



NORTH STAR CAMP FOR BOYS

PREPARING FOR CAMP

SUMMER 2023

Summer is just around the corner and we cannot be more excited to welcome your son to his "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 memories to last a lifetime.



We will soon bring together a community of over 300 campers and staff, so it is important to have policies and procedures that everyone adheres to, 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 son 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 to keep our kids safe. 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 at camp 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](#)
[Getting to Camp](#)

2023 CAMPING SEASON

1st Session: June 19 to July 15
2nd Session: July 16 to August 11
8 week Session: June 19 to August 11
Post Camp: August 17 to August 23

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

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

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POLICIES AND PROCEDURES

PROHIBITED ELECTRONIC ITEMS

We want to provide our campers with a low tech experience and the ability to "unplug" at camp.

Therefore, **we do not allow:**

- TVs
- Handheld Video Games
- Laptops
- E-book Readers
- iPod Touches
- iPhones
- Smart Watches
- iPads/tablets



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

Radios, some 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 that 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
- Weapons
- Alcohol
- Animals
- Vaping Devices



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 in an aggressive, negligent way to another's property.



MOBILE PHONES

Campers are not allowed to have cell phones at camp. Part of the camp experience is unplugging from technology. Campers gain a lot of independence and grow 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 camp bus should not bring their phones with them. The bus is a great way to kick off the North Star experience and we want the kids engaging with each other. **Campers who are in violation of this policy may not be invited back to camp the following summer.**

If your son is traveling to camp via an airplane as an unaccompanied minor, you may choose to send him with a phone during travel. We will collect his phone either upon arrival at camp or at the bus, store it and return it to him at the end of camp.

We do not have the ability to store a high number of phones. Any campers bringing phones who are not flying to/from camp will have their phones sent home and their family will be billed for shipping costs. **North Star will not be held responsible for lost or damaged phones.**



TELEPHONE CALLS / COMMUNICATING WITH YOUR CAMPER

The only method of communication between campers and their parents is through written letters. We also allow one-way emails from parents to be sent to the campers via the [CampInTouch](#) system. We do not allow phone calls because they can be disruptive to your son's camp experience, as well as his cabin mates. We have seen smiling boys arrive in the office to talk to their parents, only to leave teary-eyed, upset and homesick. If circumstances warrant a call, please ask for Andy and we will find your son.



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 son's health or if we feel the need to discuss how your son is adjusting to camp.

FOOD, GLORIOUS FOOD

Aside from snacks for the ride to camp, please do not send your son to camp 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.



If your son is eager to pack himself for camp, please inspect his bags for any contraband. Food in the 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 son's spending money account may include:

- Laundry
- NSC Gear
- Wanegan (camp store)
- 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 son prior to camp and let us know if you do not want your son 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 son is flying to or from camp, it would be appropriate 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



For the first time since 2019, we are excited to have Visiting Weekend. It will occur over changeover weekend between first & second sessions (July 14-16). 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](#).

GETTING TO CAMP – TRANSPORTATION AND BAGGAGE

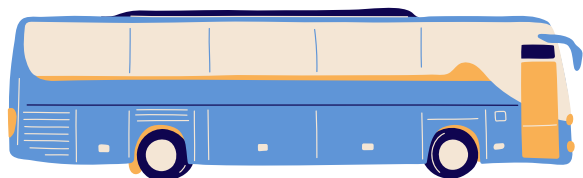


- **1st Session Campers:** Depart home on June 19th, Return on July 15th
- **2nd Session Campers:** Depart home on July 16th, Return on August 11th
- **8-Week Campers:** Depart home on June 19th, Return on August 11th



TRAVEL FROM CHICAGOLAND & WISCONSIN

Detailed transportation information with timing and luggage drop-off will be emailed a few weeks prior to your camper departing for camp. The bus will depart from the [Renaissance Chicago North Shore](#) hotel in Northbrook, IL.



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. While we do not plan on having to do COVID-19 testing or requiring masks on the bus this summer, we appreciate your flexibility in advance should we need to pivot in order to ensure the healthy & safety of our camp community.

AIR TRAVEL



The [Air Travel Details document](#) can be found on North Star's website and on [CampInTouch](#). The document contains information for families whose camper(s) will travel via plane to camp. We highly recommend partnering with [Travel One](#) and shipping luggage via [ShipCamps](#). The document also contains flight options into Minneapolis-St. Paul International Airport where camp representatives will be waiting to greet all campers. Any questions about Air Travel should be directed to Dan at dan@northstarcamp.com.

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.

COMMUNICABLE DISEASES AND TRAVEL

Do not send your son 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 him to camp right away. It is much easier to have your son arrive a day or two late than to treat a cabin (or entire camp!) full of kids who are sick.



PREPARING FOR CAMP

EQUIPMENT

You can find a [packing list](#) on our [Preparing for Camp](#) page on the website. We suggest that you download and print it for easy packing. **Be sure to label everything clearly with your son's first and last name.** We do not recommend using companies with sticker labels as they come off easily in the wash.



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.

Clothes and 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.

We do not require 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.

HEALTH CENTER AND 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.

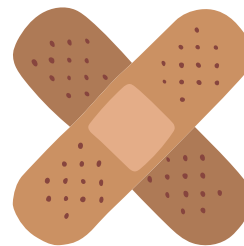


Camp activities have inherent risks, including injury and death. Our health team and camp directors work with our entire staff to minimize those risks. In the event of an emergency that requires more than our health center can provide, we work closely with the medical director at the Hayward Hospital, which is located 13 miles from camp.

We will again be utilizing telemedicine through our PediaTrust partnership to diagnose medical issues virtually. In the event a camper needs any medical care out of camp, additional COVID-19 precautions may be taken.

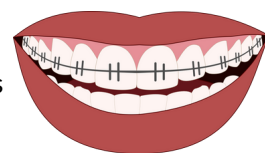
Parents will be called in the following medical situations:

- 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)



Our health team oversees the distribution of all camper medications. We use a medication packaging service called [PackMyRx](#) to help distribute medication safely. **If your son takes medication in pill form, this service is mandatory.** Please read the [PackMyRx info](#) on [CampInTouch](#) and sign your son up at [PackMyRx.com](#). 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 son has medical issues beyond typical allergy problems that will need follow through over the summer.

Due to a lack of a local orthodontist, preventative care trips are difficult, often requiring a full day out of camp. With the COVID-19 pandemic, 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 son 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.

RECORDS AND 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 son, 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 your CampInTouch account.

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](#), [Instagram](#), and [Twitter](#)).



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

LETTER WRITING

For the summer of 2023, 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 son will be required to write a letter home.



Correspondence with your son is a critical aspect of his camp experience. If you could see mail call at camp (and how excited the campers get to retrieve their mail), then you would know how important letters are to your 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 son letters:

- Keep your letters positive, upbeat and newsy. Telling your son how much you miss him, his friends miss him and how much his dog misses him often triggers homesickness.
- Be inquisitive. What is his favorite activity? What has been his favorite meal? How was his camping trip?
- If your son complains of a situation that is upsetting him, by all means acknowledge that when you write back, but focus on your confidence in his 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 campers 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 son 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 him. He will be required to send two letters to his home address every week.



Only parents who are traveling out of the country can send emails or faxes to be delivered to your son. Otherwise, you are encouraged to use the CampStamps one-way email service. **When mailing letters, please include his 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 son needs, please send an email to 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 son's first and last name. Assume that your son will recognize nothing that he was sent to camp with unless it has his 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. 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 son has a birthday while at camp, please know that his big day will not be forgotten. Quite the contrary! He'll receive a delicious birthday cake made by our kitchen staff that is presented to him in front of the whole camp with a round of birthday songs! He 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. The best time to reach your son is during mealtime: 8:30-9:15 AM, 12:30- 1:30 PM or 6:00-7:00 PM. Please limit these calls to 10 minutes.

Some parents choose to arrange a birthday pizza party for the cabin group and you may do this by calling the office. A birthday package is allowed on birthdays.

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 son 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 son 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.

POST CAMP

Post Camp is a great opportunity for you to spend a "campy" vacation with your family at a reasonable cost. [Post camp registration](#) is now live and filling up fast! Dates are August 17-23 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 2023!

Chairs up!

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

