



YMCA Camp Menogyn Winter Groups Planning Guide



Camp Menogyn

55 Menogyn Trail

Grand Marais, MN 55604

218 388 4497

Camp Menogyn Admin Offices

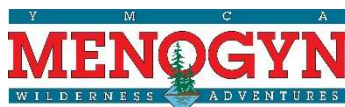
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Contents

- 1. Welcome to Menogyn**
- 2. Group leader checklist**
- 3. Rental policy**
- 4. Winter packing list**
- 5. Winter activities**
- 6. Copy of waiver for participants**
- 7. Map of Camp Menogyn**
- 8. Description of cabins/rooms**
- 9. Driving directions to Menogyn**

Welcome to YMCA Camp Menogyn!

Thank you for choosing YMCA Camp Menogyn for your winter adventure.

Please look over this group planning guide carefully to ensure you and your group have a safe and fun visit to Menogyn this winter. Some items may have changed from previous years, so please read through our rental policy and group-planning checklist.

Questions? Do not hesitate to contact the camp offices at 612 822 2267.

Happy planning,

Menogyn Staff

Group Planning Checklist

Completion Checklist	Yes	No	Date Completed	Comments
Sign Agreement Form, Use and Hold Harmless Agreement and submit with deposit within 14 days of reservation confirmation.				
Request copy of Certificate of Liability Insurance from your insurance provider.				
Submit Group Needs Form with signed reservation.				
Collect Medical Review and Informed Consent				Bring to camp with you and give to facilitator. Waivers must be signed for all participants.
Distribute packing list to participants.				
Call Camp Menogyn 762 230 6558 with final numbers and any dietary concerns/allergies 2 weeks prior to event.				Reference Group Name and dates.
Please call Menogyn from Grand Marais so we can meet you at the parking lot. Camp phone: 218.388.4497				

Rental Policy

CONFIRMATION OF RESERVATION

In order to confirm your reservation, you must return your signed contract to the Camp Center office along with your deposit and the Use and Hold Harmless Agreement to the Conference Coordinator. We reserve the right to change meeting spaces and lodging based on group numbers.

GUARANTEED MINIMUM

You will be held financially responsible for 90% of the estimated number of people on your reservation confirmation or the number of actual attendees, whichever is greater. If you find that you will have more participants than originally indicated, please call the camp office at 763 230 6558 and arrangements will be made based on availability.

BEFORE YOU ARRIVE

Please call the camp office (763 230 6558) 10 working days before your group is scheduled to arrive and provide us with the number of participants expected. At this point, you will be held financially responsible for 100% of this new final number or your guaranteed minimum, whichever is greater.

CANCELLATIONS

If your group cancels up to thirty (30) days before your retreat, you will lose your non-refundable deposit. If you cancel within (30) days of your event, your group will be responsible for paying 80% of the quoted charges. If your group does not show up on the scheduled date without prior notice, you will be responsible for 100% of quoted charges.

BILLING

Before you leave camp, check with the Menogyn staff to confirm the number of participants in your group. Your invoice will be mailed within 7-10 days. Payment is due 30 days after the invoice date. State law requires that all groups, regardless of tax-exempt status, pay state sales tax on food and lodging.

INSURANCE

We require groups to have their own liability and accident insurance.

PROPERTY & EQUIPMENT USAGE

Kitchen and dish room are not available for use by guest unless under the supervision of Menogyn staff.

WELCOME & POLICIES

Upon your arrival at Camp Menogyn, camp staff will meet with your group to welcome them to camp and briefly go over Menogyn rules and policies. As a group leader, you are responsible for the actions of your group. It is our expectation that you will leave the grounds and facilities in good condition.

GROUP ARRIVALS/DEPARTURES

Your arrival and departure will be established when booking your group. We ask participants to arrive no later than 9PM and depart no later than 10AM. Please help us prepare for the next group by: sweeping cabins, turning off lights, and bringing the trash to either the dining hall (winter) or boat house (summer).

ANIMALS

No animals are allowed unless they are service animals.

ELECTRONICS

We ask that participants are unplugged and enjoy time away from mobile devices while at camp! Menogyn is not responsible for lost, damaged, or stolen electronics.

ADULT SUPERVISION

Each group is responsible for the actions of its participants. A leader at least 21 years of age must accompany the group. The YMCA requests that a background check has been completed for each adult. Youth groups require an adult supervisor for each cabin assigned.

MEAL TIMES:

Breakfast is at 8:00 a.m., lunch at 12:30 p.m., and dinner at 6:00p.m. All meals are served family style. Please contact the Menogyn office with any dietary needs.

DAMAGES

If your group has been deemed responsible for any building or grounds damage, a charge to cover the repairs will be added to your final bill. Damage includes graffiti, broken windows, excessively dirty and any damage to equipment and/or buildings.

ALCOHOL & DRUGS

Possession of alcoholic beverages or illegal drugs is prohibited.

Rental Policy, continued

WEAPONS

Weapons of any kind are prohibited.

SHOWERS/RESTROOMS

Menogyn has outhouses as our primary restroom facilities. There is one heated outhouse near the Johnson, Wilkie and Klepinski cabins and several throughout camp. There are 2 indoor toilets and 1 shower in our dining hall. Due to the fact there's only one shower, Menogyn asks participants to use minimally and mindfully. The end of the weekend sauna is a great way to "shower."

SMOKING

The grounds and buildings at Camp Menogyn are smoke free.

EMERGENCY HELP

In an emergency dial 911. All staff are certified in First Aid and CPR. In the event of an accident, transportation to a medical facility would need to be provided by the group leader or ambulance.

FIRES & OPEN FLAME

Please be careful with all fires. Please check with staff before starting a campfire. They will show you which firewood to use and where fires can be made.

BEDDING

Participants must provide their own bedding, sleeping bags, and linens. See Packing list. Menogyn has extra sleeping bags. Please notify camp if a large number of participants need to borrow one during their time at camp.

HEALTH INFORMATION

Group leaders are responsible for gathering medical information for ALL guests of Camp Menogyn. If refrigeration is needed for medication, please contact the Camp Center office to make arrangements prior to the event date.

For all participants 18 years of age or older, group leaders are responsible for gathering the following information:

- Names and addresses of all participants
- Emergency contact names and numbers
- A listing of any persons with known allergies or health conditions requiring treatment, restriction, or other accommodations while on site.

For all participants under the age of 18, group leaders are responsible for gathering the following information.

- A health history and permission to seek emergency care must be completed by a parent or physician.
- An immunization record or statement of conscientious objection signed by the parent/guardian, or a medical reason for exemption signed by a licensed physician.
- If the health history identifies health problems or activity limitations, then a physical examination performed by a licensed physician is required within one year before admission to the camp, including instructions relative to the limitation of the camper's participation and/or medical requirements.

Winter Packing List

While packing for winter outings- think in non-cotton layers-- polyester, wool, fleece layers will keep you warm even when it gets damp/sweaty.

Long underwear (top and bottom) (non-cotton is best!)

4 pairs of wool/fleece socks

Snow pants

Fleece/wool hat (1-2)

Balaclava/face mask

Neck warmer

Sunglasses/snow goggles

Mittens/gloves (1-2 pairs)

Snow boots (Sorels, mukluks, etc.)

Warm parka/winter jacket

Sleeping bag and pillow

Headlamp/flashlight

Chapstick

Toiletries

Water bottle

Camera

Small daypack/backpack for day trips

Swimsuit and towel for sauna

Wool socks for sauna (so bare feet do not stick to ice)

X-country skis/snowshoes (Menogyn does have these to use)

Indoor shoes (ie slippers, tennis shoes, etc) to wear in dining hall and cabins

Small games (decks of cards, board games, etc)

Money for camp store items (Menogyn sells hats, tees, sweatshirts, water bottles for \$10-\$50)

Ice fishing gear (if you would like to fish, a fishing license is also required)

LAYERING FOR WINTER TREKS

BASE LAYER
Warmth/ Moisture Control
Regulates body warmth and moves perspiration away from body



Also known as "long underwear/ johns" and usually made of synthetic material. Available in lightweight, middleweight and heavyweight, depending on the season. We recommend one lightweight and one heavyweight top and lower options for the Dayara trek. This will allow you more choice, depending on the prevalent conditions.

MIDDLE LAYERS
Insulation
The Mid layers retain heat, trapping it close to the body



Fleece (synthetic wool) top and bottoms above the base layer. A puffy jacket (down or synthetic down) for insulations. Both of these are compressible and light and will easily fit into your backpack.

OUTER LAYER
Weather Protection
Protects from harsh weather conditions such as Snow, Rain, Sleet, Hail



Commonly known as wind shell jackets, these can be worn above your mid layers and insulate your body as well as breathe well during hiking. On top of this we suggest a waterproof shell, which will actually keep you dry when it snows (snow quickly melts when coming into contact with the body).

Day Trips and Activities at Menogyn

Menogyn offers dogsledding, winter hikes, snowshoeing, cross country skiing, and a wood stove sauna.

Dog sledding

Our most popular activity is very dependent on the winter conditions. The two mushers will use their discretion to make sure humans and dogs alike have a safe and fun experience. Participants are encouraged to help with feeding and watering of dogs and meet the dogs in the dog yard!

Winter Treks/Hikes/Snowshoes/Skis

Daniels Bluff: a short 45 minute round trip hike. Trail is located behind the dining hall and offers an overlook of Daniel's Lake, which is in the BWCAW. The trail is steep at the end, but very manageable.

Caribou Rock: located off the Hungry Jack Road, it takes about 2 hours round trip from Menogyn. It's about a 1.5 mile walk from the Menogyn landing. The overlook offers a beautiful view of West Bearskin Lake and is one of the most photographed spots in the BWCAW.

Honeymoon Bluff: about a three-hour round trip adventure from camp. The trail is located off the Clearwater Road about three miles from Menogyn. Honeymoon Bluff offers a spectacular view of Hungry Jack and Bearskin Lake.

Rose Falls: about a 3-4 hour roundtrip adventure from camp, Rose Falls is a beautiful waterfall in-between Duncan and Rose Lakes. Rose Lake is on the border of Canada, so you also get views of our friendly northern neighbor.

Rose Falls and Bottlecap Overlook: 4-6 hour roundtrip adventure from camp, Bottlecap is a gorgeous overlook of the border lakes. It is well worth the work to get there. The spur trail to Bottlecap is located on the Duncan-Rose portage, so you also get to see Rose Falls.

Sig Olson Lake: a little lake tucked away off Bearskin- hike there in the winter or bushwack/drag your canoe there in the summer (it usually requires some muddy feet in the summer!)

Groomed Ski Trails at East Bearskin Lodge: hop in a vehicle and drive the 15 minutes south of camp to East Bearskin Lodge for some of the finest groomed ski trails in Minnesota. Trails are groomed for classic and skate. Day passes are \$, but worth it. These trails are amazing! You can also grab an adult beverage or mug of cocoa in their lodge after your ski.

Sauna

Menogyn has a traditional wood fired sauna. The staff will stoke the sauna and lifeguard the hole in the lake ice for participants "to dip" during their sauna the final evening of their visit at camp.

Group Needs Form

Please submit with reservation.

Our first meal at camp will be: _____

Our arrival time _____

Our group will all arrive at the same time

We will be arriving from _____pm/am until _____pm/am in various vehicles (no arrivals after 9pm)

Our last meal at camp will be: _____

We need a bag lunch for the ride home: yes no

Any dietary restrictions?

of vegetarians # of gluten free other, please describe: _____

Total # of adults (13 years and older) _____

Total # of youth (3-12 years old) _____

Total # of toddlers/infants (0-2 years) _____

Day trips/Activities- check all that you have interest:

We would like day trips offered by the staff

We would like a sauna our final evening in camp

Dog sledding

Cross country skiing at Menogyn

Snowshoeing

Cross country skiing on groomed trails at Bearskin Lodge

In-camp needs- check all that you will need/desire:

Projector and screen to show slideshow/film/presentation (must provide own laptop)

Program area indoors for group gatherings/activities

Participants can only sleep on bottom bunks

Participants can sleep on bottom and top bunks

Group must sleep in dining hall rooms

YMCA Camp Menogyn

Medical Review and Informed Consent

Please have everyone in your group sign, if under 18, the guardian must sign

Name: _____ Group Name: _____
Home Phone: _____ Date of Program: _____
Home Address: _____ City: _____ State: ___ Zip: _____
In an Emergency Notify: _____ Relationship: _____
Home Ph: _____ Cell Ph: _____ Work Ph: _____

YMCA Camp Menogyn spends most of the time outdoors. As a result, participants take certain risks due to weather conditions, natural hazards, and/or physical infirmities. The YMCA takes precautions to follow rigorous safety procedures, but the risks cannot be totally eliminated. Please answer all of the following questions. Participation in this program is voluntary and you can decline participation in all, or any part of, the activities occurring during this program.

Has a physician told you or are you aware of any medical conditions that could be aggravated by physical activity, such as: heart disease, high blood pressure, lung disease, diabetes, pregnancy or others?
___ Yes ___ No

Has a physician told you or are you aware of any problems with your neck, back, shoulders, wrist, hips, ankles, or knees that may be aggravated by physical activity?
___ Yes ___ No

Has a physician told you or are you aware of any problems with life threatening allergic reactions that may be aggravated by physical and/or outside activity?
___ Yes ___ No

Has a physician told you or are you aware of any problems with seizures that may be aggravated by physical activity?
___ Yes ___ No

Has a physician told you or are you aware of other physical problems, which you think we should know about before activities begin?
___ Yes ___ No

If you answered yes to any of the conditions above, please name the condition and give a detailed description below (including dates and restrictions, if any).

The information provided here is a complete and accurate statement of the physical factors, which may effect my participation in the YMCA Camp Menogyn. I have decided to voluntarily participate in this program, or segments of the program, and in consideration of the YMCA Camp Menogyn accepting me into this program, I hereby waive and release all rights and claims which I may have against YMCA Camp Menogyn, its employees and its agents for any and all injuries and damages suffered by me in participating in this program. This release does not, however, apply to injuries or damages caused by the gross negligence or willful misconduct by YMCA Camp Menogyn, its employees or its agents. I agree to hold YMCA Camp Menogyn, its employees and its agents harmless if all relevant information is not disclosed. This information will be kept confidential except in the case of emergency. In case of emergency, this consent includes the release of medical and accident report forms to insurance companies, my employer, or any other agency deemed appropriate by YMCA Camp Menogyn.

SIGNED: _____ DATE: _____



YMCA Camp Menogyn is located on the north shore of West Bearskin Lake. In the winter, participants park in our lot on the south shore and walk roughly ½ mile to camp on a packed trail to our site which is mapped out here. Staff will help groups get across the lake with sleds to pull gear.

Cabin Descriptions

The following spaces are winterized and used for housing during the winter months.

Klepinski Cabin

Sleeps 32 participants on top and bottom bunks. Divided into 4 rooms of 8 beds. The four rooms are named Spruce, Cedar, Alder and Fern. The cabin is located along the boardwalk and is a 1-2 minute walk from the dining hall. A heated outhouse is 50 feet from the cabin. This building also has a large main room with tables and couches for programming and relaxing.

Johnson 8

Sleeps eight participants and is located along a boardwalk. It has top and bottom bunks. It is a 1-2 minute walk from the dining hall and 100 feet from a heated outhouse.

Johnson 12

Sleeps twelve participants on top and bottom bunks. Located along a boardwalk, it is a 1-2 minute walk from the dining hall and 100 feet from a heated outhouse.

Wilke 8

Sleeps eight participants and is located along a boardwalk. It has top and bottom bunks. It is a 2 minute walk from the dining hall and 100 feet from a heated outhouse.

Wilke 12

Sleeps twelve participants on top and bottom bunks. Located along a boardwalk, it is a 2 minute walk from the dining hall and 100 feet from a heated outhouse.

Dining Hall East

This is a room located on the main floor of our dining hall, directly adjacent to our indoor bathrooms. The room sleeps 4-6 participants on top and bottom bunks.

Dining Hall West

This is a room located on the main floor of our dining hall, directly adjacent to our indoor bathrooms. The room sleeps 4-6 participants on top and bottom bunks.

Spring

This is a room located in the basement of our dining hall. It sleeps 6 participants on top and bottom bunks. To reach the indoor toilets, participants need to walk up a short staircase.

Summer

This is a room located in the basement of our dining hall. It sleeps 6 participants on top and bottom bunks. To reach the indoor toilets, participants need to walk up a short staircase.

Autumn

This is a room located in the basement of our dining hall. It sleeps 6 participants on top and bottom bunks. To reach the indoor toilets, participants need to walk up a short staircase.

Winter

This is a room located in the basement of our dining hall. It sleeps 8 participants on top and bottom bunks. To reach the indoor toilets, participants need to walk up a short staircase.

Driving Directions to YMCA Camp Menogyn

- 1) From the Twin Cities, take I-35 NORTH to Duluth.
- 2) In Duluth, follow I-35 NORTH to MN Highway 61 NORTH until Grand Marais.
- 3) In Grand Marais, take a LEFT on the Gunflint Trail/County Road 12. {Please call camp in Grand Marais (218 388 4497) with estimated arrival time}
- 4) Follow the Gunflint Trail for about 35 minutes until County Road 21/Hungry Jack Road.
- 5) Follow the gravel road for about 2.5 miles, eventually there will be a subtle fork in the road, follow the signs to Camp Menogyn.
- 6) Upon arrival, back your car into a parking spot and use the intercom located in a wooden phone box in the Welcome Center to notify staff of your arrival.

