

INFORMATION FOR CAMPERS/ PARENTS

PREPARING TO COME TO CAMP:

1. Complete the Health Form.
 - a) **The front of the form including the insurance information MUST be filled out by a parent/guardian – THE PARENT OR GUARDIAN MUST SIGN THE EMERGENCY CONSENT.**
 - b) **The back should be filled out and signed by a PHYSICIAN.**
If you have had a physical examination within 24 months of your arrival, you need only attach the form.

NO CAMPER WILL BE ALLOWED ON THE TRIP WITHOUT THIS COMPLETED FORM!! All the medication a camper needs should be noted on this form. Any medication must be labeled with the camper's name, name of medication, dosage and time to be given. The medication will be carried by the Amnicon staff and will be available as needed by campers.

2. Pack using the "What to Bring" checklist. Remember, pack light - we can only take what we can fit in the camp packs!

HEALTH AND EMERGENCY NEEDS

As a general rule, you should be in at least average health, and be prepared to work physically fairly hard at certain times during the trip. Amnicon has arrangements with medical facilities for emergency care. Our staff are all certified in Wilderness First Aid and carry first aid kits on all trips. The camp provides secondary accident insurance for all participants during their stay at camp. In the event of hospitalization, the need for a doctors visit or if the camper is unable to complete the trip, the camp will notify the parent, guardian or emergency contact listed on the camp health form.

SAFETY

Safety is our primary concern. An emphasis is placed on caution and respect for the environment. Close working relationships and communication are maintained with the authorities in the areas we travel (including Park Service and Coast Guard). We have an outstanding 38-year safety record.

Amnicon is also accredited by the American Camping Association and adheres to their high standards of administration, safety, program and staffing.

Our guides hold Lifeguard, CPR and Wilderness First Aid certification.

SOME QUESTIONS YOU MAY HAVE . . .

What happens when we arrive at Amnicon?

Upon arrival, your guide(s) will meet you and help to unload your gear. All groups will take part in an orientation during the first hours at Amnicon. You will check in with the Camp Health Staff to review your health form and learn about some basic safety and first aid. Your guide will go over some details about what you can expect during your time at Amnicon.

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Who will be our guide?

Amnicon staff are chosen for their experience, maturity and love of people. They receive over two weeks of intensive training on the skills needed to make your trip safe and fun.

What happens on the trail?

Although Amnicon offers many different kinds of trips, there are several things they all have in common. First of all, a lot of time will be spent in traveling and daily campsite chores such as making and breaking camp, and cooking and gathering firewood. You will also be spending time discussing and studying Amnicon's summer theme through activities and discussion, first and last word and campfire devotions. There is typically plenty of time for fun and relaxation. Amnicon's trips are scheduled so that you usually have time for swimming, fishing, exploring and games. The exact amount of free time is hard to predict and is dependent on many factors such as the weather and how well the group works together. In order to obtain required group camping permits, we often have to plan your trip route, long before your arrival at Camp Amnicon. Unless we feel that group safety would be compromised, we are required to stick to these travel plans. Camp Amnicon may make changes to your travel plans if we feel that travel would be unsafe.

Where will we sleep?

When on the trail, all sleeping will be at campsites in tents provided by Camp Amnicon.

Do we have to wear lifejackets in the canoes?

YES! Lifejackets are worn at all times when canoeing because it is the safest way to canoe.

Are there any bugs?

Yes, but bug repellent works well form most bugs. Plan to bring some along.

How is the food?

We have a trail menu that adapts lots of the foods you are used to at home; pancakes bagels, hamburgers and lots more. Most of your food will be cooked on an open fire or camp stove. Your guide will teach you how to make meals taste great on the trail.

What is the weather like?

Lake Superior affects the daily weather a great deal. Be prepared for a variety of weather conditions including, heat cold, wind and rain. The weather can change very suddenly.

Is there a camp store?

Yes. We will have T-shirts sweatshirts and other items for you to buy to remember your trip at Amnicon. Prices range from \$3 to \$30.

Can I bring candy or snacks?

Some snacks and candy are provided on the trail. All food items must be stored in the food pack, away from bears and other critters, not your personal pack. There isn't a lot of room. Possibly something small to be shared with the group would be okay.

Can I get mail at Amnicon?

Yes. The camp address is:(Your Name/Group)

Camp Amnicon
8450 E. Camp Amnicon Rd.
South Range, WI 54874

In emergencies, camp staff can be reached at (715) 364-2602.

WE ARE LOOKING FORWARD TO SEEING YOU AT CAMP THIS SUMMER!!!!!!