the future.

# POLICIES & PROCEDURES

## PROHIBITED ELECTRONIC ITEMS

We want to provide a low tech experience and the ability for campers to "unplug."

Therefore, **we do not allow anything with a screen** (except sunscreen):

- Cell Phones (iPhones, Androids, etc.)
- iPads/Tablets
- iPod Touches
- Smart Watches
- TVs
- Handheld Video Games
- Laptops
- E-book Readers



We also ask that you refrain from sending **electric blankets and fans**.

Radios, select iPods and MP3 players are permitted (**WITHOUT** video screen or game/app capabilities), but are to be used in the cabins only.



**Looking for a music player that doesn't have a screen and can play your camper's favorite tunes?**

[Campfire Player](#) or [Mighty](#) are excellent options. 🎵

## OTHER PROHIBITED ITEMS



For the safety of our community, **these items are also prohibited:**



- Firearms • Drugs • Knives • Tobacco • Water Guns • Duct Tape • Outside Food & Drink
- Weapons • Alcohol • Animals • Vaping Devices • Water Balloons • Silly String • Bottled Water



**North Star cannot be held responsible for damaged, lost or stolen items, or for expensive equipment brought to camp (i.e. phones, cameras, watches, musical instruments, etc.).**

**A camper may be held personally accountable for damage incurred to another's property in an aggressive, negligent way.**



## MOBILE PHONES

**Campers are not allowed to have cell phones at camp.** As mentioned above, part of the camp experience is unplugging from technology which results in gaining independence and growing socially, mentally and emotionally. Being "disconnected" from the world and having fewer "screen" distractions from the internet, games and text messages allows them to be fully engaged in their new friendships and activities.

Campers traveling to North Star via the Chicagoland/Wisconsin bus should not bring their phones. The bus ride is a great way to kick off the North Star experience and engage with new friends.

**Campers on the bus who violate this rule will have their phone confiscated and the phone will be shipped home at the family's expense.**

If a camper is traveling to camp via an airplane as an unaccompanied minor, they may choose to bring their phone during travel. North Star will collect the phone either upon arrival at the airport or on the bus, place it in locked storage in the office and return it to the camper at the end of camp.

**North Star will not be held responsible for lost or damaged phones.**



## PHONE CALLS / COMMUNICATING WITH YOUR CAMPER

The only method of communication between campers and their parents/guardians is through written letters. We also allow one-way emails from parents/guardians to be sent to the campers via the [CampInTouch](#) system. We do not allow phone calls because they can be disruptive to your camper's camp experience as well as their cabin mates. We have seen smiling boys arrive in the office to talk to their parents/guardians, only to leave teary-eyed, upset and homesick.



However, please feel free to call our office whenever you need at **715-462-3254**. Always know that we will call you if we are concerned about your camper's health or if we feel the need to discuss how your camper is adjusting to camp.

## FOOD, GLORIOUS FOOD

Aside from snacks for the ride to camp, please do not send your camper with food, soda, bottled water or any other snack items. We feed our campers well throughout the day and they visit Wanegan (our camp canteen) twice a week for a sweet treat after dinner.



If your camper is eager to pack themselves for camp, please inspect their bags for contraband. Food in cabins attracts Northwoods critters (mice, bears and other animals) who are eager to find some snacks laying around. Food also creates unwanted cabin dynamic situations ("haves/have nots").

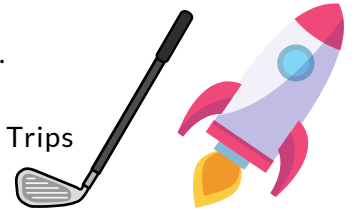
Packages are only allowed for essential items. Please do not sneak food into camp via packages.

## SPENDING MONEY ACCOUNT

Each camper has a spending money account, which has been pre-paid as part of your tuition.

Items that will be charged to your camper's spending money account may include:

- Laundry
- NSC Gear
- Wanegan (camp store)
- Out Of Camp Field Trips
- Horseback Riding
- Rocketry
- Golf



Campers are permitted to make their own purchases in the camp store (soap, shampoo, toothbrushes, flashlights). However, some campers have difficulty limiting their spending. Please take some time to discuss this with your camper and let us know if you do not want them participating in any camp activities that have extra charges.

## MONEY AT CAMP

Campers do not need money on camp grounds and we do not anticipate any opportunities to purchase items outside of camp. Money in the cabins presents problems just like food. All campers will be asked to keep their money in the office with our locked valuables. North Star is not responsible for any money left in the cabins.

If your camper is flying to or from camp, you may choose to send some money for him to spend on food at the airport. While at camp, this money should be stored in valuables.

## VISITING WEEKEND



Visiting Weekend will occur over changeover weekend between first & second sessions (July 12-14). Parents may arrive at 7 PM on Friday night and join us for our Friday Night Service. The following morning, 8-week campers may depart with their parents and stay out of camp with their families. On Sunday, 8-week campers will meet back up with North Star staff at a designated meeting point in Hayward.

We recommend reserving hotel rooms soon if you will be joining us for Visiting Weekend because rooms fill up quickly. You can find more lodging info [on our website](#).

# TRAVEL TO & FROM CAMP AND BAGGAGE INFO



- **1st Session Campers:** Depart home on June 17th, Return on July 13th
- **2nd Session Campers:** Depart home on July 14th, Return on August 9th
- **8-Week Campers:** Depart home on June 17th, Return on August 9th

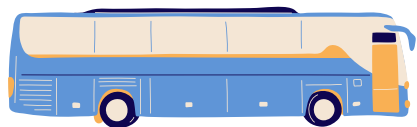


You should have selected your travel option when registering for camp.

Please notify us if any of your travel plans have changed or if you are unsure which travel option you selected.

## TRAVEL FROM CHICAGOLAND & WISCONSIN

There are a variety of ways to travel to camp, listed in detail on the [Travel To Camp page](#). For campers located in the Chicagoland area & Wisconsin, the most popular method is to take our Illinois & Wisconsin bus. The bus will depart from the [Renaissance Chicago North Shore](#) hotel in Northbrook, IL. Families should arrive at 7:45 AM for an 8:15 AM departure. The bus will make a Milwaukee area stop at the [Holt Ave Park & Ride](#) between 9:15-9:30 AM. If there are campers from the Madison area, the bus will also stop in DeForest, WI to pick them up. **Detailed transportation information will be emailed a couple of weeks prior to your camper departing for camp.**



The chartered bus has air conditioning and a bathroom. **Campers should pack lunch, snacks and water for the bus ride.** The bus will stop once for a lunch break at a rest stop.

## AIR TRAVEL

For campers traveling by airplane, there is a detailed [Air Travel webpage](#) that contains flight options to/from Minneapolis-St. Paul International Airport on the first and last days of the sessions. North Star staff members will be waiting to greet campers at their gates upon arrival at the airport. On travel days, we are coordinating many campers coming from all over the world so we have important travel policies in place to ensure a smooth travel day. We understand that families may have a preferred airlines or that your home airport may be better served by another airline. Our preference is Delta Air Lines flights listed on the [Air Travel webpage](#) because they are a Minneapolis hub and those times were specifically chosen to minimize camper wait time at the airport before campers travel via coach bus to camp. We appreciate your understanding and flexibility in advance.



We highly recommend partnering with [Travel One](#) for discounted rates, using the airlines' Unaccompanied Minor programs and shipping luggage via [Ship Camps](#). Any questions about Air Travel should be directed to Dan at [dan@northstarcamp.com](mailto:dan@northstarcamp.com).

## MINNEAPOLIS BUS

Families in the surrounding Twin Cities area can elect to have their campers take the Minneapolis airport bus. Additionally, some parents may fly with their camper to/from Minneapolis and have their campers take the Minneapolis airport bus. The designated meeting area is in Terminal 1 of the Minneapolis – St. Paul International Airport. Exact meeting details will be shared with parents the week leading up to the start of the session. On the first day of the session, campers should be dropped off at the airport at 11:30 AM. Lunch will be provided. On the last day of the session, campers will arrive back at the airport in time to be picked up around 11 AM.



## DROP OFF AT CAMP / PICK UP AFTER SESSION ENDS

We recommend one of the bus options because it allows kids to connect with others and make friends on their way to camp. Families who are nearby or want to make the trip to Hayward are able to drop off their campers at camp or pick them up at the end of the session. For families who want to see camp, we recommend picking your camper up at the end of the session. There will be more time to explore/tour camp during pick-up and the drop off at camp before the session can be very emotional for both campers and parents.



## EQUIPMENT

You can find a [packing list](#) on our [Preparing for Camp](#) page. We suggest downloading and printing it for easy reference. **Be sure to label everything clearly with your camper's first and last name.** We do not recommend using companies with sticker labels as they come off easily in the wash. Clothes & equipment may be sent to camp in either a trunk or duffel. We suggest duffels since they are easier to pack, easier to handle and don't require as many repairs.

Please follow the guidelines on the equipment list as requirements may vary by grade. Our 7th, 8th and 9th graders require extra cold weather or hiking gear for their trips and we want to them to feel comfortable and safe.



We do not have a camp uniform, however North Star gear can be purchased on our website if you so choose. Our pop-up gear store will be open for a limited time in the spring. We will send an email when the store is online.

## GETTING LUGGAGE TO/FROM CAMP

All baggage should be labeled clearly with each **camper's name** so it is delivered to the correct cabin upon arrival at camp. Families with multiple campers should use different duffels for each camper because they may not be in the same cabin.

There are a variety of options to get camper luggage to and from camp:

- **U-Haul for the Illinois & Wisconsin bus**

Campers traveling to camp from Chicagoland can bring their luggage to the bus pickup on the morning of departure day. North Star staff members will collect baggage and load it onto a U-Haul. On the return trip home, the U-Haul will arrive about an hour before the bus arrives so families can gather their luggage ahead of time. For Milwaukee & Madison families riding the bus, luggage will be loaded into the undercarriage of the bus both ways.

- **Checking Luggage On Flights**

Baggage can be checked on flights for campers flying to/from camp. If you are checking your camper's bags, it's important that you let them know to tell their staff chaperones that they need to pick up their bags in Minneapolis.

**Please note:** any baggage fees incurred at the Minneapolis Airport upon return home will be added to your end-of-summer invoice. Refer to your airlines' baggage fees (especially oversized/overweight fees) because checking luggage on flights may not be the most cost efficient way to get luggage to/from camp.

- **Minneapolis Airport Drop Off / Pick Up**

For campers being dropped off or picked up at the Minneapolis airport, baggage can be dropped off or picked up at the same time at the meeting point inside Terminal 1. Luggage will be loaded on the bus and brought to camp.

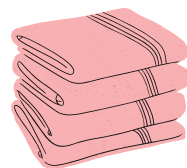
- **Shipping via Ship Camps**

North Star has partnered with [Ship Camps](#) to offer preferential rates to ship luggage to camp (cheaper than retail FedEx or UPS prices). Luggage shipped via Ship Camps should be scheduled to arrive 4-7 days before each session begins and be picked up on the penultimate day of camp at the end of the session.

## BEDDING & TOWEL SERVICE

In an effort to cut down on extra pre-camp purchases and save space during packing, we are now offering North Star [bedding & towel service](#) to any families who wish to participate. The cost is a flat rate fee of \$75 for the summer (no matter if your camper is coming to North Star for 4-weeks or 8-weeks). Parents/guardians can register for this optional service on [CampInTouch](#).

Campers enrolled in the program will receive a set of North Star branded towels and bedding at the beginning of their session. Each week, on laundry day, dirty bedding and towels will be collected and new, clean sets will be issued. At the end of the summer, your camper will leave the bedding at camp when they head home, so no need for parents to clean and store these bulky items during the off-season or take up space when packing their duffel bags.



### What is included:

- A blanket
- A flat and fitted sheet
- A pillow and pillow case
- A mattress pad
- Two bath towels
- Two beach towels

# PREPARING FOR CAMP

## COMMUNICABLE DISEASES & TRAVEL

Do not send your camper to camp with any communicable illnesses such as athlete's foot, head lice, pink eye, skin infections, or recent contact with Measles, Norwalk Virus, H1N1, Whooping Cough, or Chicken Pox (if he has never had Chicken Pox and is not vaccinated). If your camper is exhibiting any COVID-19 signs or symptoms, or has tested positive, please also do not send them to camp right away. It is much easier to have your camper arrive a day or two late than to treat a cabin (or entire camp!) full of kids who are sick.



## HEALTH CENTER & MEDICAL ISSUES

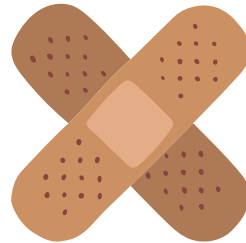
Our health center staff consists of a team of doctors and nurses who will provide first aid, oversee ongoing medical issues and work to ensure a safe and healthy environment. Campers can come to the health center during regularly scheduled hours three times a day for non-emergencies.



Camp activities have inherent risks, including injury and death. Our health team and camp directors work with our entire staff to minimize those risks. In the event of an emergency that requires more than our health center can provide, we work closely with the medical director at the Hayward Hospital, which is located 13 miles from camp. We will utilize both telemedicine and local clinic options for when campers require additional care.

### Parents will be called in the following medical situations:

- a medical issue that requires an overnight stay in the Health Center
- evidence of a communicable illness with fever
- an injury requiring medical treatment
- an allergic reaction to stings, medications or food
- a known bite by a deer tick (known to carry Lyme Disease)



Due to a lack of a local orthodontist, preventative care trips are difficult, often requiring a full day out of camp. With the risk COVID-19, these trips are best to avoid. Please discuss this with your orthodontist. There will be a charge for the trip if your child needs such services.



If your camper wears glasses, you may want to send an extra pair in case of loss or breakage.

We do not give allergy shots at camp. This will require a doctor's visit at a local clinic. Please arrange allergy shots prior to camp if at all possible.

## MEDICINE DISTRIBUTION VIA CAMPMEDS



Our health team also oversees the distribution of [all camper medications](#). We use a medication packaging service called [CampMeds](#) to help distribute medication safely. **If your camper takes medication in pill form, this service is mandatory.** Please read the CampMeds info on [CampInTouch](#) and sign your camper up at [www.campmeds.com](http://www.campmeds.com). The deadline to sign up is 30 days before your camper's sessions begins, otherwise there is a \$100 late fee. Distribution of all medications takes place during breakfast, lunch, dinner and at the conclusion of evening program. All medication must be stored in the Health Center. Please call camp if your camper has medical issues beyond typical allergy problems that will need follow through over the summer.

## RECORDS & FORMS

To ensure we are able to provide the best possible camp experience, we have a variety of required forms. Each form serves its own purpose and helps us gain insight into your camper, which will enable us to provide more effective care and guidance.

Forms can be accessed via [CampInTouch](#) and are **DUE ON MAY 1ST**. If you are having difficulty with CampInTouch, contact us directly. For our returning campers, some forms will simply need to be updated. The "North Star Camp Spring Mailing" is emailed to all families in the early spring and details all forms that must be completed. If you did not receive that email, the document can also be found on the "Forms and Documents" section of CampInTouch.

# LIFE AT CAMP

## CORRESPONDENCE FROM CAMP



We will post camp news throughout the summer on our blog, [The Siren](#). Photos will be uploaded daily and accessible via [CampInTouch](#). Please be patient if you do not see a photo of your camper -- our photographer will capture everyone as soon as possible! We will communicate updates via email and our social media pages ([Facebook](#) and [Instagram](#)).



We will send out a cabin list the first night of camp, which will include the names of your camper's counselors. One of your camper's counselors will write to you at the end of the session. The letter will discuss your camper, their activities and how they did with their cabin mates. All other communication should go through our camp office or camp director.

## LETTER WRITING

We will again have one-way emails as an option for you to keep in touch with your camper. You can purchase "CampStamps" to send the emails through your [CampInTouch](#) account. Campers will not have the option to email family or friends back. We will have "Letter Writing Day" twice a week, where your camper will be required to write a letter home.

**Camp's Mailing Address:**  
Name & Cabin  
North Star Camp  
10970 W. Boys Camp Road  
Hayward, WI 54843

Correspondence with your camper is a critical aspect of their camp experience. If you could see mail call (and how excited the campers get to retrieve their mail), then you would know how important letters are to the campers. Encourage relatives to write as well. We also recommend sending a letter a few days ahead of time, so your camper will receive letters during the first day or two of camp.

Please understand that the first 10 days can provide a "mixed bag" of letters because of adjustments to a new environment. Our Northwoods mail service can be slow, so you may find that by the time you respond to a negative or "homesick" letter, the situation is long forgotten or the adjustment has been made. Please let us know if you receive two such letters in a row so we can follow up.

### We'd love to offer some practical suggestions to keep in mind when writing your camper letters:

- Keep your letters positive, upbeat and newsy. Telling your camper how much you miss them, how much their friends miss them and how much their dog misses them often triggers homesickness.
- Be inquisitive. What is their favorite activity? What has been their favorite meal? How was their camping trip?
- If your camper complains of a situation that is upsetting them, by all means acknowledge that when you write back, but focus on your confidence in their ability to problem solve and grow from the situation.

We have found that many campers have not developed the ability to communicate well in letter form. We keep our campers very busy and they are in a world of their own at camp. While your camper may not share many of their experiences in their letters, you likely will find out about their experiences as the stories unravel after camp and throughout the winter.

Some younger campers have difficulty writing legible addresses on their letters. Before camp, we encourage you to take the time to teach your camper an important life skill: how to address envelopes. If you think that will still be a struggle, please self-address and stamp some envelopes for them. They will be required to send two letters home every week.



Only parents who are traveling out of the country can send emails or faxes to be delivered to your camper. Otherwise, you are encouraged to use the CampStamps one-way email service. **When mailing letters, please include their name and cabin (once provided) on the envelope** to save our mail sorter a tremendous amount of time!

## PACKAGES

We do not allow packages at camp.



Prior to putting this policy in place, there was an excessive amount of packages delivered. We will continue to allow appropriate magazines, books and newspapers, however, **all other packages will be returned to sender at the sender's expense.** Please do not send gum or food items with the newspapers and books. Food will be disposed of.

Also, do not send magazines of questionable or provocative subject matter. We need your help and would appreciate if you would pass along this information to other loving relatives, especially grandma and grandpa.

If there is an essential item that your camper needs, please send an email to [office@northstarcamp.com](mailto:office@northstarcamp.com) when you send the item to make sure that it's not shipped back.

## LAUNDRY

We recommend sending up old clothes when packing for camp. Our laundry tries its hardest to get the clothes clean, however, the high iron content in our water and the condition of the clothes when they arrive at our laundry facility makes it very challenging. Laundry charges will be billed on the final invoice at the end of the summer.

**LABEL EVERYTHING with your camper's first and last name.** Assume that your camper will recognize nothing that they were sent to camp with unless it has their name in/on it. Laundry goes out every week, so plan on [packing](#) for around 10 days worth of clothes. We do not recommend companies with "stick-on" labels as they often come off in the washer/dryer.

**We require North Star laundry bags** for all campers. They make the laundry process easier both for our campers as well as our housekeeping staff. Two high quality bags, which will last several years, will be given to each new camper when they arrive at North Star. For returners needing replacement laundry bags, please email [office@northstarcamp.com](mailto:office@northstarcamp.com). The cost of the laundry bags will be added to your camper's spending account.



## FRIDAY NIGHT SERVICES

On Friday nights, we gather at the Council Ring for a nonsectarian service and campfire. The service is value-based with subjects ranging from friendship and overcoming obstacles to stewardship of the environment and social/racial justice. The only religious component is when the Kiddush is recited.

Campers can opt to throw a "keylog" into the fire to thank someone who made an impact on their week. Campers and staff participate in singing camp songs as the sun sets over the lake. It's a great way to end the week.



## BIRTHDAYS



If your camper has a birthday while at camp, please know that their big day will not be forgotten. Quite the contrary! They'll receive a delicious birthday cake made by our kitchen staff that is presented to them in front of the whole camp with a round of birthday songs! They also may (okay...will) be asked to give a birthday speech.

Of course, on this special day, campers look forward to speaking with their parents, so we will work with you to arrange a call. We will also help coordinate a special birthday wish from us for the camper to share with the cabin. A birthday package from home is also allowed on birthdays.

We will send you an email with all of the details prior to the session of your camper's birthday. If you have any questions, always feel free to reach out to [office@northstarcamp.com](mailto:office@northstarcamp.com).

## TRIPPING PROGRAM

All campers at North Star take a wilderness trip as part of their camp experience. The trips are age appropriate and get progressively harder and longer as the kids get older. Life jackets must be worn at all times on canoe trips and all campers are given canoe instruction prior to their trip's departure.



The youngest campers go on a 2-day/1-night overnight canoe trip on the Mighty Namekagon River (a very slow moving river nearby). Our Intermediate campers will go on multi-night trip on the Flambeau or Brule River with some rapids. Our 1st session 7th graders and 2nd session 8th graders will take a canoe trip while our 2nd session 7th graders and 1st session 8th graders will take a backpacking trip. *(Please refer to the updated [North Star packing list](#) to make sure your camper has proper equipment for their specific trip.)* Our oldest campers, 9th graders in Pine Manor, go on "The Canadian," a much hyped 9-day/8-night canoe trip to the Boundary Waters that will be a highlight of their North Star experience.



There are risks inherent in any tripping program. Canoe trips involve risks related to moving water including (but not limited to) falling out of a canoe, overturning and knocking into overhanging branches. In all of our trips, campers may be exposed to the elements including inclement weather, lightning, insects and wildlife. We minimize these risks as best as we can with instruction prior to the trip and good supervision while on the trip. We take all necessary precautions as our Trip Leaders are certified Wilderness First Responders and are also lifeguard certified. Our tripping program is in compliance with all American Camp Association standards.



Our trippers will carry satellite phones, however medical care can be delayed for hours on these trips. If your camper has a medical issue which may be relevant to their wilderness trip, please let us know so we can plan ways to best support them.



Good outerwear is essential. Please pay close attention to your equipment lists so that your camper will have the proper clothing for his comfort and safety.



In addition to the cabin trips, campers can opt to take one of our sign-up trips. We offer climbing, horseback riding, hiking, white water canoeing, biking and solo trips (where boys camp alone near the group leader). There is no additional charge for these trips. Unless we hear otherwise, your permission to take one of these optional trips is implied with your North Star registration.

## TRIPPING PROGRAM FOR 9TH GRADERS - THE CANADIAN

Our oldest campers in the Pine Manor cabins (current 9th graders) will take a 9-day/8-night Canadian Canoe Trip 1st session. We have provided a [Pine Manor Trip Guide](#) which includes a packing list for The Canadian. Proper clothing is essential for warmth and safety on The Canadian. Pine Manor campers will need **all, All, ALL** items on this list.



The Canadian will involve wilderness travel by canoe with vigorous portages involving carrying a canoe and a Duluth pack on the back. Campers are strongly encouraged to get in shape prior to this trip. We have outlined a suggested training regime in the [Pine Manor Trip Guide](#) document.

**Either a passport or a copy of the birth certificate is required for transportation across the US/Canada border.** Passport copies are not accepted by border control.

This is a remote trip. Parents of campers with medical concerns will need to consider that access to medical care will be delayed on this trip due to the remote nature of the area.

## RE-ENTRY AFTER CAMP

Whether your camper spends 4 or 8 weeks at North Star, they will leave camp with stories, memories and friendships that will hopefully last a lifetime. While you may be eager to hear every detail about your camper's summer, please know that every camper processes the summer experience differently and at different times throughout the year. Some campers will get off the bus and be ready to talk non-stop about camp, while others may be a little more reserved and not be ready to talk about camp for weeks or even months. We recommend giving your camper some space to process the summer at their own pace and eventually the stories about camp will start flowing!

Once your camper opens up about the summer, be sure to celebrate the successes and work together to learn from the challenges they experienced. Camp will have pushed them out of their comfort zone and allowed them to build new skill sets. By enabling them to independently work through conflicts, living in a communal setting where they put others needs before their own, and being separated from their loved ones, they will have persevered and grown immensely, developing interpersonal tools that they will be able to use going forward. Celebrating their challenges will help form pathways of resilience in their developing brains that will set them up for future success at camp and in the rest of the world.

## FAMILY CAMP

Family Camp is a great opportunity for you to spend a "campy" vacation with your family at a reasonable cost. [Family Camp registration](#) is now live and filling up fast! Dates are August 16-21 and you can register for an individual room, standard cabin or a cabin with a bathroom. Prices include up to 3 family members with additional fees for any other family members after the initial three.

## FINAL THOUGHTS

Thanks so much for reading through this material. A reminder that your **forms are due on May 1st**. Additional information regarding this summer will be emailed in the coming months. All information can always be found by logging into your [CampInTouch](#) account.

Please reach out at any time with questions or concerns about the upcoming summer.

We are looking forward to the Summer of 2024!

Chairs up!

**-Andy, Dan, Robyn, Glick and Beth**

