

Dear Nebagamon Parents,

Welcome to the latest edition of our Parent Handbook!

We hope this handbook not only answers most of your questions and helps prepare you and your child for the summer, but that it also becomes a useful tool and reference guide for you while your child is away at camp. As always, please don't hesitate to contact us with any questions, or feedback on this handbook.

We would like to take this opportunity to thank you from the bottom of our hearts for having the faith and confidence in us to look after your children and provide them with a place to learn, grow, play, laugh and have unabashed fun.

In the midst of the fun of camp, we believe that camp plays an important role in developing the skills that have been shown to be key factors that influence a person's happiness and success in life. These attributes are connection, competence and responsibility and Nebagamon nurtures and builds these attributes by fostering community, providing challenges and offering choice.

It is our belief that everyone deserves to have some place or some experience in their lives that they consider to be, simply put, MAGIC. Nebagamon has been that place for thousands of boys for 94 summers now, and we're looking forward to the 95<sup>th</sup> summer of magic this year!

Campingly,

Adam Kaplan and Stephanie Hanson  
Co-Directors

**2024 SEASON DATES  
OUR 95<sup>th</sup> SEASON**

SEASON BEGINS	Tuesday, June 18 <sup>th</sup>
FIRST 4-WEEK SESSION ENDS	Sunday, July 14 <sup>th</sup>
SECOND 4-WEEK SESSION BEGINS	Tuesday, July 16 <sup>th</sup>
SEASON ENDS	Sunday, August 11 <sup>th</sup>
FAMILY CAMP BEGINS	Tuesday, August 13 <sup>th</sup>
FAMILY CAMP ENDS	Monday, August 19 <sup>th</sup>

**PARENT VISIT DATES:**

Saturday, July 6 - Sunday, July 7  
Saturday, July 27 - Sunday, July 28

**CAMP'S CONTACT INFORMATION:**

PO Box 429 (letters)  
11454 Camp Nebagamon Dr. (UPS/FedEx)  
Lake Nebagamon, WI 54849  
Phone: 715-374-2275  
Fax: 208-345-5454

info@campnebagamon.com  
www.campnebagamon.com

**CAMP'S TRAVEL AGENT:**

TRAVEL ONE  
8009 34<sup>th</sup> Avenue S., Suite 1500  
Minneapolis, MN 55425  
Phone: 952-854-2551; Fax: 952-854-5038  
camps@traveloneinc.com

**CampMeds:**

Phone: 954-577-0025; Fax: 833-530-1915  
www.campmeds.com



# THE NUTS & BOLTS

## CAMPER FORMS:

Almost all camper forms will be submitted ONLINE through your own CampInTouch account, available via our website. For those of you that have returning campers, you will find that some of the health history information is saved in your camper's record from last year. *Please note that the online forms system does have improved functionality when using the Google Chrome browser (free download at [www.google.com/chrome](http://www.google.com/chrome)).*

## HOW TO ACCESS YOUR ONLINE ACCOUNT:

Please follow the instructions below to access your account and start your son's camp forms:

1. Please point your web browser to [www.campnebagamon.com](http://www.campnebagamon.com) and click on the "Parents" tab along the top of the page.
2. Along the top of the page click on "Forms".
3. Once logged in, you will see there are several different sections within your CampInTouch account. **Before you begin any of your camper's paperwork** contained in the *Forms Dashboard*, please first click on "Camper Information" under *Your Camper* and "Update Addresses/Phone Numbers" under *Your Family* to **make sure ALL contact information and camper data are correct, including emergency contact information.** (*Both custodial and non-custodial families should log in and check that their contact information is up-to-date.*) The emergency contact information you enter should be for someone besides you, in the event we cannot reach you first - a family member or friend who is not your camper's parent/guardian.

When you have completed a form, make sure to click the "Submit" button. (You cannot save forms that are partially complete, except the health history form which allows you to save page-by-page.) You will notice that once you have done so, within the *Forms Dashboard* under the "Status" column, there will be a Date Received field marked in green, and you will be able to print the forms for your own records. If you have any changes to forms once they have been submitted, you may still log in to your account and update them until June 10 (with the exception of Transportation and Cabin Preference Forms). **\*Please note that forms faxed to us must be approved by Briggs before being marked as "Received" - we appreciate your giving us a couple days of lag time to ensure that the forms are complete and readable.**

<b>FORMS TO COMPLETE ONLINE: (Please submit by May 15<sup>th</sup>!)</b>	
<b>Cabin Preference Form</b>	<b>Camper Conduct Policy</b>
<b>Health History Form</b>	<b>Medications Change Form</b> <i>(Available after June 10)</i>
<b>Objectives &amp; Personality Form</b>	<b>Transportation Form</b>
<b>FORMS TO DOWNLOAD AND RETURN BY FAX/PDF FILE UPLOAD:</b>	
<b>Medical Treatment Authorization</b>	<b>Physician's Examination Form</b>

Instructions for all of these forms are online; however we wanted to highlight a couple points about the following forms:

**HEALTH HISTORY FORM DETAILS:**

You will need to have your son's health insurance card, doctor and dentist contact information, medication information, and immunization records available to complete the online Health History Form. (Please note that once you have entered the immunization information, it will stay with your camper's record for future years.)

You are able to save a partially completed Health History Form in the event you are not able to finish it in one sitting. You must click the "Save for Later" button towards the bottom of the page. However, this **data will only be saved for six weeks** AND all fields must be completed on that page in order for you to save it.

Once we have begun to review camper medical information in June, you will no longer be able to update the online Health History Form. *If there are any changes to your son's medications after June 10, please complete the **Medications Change Form** in your Forms Dashboard.*

- AFTER SUBMITTING THE HEALTH HISTORY FORM ONLINE, YOU MUST RETURN TO US **SIGNED** MEDICAL TREATMENT AUTHORIZATION & PHYSICIAN'S EXAMINATION FORMS. (These can either be scanned and uploaded in PDF form via CamplnTouch, or faxed to us at 208-345-5454.)

- **REMEMBER: ON THE MEDICAL TREATMENT AUTHORIZATION FORM IS A PLACE TO ATTACH COPIES OF YOUR SON'S CURRENT MEDICAL INSURANCE AND/OR PRESCRIPTION PLAN CARD. PLEASE MAKE SURE THIS IS A READABLE, CLEAR COPY!**

## **TRANSPORTATION FORM DETAILS:**

**Regardless of your son's mode of transportation to and from camp,** all travel plans should be submitted through the online Transportation Form. While you should reference pages 8-11 of this Handbook for details on each travel option and what your son can expect on his trip to camp, a brief outline of the options and how they will appear within the online Transportation system are listed below:

**BUS:** For any campers taking the bus from Chicago OR meeting the bus at the Minneapolis/St. Paul airport (NOT flying to the MSP airport).

**CAR:** For any campers being taken in a personal vehicle to/from camp with parent(s)/guardian(s).

**AIR:** For any campers flying to/from the Minneapolis/St. Paul Airport.

Please note you must also choose how your son's luggage will be transported to/from camp after you have chosen your travel options. (See also page 12 for information on duffels and shipping luggage.)

If, at any point in completing this form, you have any questions, please contact Briggs at [briggs@campnebagamon.com](mailto:briggs@campnebagamon.com). If your son has special travel circumstances (especially late arrivals or early departures), please also get in touch with him.

After June 1, the online Transportation Form will no longer be available and you can email Briggs with any changes to luggage plans, itineraries, etc. As always, **we prefer this detailed information to be in writing!**

## **TRAVEL:**

### **MINNEAPOLIS CAMPERS AND CAMPERS DRIVEN TO TWIN CITIES AIRPORT OR CAMP:**

Please let us know if you plan on driving your son to camp or are dropping him off at the airport. As camp approaches, keep an eye out for more information that will provide specific instructions on when to arrive at camp or the airport and where to find the Nebagamon airport headquarters.

## THE CHICAGO BUS:

We will again be running the Chicago bus to camp for those campers in the Chicago area. Things go very smoothly with the buses—the airport hassles are eliminated, and we get to camp on time!

The bus leaves from the former Toys “R” Us in Highland Park (Petco) and stops for lunch on its way to camp. The trip takes approximately eight hours, and the campers have a lot of fun. The boys get to reconnect with friends and make new ones right off the bat. There are movies and even a microphone on the bus, which no doubt delights whichever counselors happen to be riding on the bus! Imagine... eight hours of stand-up comedy! The boys should feel free to bring a deck of cards or other activities for the bus ride.



The round-trip cost for the Chicago bus is \$300.00. If you did not prepay this fee with the online enrollment form, we will bill it to your son's Camper Spending Money (CSM) account in August. In order to secure your son's seat, **you must sign up by May 15<sup>th</sup>** so we can determine the number of buses we need and plan the staffing accordingly. (Please use the online Transportation Form or notify Briggs in writing.)

## CAMPERS FLYING TO CAMP:

To take advantage of camp fares from our travel agent, airline tickets should be ordered as soon as possible from:

**Travel One, Riverview Office Tower**  
8009 34<sup>th</sup> Avenue S., Suite 1500  
Minneapolis, MN 55425  
Phone: 952-854-2551; Fax: 952-854-5038  
camps@traveloneinc.com  
**\*\*SEE MATERIALS EMAILED FROM BRIGGS.**

## REMINDERS FOR THE DAY OF DEPARTURE:

1. Arrive at the airport at least two hours before departure wearing your official 2024 Camp Nebagamon t-shirt.
2. **A yellow Camp Nebagamon baggage tag should be attached to each piece of baggage, including carry-on items.** Baggage handlers use these tags to identify baggage to be loaded onto camp buses.
3. When you check in your son's baggage, make sure it is correctly tagged. The Twin Cities' airline code is MSP.
4. **Make sure that the airline baggage claim checks are stapled to your son's ticket envelope.**
5. Also, make sure that your son knows to give his ticket, baggage claim checks, and any unaccompanied minor paperwork to the counselor that meets his flight as soon as he gets off the plane.

## BAGGAGE FEES:

Most airlines are charging extra fees for checked baggage. You are responsible for paying these fees up front on your son's flight to camp. If the airline will allow you, please pre-pay baggage fees for his return flight. **Delta Airlines CampKids program prefers that return baggage fees are prepaid by the camper family.** (If for some reason you are unable to do so at the airport on the day of departure, we will pay the fees on the return trip and charge it to your son's Camper spending Money account.)

## UNACCOMPANIED MINORS:

Delta Airlines requires all children ages 14 and under to travel as an unaccompanied minor. You should purchase this at the time of departure during check-in. The cost is \$300.00 round-trip, and you must pay for the full trip up front (unless your camper is traveling only one way). Delta will allow up to four campers to share one unaccompanied minor form, allowing families to save some money by splitting the fees.

\* If you are from New York and attending the second 4-week session camp will provide a chaperone for the flight. You will receive more specific instructions on where to meet the chaperone as the trip gets closer. For boys traveling on this chaperoned flight, you do not need to pay the unaccompanied minor fees. Instead you will be billed a \$75 round trip fee to help defray the costs of the chaperone's flights. This amount will be added to your final invoice in September.

\* On all unaccompanied minor forms, where you are asked to identify the person meeting your child, please write "Camp Nebagamon Representative." Please DO NOT write "Adam Kaplan" as the individual meeting your son's flight. You will also need camp's Wisconsin address (Camp Nebagamon, 11454 Camp Nebagamon Dr., Lake Nebagamon, WI 54849) and phone number (715-374-2275) for the form.

\* For the return trip home, we will make sure unaccompanied minor forms are filled out for all campers **age 14 and under** who are traveling on a non-chaperoned Delta flight using the camper's home address and parent(s) contact information. (Similarly, we will follow different age requirements mentioned above for other airlines.) *If your son is sharing a form with another camper OR is being met at the airport by someone other than a custodial parent/guardian, please let Briggs know.*

## WHAT YOUR BOY SHOULD HAVE WITH HIM:

1. **MINIMAL CASH:** Your son needs only enough money to buy two lunches, one on the way to camp and one on his return trip. At camp, your son will use a Camp Nebagamon checkbook for purchases instead of cash. If your son doesn't have enough cash for the return trip, we'll advance it to him.
2. **SNACKS FOR THE TRIP ONLY:** Feel free to send a small number of snacks for the trip. But please help your son be reasonable on this issue. Once the camper arrives at camp, we have to confiscate any remaining food and/or candy which cannot be brought into the cabin.



3. **CARRY-ON BAGGAGE:** One small handbag (with the yellow CN baggage tag attached) is sufficient to carry medications needing refrigeration, reading material, and other items for the flight. Again, don't forget the yellow tags that help us retrieve lost tennis racquets!
4. **PERSONAL MEDICATIONS:** If your son is traveling with any medications, these should be WELL-MARKED with your son's name and dosage information. Our infirmary staff will process them at your son's health check-in upon his arrival at camp.

*Please discuss the following with your son about the trip to camp:*

1. **Who will meet your boys when they get off the plane?** Members of our staff, wearing Camp Nebagamon shirts, will meet every plane carrying our campers. Counselors will collect your son's return trip ticket and baggage claim checks. Boys do not have to worry about picking up their baggage in Minneapolis – our baggage handlers will retrieve all bags with yellow CN tags and load them directly onto our buses or baggage truck. (If you are traveling with your son(s), please wait for us at the gate.)
2. **Where will they go after getting to the airport?** Adam, Briggs, and several other staff members will establish a meeting area in the airport before the arrival of the first campers. Our headquarters will be open until the last camper has left on a Nebagamon bus. We will be communicating with the camp office, so please call Stephanie at 715-374-2275 if needed.
3. **How do campers get to camp?** Chartered buses will leave the airport as soon as a sufficient number of boys have arrived to fill a bus. Camp Nebagamon staff members ride on each bus. During the bus ride, campers find out what cabin and village they are in for the summer. The bus ride is also a great time to meet other campers and reunite with old friends. We play a movie during the 3 ½-hour bus ride, and many campers bring decks of cards or other activities to keep busy.

## **PACKING INSTRUCTIONS:**

1. **DUFFEL BAGS:** These are used for the trips to and from camp and are stored in the cabin rafters during the summer. Since we have a shelving system ("cubbies") in all cabins for storing clothes and belongings, we don't want any trunks at camp. Especially with today's

airline weight restrictions, duffels are the best luggage option for the boys.

We suggest two heavy-duty duffel bags. Please check with your airline for any size or weight restrictions. If needed, a third duffel can be sent by UPS/FedEx/Ship Camps (see below). There are two general types of duffel bags: the side-zipper type and the army type. **When buying any duffel bag, be sure that it is flexible and does not have a rigid shape.** If you get a duffel bag with a side zipper, be sure both the bag and zipper are heavy-duty. Also, please note that airport security no longer allows locks on checked luggage.

You can send any duffels or miscellaneous equipment (e.g. a hiking backpack) to camp before your son arrives. UPS and FedEx do not deliver to PO boxes, so be sure to use the following address only:

**Camp Nebagamon**  
**Your son's name**  
**11454 Camp Nebagamon Drive**  
**Lake Nebagamon, WI 54849**

*Please note that we prefer to send luggage on the airplane for the return trip if your son is traveling with Delta Airlines, due to the simplicity of our arrangement with them at the Minneapolis airport and our limited storage space at camp for shipped duffels. Please let Briggs know if it is necessary to FedEx your son's duffels home (or to an alternate address if you have special travel circumstances) at the end of the session. If we do not hear from you at least a week before your son's departure, we will follow what you have indicated on the online transportation form, or return your bags in the same manner they arrived at camp.*

**NOTE: Please remember to affix a NEW yellow Camp Nebagamon baggage tag to ALL of your son's checked baggage as well as ALL of his carry-on items. Doing so will help ensure that all of his possessions arrive at camp.**

**2. MISCELLANEOUS EQUIPMENT:** Please use these instructions for packing the following:

- Sleeping Bags: Pack the sleeping bag in a duffel if at all possible.  
\*\*If you cannot fit it into a duffel, make sure you put the sleeping bag in a stuff bag and tie it securely. Attach

name-and-address labels securely to the stuff bag and sleeping bag, or print name with an indelible laundry marker.

- Musical Instruments: Make sure the instrument case is sturdy and that it is clearly labeled with the camper's name and address.
- Fishing Rods: Buy a two-piece casting rod **with** a tubular case (or pack it in center portion of duffel without a tubular case). You cannot carry the fishing rod on the plane. Send the fishing rod to camp by UPS or FedEx or check it with the duffel bags.
- Tennis Racquets: Please put your son's name on both his tennis racquet and racquet cover. Inevitably, campers leave these items all around camp, and it really helps our lost and found process if they are clearly marked. Moreover, since many campers own the same racquet models, it makes sense for your son's name to be on his racquet.  
\*\*Tennis racquets can be carried on the plane if they don't fit in his duffels.
- Hiking Backpacks: Check the backpack on the plane if packaged or tightly secured (airlines may have special boxes). If not, ship to camp. In most cases, a hiking backpack is too large to be considered a carry-on bag.
- Personal Sports Equipment: Baseball bats, archery equipment and the like may be brought to camp but need to be stored in the appropriate activity area and not in the cabins. Such equipment should be turned in to your son's counselor upon arrival.

**3. LAUNDRY SERVICE:** Laundry is picked up once a week and returned two to three days later. For this reason, our packing list generally allows for ten days' worth of clothes. Since we use a commercial laundry where clothes are cleaned in bulk, please be aware that:

- Items will shrink. Cotton items should either be too large or "pre-shrunk" by you before the summer. No clothes are ironed.
- Some colored items will fade. Please pre-wash clothing that will bleed.
- You can send old clothes. Don't worry about stains or small holes!
- Clearly mark everything with your son's FULL name (no initials). Most likely there will be more than one child at camp

with the same initials as your son. Lost and found articles are much more likely to return to the correct owner if they are marked with your son's full name. We recommend either nametapes or an indelible laundry marking pen.

- Please remember to mark all sheets, blankets, mattress pads, and towels.
- We want to remind you to send OLD CLOTHES, as they will look that way at the end of the summer anyway!

#### 4. IF YOUR BOY WETS HIS BED:

- Please send a rubberized 36" x 72" sheet with his bedding.
- Notify us of this situation ahead of time so we can prepare to help him (for example, assign him to a lower bunk, make his counselors aware, etc.).

#### 5. PLEASE DO NOT SEND:

- Fitted sheets (unless they are cot-sized, 30"-36" wide).
- Any item that you could not bear to lose. Do not send items such as expensive sportswear, heirloom items, or your favorite pillow, etc. Keep them home to keep them nice!
- ELECTRONIC GAMES, BOOM BOXES, TVs, LAPTOP COMPUTERS. Cell phones will be stored during the entire length of the camp session.
- If you choose to send an IPOD-like device, please do so **ONLY if you are not too attached to it! Occasionally they do get lost or broken.**
- **Sheath knives.** Folding knives are permitted if the blades are less than three inches in length. Knives brought by 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grade campers will be held by their counselors. Names should be on the knives. Needless to say, pocket knives should be placed into checked bags and not brought in carry-on bags.
- **Aerosol cans** (bug repellent, deodorant, etc.). These are not allowed at camp due to potential environmental and health hazards.
- IT GOES WITHOUT SAYING (but we have to say it so that the American Camp Association will accredit us!) that all vehicles, weapons, and pets of campers should not be brought to camp.

A photo of Fido and Johnny's 1968 Mustang will have to do for the summer!

6. **DO SEND** playing cards, books, and games that a group of campers can use at one time.

7. **LOOKING FOR NEBAGAMON GEAR?** Go to our website and click on the link that says "Order Nebagamon Gear" to connect to the Amerasport online catalog. You will find clothing and other items with the Nebagamon logo. You can also find the Amerasport Nebagamon catalog directly at the following website:

<http://www.amerasport.com/NEBAGAMON/departments/41>

### **PACKING FOR OUR WILDERNESS TRIPS:**

In order to enjoy wilderness trips, it is important to have proper clothing and gear. If campers are uncomfortable, wet, or cold, the trip is not fun. Our trip staff has asked us to emphasize that the following items are ESSENTIAL for a boy to enjoy himself in the wilderness. (These items also appear on the longer equipment list; they are separated out here for your convenience and so that you understand their importance.)

**WATERPROOF RAINGEAR:** Please bring a rain suit that includes jacket and pants. Make sure this gear is **waterproof**, not just water resistant. It will make a difference in protecting against the elements. We have found that the *Frogg Toggs* brand is a durable and economical choice for camp. **PLEASE NO PONCHOS**

**WOOL OR FLEECE SWEATER AND HAT:** Old ones are fine!

**HIKING SHOES/BOOTS:** All of our campers benefit from having appropriate footwear while at camp.

3<sup>rd</sup>-5<sup>th</sup> graders: Old tennis shoes are usually sufficient. However, you might consider a low-cut hiking shoe or trail runner for your 3<sup>rd</sup>-5<sup>th</sup> grader, as they will function well in camp *and* on trail.

6<sup>th</sup>-9<sup>th</sup> graders: When your camper starts to take advantage of our extended trips, it is important to ensure that they have footwear that will allow them to carry heavier loads on rough trails. For all of our 6-9<sup>th</sup> grade trips, we ask that our campers have a sturdy hiking boot that offers some degree of ankle support. When you go to the store, ask the sales person to show you a mid-weight hiking boot with at least a  $\frac{3}{4}$  ankle support. When selecting a specific boot, it is most important to find the right fit, as opposed to the right brand. Finally, please ask your son to *wear his new boots before he arrives at camp*. Not only will this help break in the boots, it will also allow your son to see if there are any problems with the boots, rather than finding out while on trail.

**THREE PAIRS OF WOOL OR SYNTHETIC HIKING SOCKS:** Please note that we emphasize **wool** or **synthetic** (not cotton). Proper socks are thick and help to prevent blisters. When you go to the store you can ask for a mid-weight, crew cut wool hiking sock. Bundled packs of two or three are often the best value.

**QUICK-DRY CLOTHING (1 pair quick-dry hiking pants, 2 synthetic t-shirts):** When out in the wilderness, one can expect at times to get a little wet. This circumstance is far more manageable when wearing clothing made of synthetic materials. Nylon or polyester-based clothing dries very quickly and actually helps wick moisture away from the body. We ask that all campers bring some synthetic clothing for the trail. For hiking pants, look for quick-dry and convertible (zip-off pant legs to convert it to shorts). We suggest getting a lightweight pant, as it offers more cooling in the summer heat and dries faster than heavier material.

**SLEEPING BAG:** There are a few factors to consider when purchasing a sleeping bag for your son. Below is some insight which might help you when you are considering your options:

- **Synthetic Vs. Down Insulation:** For campers, a synthetic sleeping bag will work best. Synthetic insulation is cheaper and stays warm when wet. Down is a more expensive and loses all insulation properties when wet.
- **Temperature rating:** The bag should have a rating that indicates it will stay warm down to 20° F.
- **Size:** Your son can grow into an adult-sized sleeping bag and the extra material will only serve as more insulation, so don't worry if it seems a little bit big. Also, to fit in a waterproof bag, the sleeping bag should compress down to about the size of a big watermelon or smaller (about 8" x 17" or less).

**BACKPACK:** Camp will furnish backpacks for boys in the fifth grade and younger. Older boys should bring their own backpack. If you are purchasing one, **bring your son** to a camping or sporting goods store (not a website), ask a knowable salesperson to fit, and rely on them to suggest a pack that fits well and is comfortable. Packs should be between 60 and 80 Liters in volume. The most important factor in buying a pack is the frame size. The frame must properly fit your son's torso. Look for a pack that has an adjustable frame. The more range for adjustment, the better. An adjustable frame allows the pack to grow with your son.

**SLEEPING PAD:** A thin pad of ensolite (or a similar closed cell-foam) cushions a sleeping bag and adds significant insulation. It is not only an inexpensive way to add infinite comfort, but is just as integral as a sleeping bag for keeping your camper warm. Brands such as RidgeRest are recommended. Camping air mattresses (such as Thermarest) are also popular and a suitable alternative. However, make sure that the mattress is designed for wilderness use. It should be manually inflatable, lightweight, and pack small.

**WATERPROOF BAG:** All campers will also need a waterproof bag for cabin trips and canoe/river trips. We find that the best bag is the Sealline Baja Bag 30 Liter, which is a perfect size and allows campers to keep all of their gear dry. Please do not send bags with backpack straps.

## MEDICAL INFORMATION:

**BOYS SHOULD START CAMP FREE OF ANY CONTAGIOUS DISEASE** (i.e. chickenpox, etc.). **If there's any question about your boy's health** at the time he is to depart for camp, or if your boy has had any direct contact with communicable diseases, **please consult with us** after seeking the advice of your boy's physician. In some instances, it is preferable to keep a boy at home until a condition or incubation period has passed.

## **IMPORTANT REMINDERS:**

The Health History Form (along with the Medical Treatment Authorization, Physician's Examination Form, and health insurance card copy) **must** be current and on file before a camper's arrival.

**NO CAMPER MAY GO ON A WILDERNESS TRIP WITHOUT AN UP-TO-DATE MEDICAL FORM.**

1. **Your son needs a physical if he has not had one within the past 12 months.** YOUR BOY'S DOCTOR should examine your son and then complete the **Physician's Examination Form** and sign at the bottom of the page. If your son HAS had a physical within 12 months of the start of his camp session, this form can simply be completed in the doctor's office by one of his or her staff members or you may send us a signed copy of the documentation from his previous visit. (If sending a different signed form, please attach our barcoded Physician's Exam form as the first page before faxing.)
2. You may rest assured that we will always make every effort possible to contact you (or if you cannot be reached, the persons you have designated) in the event that any hospital treatment or surgery is needed. Many hospitals and doctors will not treat a minor without written parental authorization. Your signature on the **Medical Treatment Authorization Form** ensures that your son will receive prompt attention.
3. If your boy wears GLASSES, pack an extra pair of glasses for him.
4. If there are any changes to your son's medications after June 10, please complete the **Medications Change Form** online. *(Until June 10, you may log back in to the Health History Form and update the medications accordingly.)*



5. Please check with us before sending over-the-counter medications with your son, since the health center stocks a wide supply of non-prescription drugs that are available to all campers if needed.

## MEDICATIONS AT CAMP/CampMeds

We are again partnering with *CampMeds Inc*, a pre-packaged medication program, to dispense and package all of your child's medication for camp. This is required if your child takes *medication in a pill form, either prescription medication or over-the-counter medication that is taken on a daily basis*, while at camp. All pills will be dispensed and individually packaged in sealed packets labeled with your child's name, medicine, dosage, date and time to be given.

***All medication in a pill form, either prescription medication or over-the-counter medication that is taken on a daily basis, must be processed through CampMeds at least 30 days prior to your son's arrival at camp.***

You are responsible for registering online with CampMeds and submitting all applicable documentation **30 days prior to your son's arrival at camp** (May 19th for first session and 8-week campers OR June 17th for second session campers). Please visit CampMeds' website to review the FAQs and instructions on how to place your order. (You may also refer to the CampMeds FAQs document in your CampInTouch account.) The CampMeds registration fee is \$65 for campers attending up to 30 days of camp and \$75 for campers attending over 30 days of camp. The fee includes all packaging and shipping costs. Your insurance will be billed as usual for the cost of the medications. *Please note that there is a \$100 late fee if you miss the deadlines above.*

### CampMeds:

**www.campmeds.com**  
**Phone: 954-577-0025**  
**Email: info@campmeds.com**

**P.O. Box 267037**  
**Ft. Lauderdale, FL 33326-7037**



## PARENT VISITS:

We invite parents of eight-week campers and **returning** four-week campers who have never had a parent visit to come to camp if they choose. We strongly discourage parent visits for new four-week campers. A parent visit to a first-year camper can be disruptive to his first summer at Nebagamon. For example, for a child that is struggling with homesickness, a parent visit is likely to be more upsetting and troublesome for him than helpful. If your son is a new eight-week camper, you may visit, but we request you do so during second session.

While parent visits are offered for our eight-week campers, not all choose to visit. Approximately fifteen percent of our parents visit in any given summer. Listed below are some guidelines for parents contemplating visits to camp this summer:

- You are welcome to visit anytime during the following periods:

**Saturday, July 6 - Sunday, July 7**  
**Saturday, July 27 - Sunday, July 28**

It is important that you visit during the prescribed dates so our program and staff can accommodate you.

- We ask that you limit your visit to a 24-hour period (for example, arrive at 2 p.m. on Saturday and leave at 2 p.m. on Sunday). We suggest that you end your visit during the day. We have found that this makes for a smoother transition back to camp for your camper.
- Please tell us about your visit via e-mail at [briggs@campnebagamon.com](mailto:briggs@campnebagamon.com). If you make changes to your visiting schedule, please e-mail those as well. (We prefer to have this information in writing!) Please let us know well in advance so we can make sure your son is in camp and not on a trip when you arrive!
- If you want to take your child out for the dinner meal to have some private family time, please return by 8:30 p.m. Please stop by the camp office to sign out prior to taking your son out of camp. **As a rule, you are allowed to take only your son out of camp and not any friends of his or friends of your family. Any exceptions to this policy must be cleared at least one week in advance.**

- If you wish to pick up your child at the end of camp, that's fine too. **Just let us know well ahead of time so that we can prepare on our end.**
- We welcome your other children—but not your pets!
- You are invited to join us for lunch (12:30 p.m., or 1:00 p.m. on Sunday) in the dining hall, and we'll arrange for you to sit with your son's cabin. Usually parents confer with their boy's counselors immediately following lunch, during rest period.

**See “Places to Stay When Visiting” at the end of this handbook for hotels in the area. The closest airports, Duluth (40 miles) and Minneapolis (150 miles), each have rental cars available.**

## **2024 ENROLLMENT TERMS AND CONDITIONS:**

The complete enrollment terms and conditions can be found online at [http://campnebagamon.com/parents\\_dates.htm](http://campnebagamon.com/parents_dates.htm).

### **CANCELLATION & ENROLLMENT CHANGE POLICIES:**

#### **I. Before December 1, 2023:**

- A. Full reimbursement for cancellation due to a medical condition prohibiting camper from attending Nebagamon.
- B. Reasons other than medical, reimbursement minus a \$400 processing fee.
- C. No penalty for change between eight and four week sessions.

#### **II. After December 1, 2023:**

- A. Full reimbursement for cancellation due to a medical condition prohibiting camper from attending Nebagamon.
  - B. For all other cancellations, all tuition received is forfeited.
- No reduction in tuition is allowed for late arrival or early departure.
  - Camp Nebagamon is not responsible for the loss of personal property due to fire, theft, or carelessness.
  - By enrolling a camper, parent(s)/guardian(s) will be deemed to have consented to the use of any photograph or video of the camper for the promotional purposes of Camp Nebagamon or Camperships for Nebagamon (including without limitation publication on our website or social media).
  - By enrolling a camper, parent(s)/guardian(s) will be deemed to have consented to the camper's participation in the wilderness tripping program, unless otherwise indicated.
  - Camp Nebagamon reserves the right to dismiss, without tuition refund, any camper whose behavior, in the camp directors' sole discretion, is inappropriate or harmful to the camper or the camp community.

III. In the event camp is unable to open or is forced to begin late or close early due to circumstances beyond Camp's control, including but not limited to weather, floods, utility failures, inaccessibility, communicable disease, civil unrest, governmental order or other such reason, or in the event Camp decides to close Camp for health and safety reasons, Camp shall not be responsible for any costs, losses or other damages beyond a refund or credit applied to future years of tuition or a proportionate share thereof in the event of a partial shutdown, minus any non-recoverable expenses and administrative costs spent in performance of this agreement.

## CAMPER SPENDING MONEY (CSM) ACCOUNTS:

This account is a “bank account” for your son’s purchases. Accounts are reconciled and sent to you in September, at which time we issue a refund or bill, depending on his purchases.

For some boys, camp is their first experience with handling money and/or using a checkbook. Our staff provides assistance with this, but **we also advise discussing budgeting and checkbook usage with your son beforehand.** Below is some information about Camper Spending Money Accounts.

**DEPOSIT:** Parents deposit \$200 for eight-week campers and \$100 for four-week campers. (The CSM deposit is included in your final payment prior to the summer. Do not send additional checks.)

**CHECKBOOKS:** These are given to each camper for purchases made at the camp store or in town on Cruiser Day. Starred (\*) items below refer to items for which campers use their checkbooks, and campers then can track their checkbook purchases on stubs. Non-starred items refer to purchases for which campers do not use their checkbooks. A camper can look at his account in the office during the summer if he wishes.

Below are some items that typically appear on camper accounts.

1. **\*Camp Store (Wanegan):** Items available for purchase include stamps, fishing tackle, stationery, toiletries, etc.
2. **\*Cruiser Day:** Cabin groups walk to town weekly to buy ice cream from the Dairy Queen. (We set maximum limits.) Eighth- and ninth-grade campers go to town two or three times a week.
3. **Cash Advance for Trip Home:** If your son needs money for his return trip that is over and above what he turns in at the beginning of the season, we advance it to him and charge his account.
4. **Baggage Fees for Trip Home:** If your son flies on an airline that does not allow you to pre-pay for baggage on the return flight and there are additional costs, we will pay the fees and charge his account.
5. **Medical or Dental Appointments:** THERE IS NO CHARGE FOR ANY PROCEDURE OR OVER-THE-COUNTER MEDICATION FROM OUR HEALTH CENTER. If an outside appointment is necessary or a prescription is needed, we will charge your son’s account.
6. **Purchases on Trips:** While on wilderness trips, a little “treat” is sometimes purchased.

7. **Field Trip Fees:** This includes charges that may be incurred by campers that participate in field trips.
8. **Changeover Fees:** This includes charges from any special activity during the period between 1<sup>st</sup> and 2<sup>nd</sup> 4-week sessions.
9. **Trips:** Camp Nebagamon levies no extra charges for the transportation, food, staff, or other extra costs incurred by a wilderness trip. Exceptions include: 1) the eighth-grade, 14-day Isle Royale Big Trip that takes a commercial ferry to the island, 2) the ninth-grade trips to Quetico Provincial Park where the Canadian government levies a special user fee and duty for each person, 3) permit fees for the Pictured Rocks hiking trips in Michigan, and 4) permit fees for Sleeping Giant Provincial Park in Canada. (Fees for the Big Trip are as follows: \$250 per camper for the 9<sup>th</sup> grade Quetico trips and \$325 per camper for the 8<sup>th</sup> grade Isle Royale trips. **DUE TO THE CANCELLATION POLICIES OF THE U.S. FOREST SERVICE, THE CANADIAN GOVERNMENT, AND THE PRIVATE FERRY SERVICE TO ISLE ROYALE, IF YOUR SON SIGNS UP FOR ONE OF THE BIG TRIPS AND DECIDES NOT TO GO WITHIN TWO WEEKS OF THE TRIP DATE, WE WILL BILL YOU FOR THE FULL TRIP AMOUNT.**)
10. **PURCHASES AND REPAIRS:** Campers occasionally need tennis racquets re-strung, a personal purchase, equipment professionally repaired, etc. We arrange this and charge the individual's account.
11. **TRANSPORTATION TO/FROM DULUTH:** It is not our policy to transport campers to and from the airport on days other than scheduled arrival and departure days. If we do pick-up or take your child to the Duluth airport, there will be a \$50 charge per person.

**THIS COVERS SOME OF THE MOST COMMON CHARGES. WE ARE HAPPY TO ANSWER ANY QUESTIONS.**





# THE NITTY GRITTY



## BIRTHDAYS AT CAMP:

If your son has a birthday at camp, we encourage you to phone him that day. Please call to talk to him during one of our mealtimes (8:30-9:15 a.m., 12:30-1:15 p.m., and 6-6:45 p.m. Central time zone – meals begin 30 minutes later on Sundays). Breakfast is the best meal to call your son.

*What is your son doing at camp on his birthday?* In the morning, we put the names of any campers and/or staff with birthdays on a special bulletin board in the Rec Hall. Later in the day, the entire camp community serenades the birthday boy(s) with one of Nebagamon's famous birthday songs. After lunch, your son also gets cupcakes to share with his cabin mates.

## COMMUNICATION: LETTERS TO YOUR CAMPER:

- **Please write to your camper a LETTER OF WELCOME**, timed so that it will be here to greet him on his arrival. (Please allow **at least 5 days** for U.S. Mail to arrive at camp.) This is especially important for new campers. A note from you on his first day at camp will reassure him and let him know that he is NOT out of touch with you.
- **Please write to your camper REGULAR LETTERS** to tell him cheerful, upbeat things—NOT how much you miss him, how much his friends miss him, how forlorn the dog has been since he left, etc. We're not telling you what to write to your son, but **you might be surprised how homesickness can be triggered by the content of a parent's letter.**
- Your son will tell you his **CABIN NAME/NUMBER** in a postcard he will send the first full day of camp. Including his cabin number on your letters to him helps us get it to him faster and prevents it from going to a boy with the same or similar name.
- If parents are on a vacation outside the U.S., faxing or e-mailing letters is acceptable. We are unable to process e-mail messages or fax letters to your son if you are within the U.S.

## LETTERS FROM YOUR CAMPER:

- Your son will write a postcard home the day after his arrival. After that, campers will write a minimum of two letters a week, except, of course, when they are on trips. Please note that older campers are frequently on wilderness trips, and as a result letters may be sparse. If you do NOT HEAR from your son regularly, let us (and your son) know so we can correct the situation.
- We should also point out that when something (even minor) goes wrong, a young and/or new camper will typically write a dire and frightening letter home immediately, sending you running for the nearest telephone! (And we don't blame you!) For example, a fight with a friend can produce a letter which reads, "I hate camp. GET ME OUT OF HERE!" or tuna sandwiches for lunch translates into, "The food stinks. I HAVEN'T EATEN A THING FOR EIGHT DAYS." Very typically, by the time you receive such a letter and call us, your son can't remember why he wrote it. We do, however, encourage you to communicate with us if you sense the need. **A series of unhappy letters is much more significant than one dramatic letter.**

## CORRESPONDENCE WITH THE CAMP OFFICE, DIRECTORS, ETC:

- IF YOU ARE GOING OUT OF TOWN, please write an E-MAIL **giving** details of your travel dates, addresses where you will be staying, and telephone numbers to contact you. PLEASE DO NOT CALL OUR OFFICE WITH THIS INFORMATION—we prefer it in writing from you.
- Please send LETTERS AND E-MAILS TO THE DIRECTORS regarding your son and/or family and giving us information, you think we need to know. Those of you that have had children with us before know we will respond promptly.



## CORRESPONDENCE WITH YOUR SON'S COUNSELORS:

- We encourage parents to write a letter to their son's counselors prior to June 10. Parents have related helpful information about their son's personality, likes and dislikes, and other relevant material. This kind of communication is very helpful. You can send the letter either via e-mail (info@campnebagamon.com) or regular mail.
- We invite parents to write a letter to your son's counselors during or after the camping season as well. These are especially appreciated after you receive their communications to you. A response to a parent letter makes our staff feel valued and enhances the quality of counseling a staff member can give.

## CORRESPONDENCE FROM US:

- We will call you if your son stays in our health center overnight.
- We will call you if your son: 1) has an illness which concerns us and/or our medical staff, 2) is referred for an x-ray in Duluth, or 3) needs to have us consult with you regarding his happiness, well-being, or behavior at camp. We do not believe in withholding information about illness or injury. Rest assured, we will call you as needed.
- We will schedule with you a phone call from your son's counselors. Please use this time to ask any questions about your son's experience.
- **STAY IN THE LOOP WITH ADAM'S UPDATES:** In recognition of adolescent boys' sometimes less than frequent writing habits, we have decided to give parents another vehicle to find out more about what is going on at camp. Every other day on camp's website, [www.campnebagamon.com](http://www.campnebagamon.com), Adam will write a short update about the happenings at camp. If nothing else, these messages will serve as a way for you to know the right questions to ask your youngsters in your letters to them. It may even elicit more information from them!! Just go to the website and click on **ADAM'S UPDATES** located at the bottom of each page.

## PLEASE CALL CAMP IF:

- YOU NEED TO TALK TO ADAM REGARDING YOUR SON'S WELL-BEING. We think prompt and direct communication is **IMPORTANT**, and we want to be available to you. Be prepared that Adam may not be near the phone when you call. Please give our office staff a complete message that describes where and when he can return your call for the rest of the day or early the next day. We will return your call **AS SOON AS POSSIBLE**.
- THERE IS A FAMILY EMERGENCY OR ILLNESS. Of course, you need to keep your child informed. It is best to speak to us first so that we, together, can plan the best way to break bad news and handle these situations with your son. Cooperation in a situation like this is essential for your child's mental health.
- IT IS YOUR SON'S BIRTHDAY. Please call during meal hours (8:30-9:15 a.m., 12:30-1:15 p.m., 6:00-6:45 p.m., and a half-hour later on Sundays). \*See "Birthday" section.
- Please, no calls for other occasions (anniversaries, parent or sibling birthdays, etc.). If you multiply the possible occasions by our number of campers, you will understand how much pressure this would put on the phone line used by campers, staff, and us! Ask your son to **WRITE IN ADVANCE** to congratulate you, his siblings, grandparents, aunts, and uncles on their occasions. If you have a **GENUINE NEED** to make an exception to the above, please drop us an e-mail or give us a call. We will surely cooperate with you!
- If you do need to phone with routine information, please relay your message to one of our office staff and rest assured that we will receive it.

## HOMESICKNESS AND ANXIETY:

Homesickness and anxiety are natural reactions to a new experience. The cure lies in our sensitivity to the situation and in **good communication** between you, your son, and us. Some campers display their homesickness vividly; others hide it and only tell their parents. In this situation, it is vital to alert us. Each year we also have several boys who, for some reason, feel the need to tell their parents they are homesick and/or unhappy, but are actually functioning happily and well. **You can count on us to describe the reality of the situation as we and our staff see it.** When we are aware of homesickness, we, of course, spring into action. Once you let us know you are receiving unhappy letters, we can plan together and develop a course of action that will help your child feel more comfortable with this important developmental challenge. **All children will, at one time or another, face doubt, fear, homesickness, anger, etc. Our goal is to guide your child through these frustrating times and help him gain self-confidence.**

*We recommend you discuss the following with your child:*

- Please send us your SON fortified with a dose of confidence from you. (“We know you will have a lot of fun. Lots of people at Nebagamon will help you over the rough spots. If things aren’t going too well for you, TELL your counselors, village director, Adam...any staff member you like and trust.”)
- We hope that you will emphasize to your son the tremendous opportunity he has to develop friendships with boys from different cities and countries. Nebagamon has boys from more than 45 American cities, as well as multiple countries, such as Mexico, Hong Kong, Japan, and France. When children focus only on previous friends from home or prior summers, they miss new friendships that can be fun and rewarding. Please talk to your son about developing new friendships with many boys so that he can work toward one of camp’s major goals: *This Shall Be a Place of Welcome for All.*
- Please DO NOT make deals with your son. In the days leading up to his departure for camp, it is not uncommon for a boy to become anxious and start to express reservations about coming to camp at all. Please resist the temptation to say things like “Well, how about you just go for a week and then if you do not like it, you can come home. By doing this, in your son’s mind, you have just shortened the camp session from four weeks to just one. You have created an artificial finish line. All he has to do, according to you, is make it

through one week and then tell you he wants to come home. If this is the case, he will never let himself become fully invested in camp and, hence, be unable to recover from homesickness. Instead, in these moments, please validate his anxiety, tell him it is ok, and then shift into your super positive parent mode! Remind him of the fun and adventures that he is going to have.

## **LOST AND FOUND:**

We want as little lost and found as possible. However, we will mail home items left behind at camp with the exception of underwear and socks. Please don't tell your son to discard items that no longer fit at the end of the summer. They will no doubt be mailed home to you anyway. Shipping for these returned items will be charged to your account, so please remind your son to keep track of his gear!

Please **DO NOT** send anything to camp that would upset you if it doesn't return home (i.e. a baseball signed by Babe Ruth, grandmother's heirloom quilt, pricey IPOD). We try our hardest to reconnect all lost items with their owners, but, inevitably, every summer some things seem to disappear into thin air.

## **LYME DISEASE:**

Lyme disease is an illness that can be carried by deer ticks. Proper precautions can prevent Lyme Disease, and it also is an eminently treatable ailment. Send a non-spray (lotion) insect repellent containing up to thirty percent DEET. We will remind campers to check themselves for ticks. If a camper has a tick, it will be removed by our medical staff (or trip staff counselor if your son is out of camp), and you will be advised if your son has had a deer tick removed. We need to be aware but not alarmed!

## **MEALS:**

We typically have three family-style meals a day. Most of our meals are in the Rec Hall. On Monday evenings, each cabin cooks its own meal over a fire. These evenings not only turn out to be fun for the boys, but they also learn how to prepare and cook a meal (and how to clean up afterwards!). On Friday evenings, each village has an outdoor BBQ.

If your child has a dietary restriction, there is a place on his medical form to let us know. We always have vegetarian meals available for those that do not eat meat, and we are used to accommodating children with food allergies.

*We recommend you discuss the following with your child:*

- It's good to mention that he will like some of the food—and won't like some of it—and that it can't be fixed exactly like home. There will be plenty to eat, and if he doesn't like one part of a meal, he can fill up on another part. *At camp, we do not make a big deal about food likes and dislikes.*
- Campers serve themselves, and we only ask that they finish what they put on their plate. Juice and milk are served at the morning meal, water at lunch, and milk at dinnertime.

### **PACKAGES SENT TO CAMP:**

**PLEASE, PLEASE, PLEASE limit packages to no more than ONE per four weeks.** The fact that you have given your son this experience at camp is enough. The campers have a huge backyard full of friends and activities. They do not need token toys to occupy them. **Furthermore, PLEASE consider how the packages you send to your son make others in the cabin, who are not as fortunate, feel. It is a hard pill to swallow when one camper receives multiple packages and another receives none. The inequity between those who receive packages and those who don't is a real problem and hurts feelings.** Sending reading material to your son makes sense—sending other stuff more often than not creates more problems than it solves. Finally, delivering and monitoring packages, in addition to disposing of packing materials, takes time and staff that would be much better used in other ways at camp. **Letters are nice—they can be read, saved, re-read, and savored.** (Note: If you have important items such as medication or travel information to send, please address it to Briggs, Adam or Stephanie's attention so we can ensure delivery to the health center or person responsible.)

**A NOTE ABOUT CANDY & FOOD AT CAMP:** We don't allow food, gum, bottled water, or ANYTHING edible to be sent to camp. Occasionally a boy will ask for these items, especially if he sees other campers with them. Each year some parents send food despite our pleas. This sends a double message to our children. We cannot expect them to follow the rules of an institution if we break them ourselves. In addition, it is embarrassing for your child, as all packages are opened in the presence of a camp administrator or counselor. (Please also inform relatives and various other friends who equate brownies with undying love!) We will throw away ANY food items campers have.

Additionally, please DO NOT SEND pornographic magazines or books (this includes periodicals like Maxim, Stuff, FHM, etc.). It is not appropriate for these to be brought or sent to camp. This literature is counterproductive at camp and gives a message to campers that we don't condone.

**Mailing Address for Packages Sent by U.S. POSTAL SERVICE:**

Camp Nebagamon  
PO Box 429  
Lake Nebagamon, WI 54849

**Mailing Address for Packages Sent by UPS OR FEDEX:**

Camp Nebagamon  
11454 Camp Nebagamon Dr.  
Lake Nebagamon, WI 54849

**PICTURES TAKEN OF YOUR SON AT CAMP:**

Parental permission is assumed for camp's use of any pictures of campers taken during the summer for publicity purposes. If you do NOT wish your child to be in any camp pictures, please send a statement to this effect to the Camp Nebagamon office.

## **SCHOLARSHIP FUNDS:**

Nebagamon is affiliated with two scholarship funds, the Camp Nebagamon Scholarship Fund (CNSF) and Camperships for Nebagamon (CFN).

The Camp Nebagamon Scholarship Fund provides transformative summers for children and teens affected by poverty and disability. Donations to the fund support tuition scholarships to high-performing nonprofit camps with demonstrated expertise serving youth affected by poverty, and intellectual and physical disabilities. In 2017, the fund provided full and partial scholarships to more than 240 children and teens who attended 15 non-profit camps. Established in 1947 by Nebagamon's founders, Janet and Muggs Lorber, the CN Scholarship Fund was administered for 50+ years by Nebagamon's second set of directors, Nardie and Sally Lorber Stein. Its current leader, Jessie Stein Diamond, is the third generation in her family dedicated to this cause and works in partnership with a dedicated board of Nebagamon alumni.

The second of these funds is Camperships for Nebagamon. Founded in 1995, Camperships for Nebagamon helps send children to Camp Nebagamon and Camp WeHaKee who otherwise would not be able to enjoy a private camping experience. These campers, from a wide range of backgrounds, enjoy life-changing experiences while diversifying and enriching the camp community. A 501(c)(3) charitable organization, Camperships for Nebagamon changes lives by supporting campers for multiple years, giving them sustained access to a summer community in which to build lifelong friendships and identity. Since 2007, CFN has given over 500 camperships, totaling \$2 million, to help over 250 children go to camp.

Contributions to both funds are fully tax-deductible. More information about the funds and how to contribute can be found online at <https://cncharities.org/>.

# CAMP LIFE

## PROJECTS AT CAMP:

The program at Nebagamon is designed to offer a tremendous variety of activities that provide our campers with opportunities to both expand on skills they already have, as well as discover new talents and passions. Our activities are designed to be, for the most part, lifetime skills. They are activities that the boys will be able to enjoy from ages eight through eighty.

On a typical day at Nebagamon, there are four project periods. Campers get to choose their activities on a daily basis. We use the **Objectives and Personality Form** that you fill out to help guide them and identify which skills the camper would like to work on. During the summer, the cabin counselors will work with each camper to achieve these goals. The beauty of being able to choose one's own schedule is that the camper can try lots of new things, discover new interests, and then focus on those activities that he enjoys most. Furthermore, giving children control over this aspect of their lives allows them a sense of autonomy.

We recognize that young people have different interests, and Nebagamon enables an individual to pursue the ones most appealing to him. We care not whether a boy is proficient at serving a tennis ball, cooking an omelet, or paddling a canoe. Instead, our goal for every camper is that he enjoys participating, achieves competency, and feels a sense of mastery.

In all of Nebagamon's projects, instruction is skilled and personal. We are prepared to teach children who have NO experience and also those who already have proficiency.

**CAMP STRONGLY ENCOURAGES** participation in swimming, canoeing, and campcraft. Proficiency in them enhances use of leisure time over a lifetime. Furthermore, certain skills from these projects are required for participation in our tripping program.

**SWIMMING:** Campers can practice their strokes in Lake Nebagamon, our beautiful sand-bottomed, spring-fed lake. Every camper attends the swimming project until he passes the first rank, which we call "Waterproof." Swimming instruction, including strokes and endurance, is required one hour per day until the rank of Waterproof is achieved. Once he does so, he can participate in all of the other waterfront activities (see below) in addition to such waterfront games as water polo, pushball, water basketball, and a number of others.



Continuation to “Tripper” (the rank where strokes are perfected) is strongly urged for all campers.

**CAMPCRAFT:** Campcraft, also called CNOC, is the only other project campers are required to attend. Here campers learn and practice skills for the enjoyment of and survival in the wilderness. They learn about the care and use of knives and axes, fire building, outdoor cooking, tying knots, tent pitching, and more. We want every new camper to go on at least one wilderness trip, but before he does so, he needs to pass his “Tripper” rank in campcraft.

**CANOEING:** While canoeing is not mandatory for campers, certain canoeing skills are necessary for participation in our tripping program. Campers learn proper paddling techniques, canoe-over-canoe rescue procedures, swamping, packing, portaging and more.

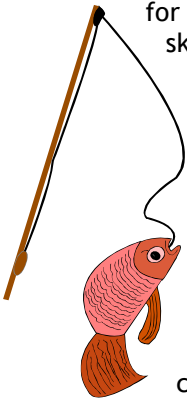
### **WATER ACTIVITIES:**

**WATERSKIING:** The quiet nature of Lake Nebagamon makes it an ideal location to learn to waterski. Beginners and skilled skiers alike will enjoy improving their skills under the tutelage of our experienced ski instructors.

**SCULLING & ROWING:** Campers often can take out a rowboat for a relaxing afternoon on the lake. They can also test their skills on one of our Olympic-style racing shells.

**FISHING:** Whether casting from our fishing dock or from the deck of our pontoon boat, “The Keeper,” campers might catch a northern pike, smallmouth bass, walleye, crappie, or bluegill from Lake Nebagamon.

**SAILING & WINDSURFING:** Our sailing project has twelve sailboats and six sailboards to choose from. We have X-Class boats, Barnett 1400’s (like Sunfish, only bigger), and a C-Scow, along with plenty of staff to teach campers how to sail them.

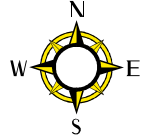


## LAND ACTIVITIES:

**CLIMBING:** Our 50-foot climbing tower provides challenges for beginner to advanced climbers and is the perfect platform for our campers to push their boundaries both physically and mentally.

**MOUNTAIN BIKING:** Campers ride camp's trails and practice the skills they need to take a cycling trip: maintenance, packing techniques, awareness of safety regulations, etc. (Restricted to boys 7<sup>th</sup> grade and up.)

**ORIENTEERING:** At our orienteering project, the boys learn how to navigate around camp using nothing but a compass and a map. Additionally, hand-held GPS device skills are also taught.



**ARTS & CRAFTS:** Campers can express their creativity in a variety of mediums: metal, wood, leather, clay, tile, hemp, and watercolor, just to name a few.

**MOCA (MASTER OF CULINARY ARTS):** MOCA teaches campers how to prepare everything from appetizers to desserts (sometimes even full meals) in our indoor kitchen. They then get to eat what they make!

**MUSIC:** Campers can learn basic music theory, get instruction on various instruments, as well as participate in unique activities such as building their own instruments or exploring music from a particular genre. This project also gives extra practice time to those wishing to join a band and perform for our GTCs.

**NATURE LORE:** What better place to explore the environment and get to know more about plants and animals, wildlife habits, geology, and astronomy than in the northern woods at camp?!

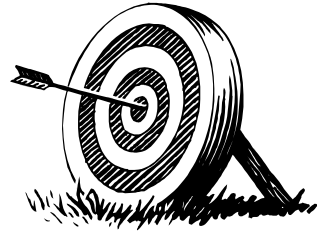
**PHOTOGRAPHY:** The boys take pictures around camp, develop their photos, and make prints in our darkroom.

**ATHLETICS:** Softball, baseball, lacrosse, volleyball, football, basketball, soccer, and field hockey— we've got them all. Games are fun, but not ultra-competitive.

**TENNIS:** The tennis project allows kids to practice their strokes and improve their game. Our tennis staff teaches semi-private lessons every project period. We also compete in tournaments with other camps in Wisconsin and Minnesota.

**ARCHERY:** Campers test their skills with a bow and arrow at our range that meets the standards of the Camp Archery Association.

**TARGET SHOOTING:** Our instructors teach about safety, individual achievement, and target shooting at our range using Olympic-style air rifles.



## TYPICAL DAILY SCHEDULE:

- 8:00 Rise and Shine
- 8:30 Breakfast
- 9:30 Cabin Cleanup
- 9:50 Project Period #1
- 10:50 Project Period #2
- 11:50 Free Time
- 12:30 Lunch
- 1:30 Rest Period
- 2:30 Project Period #3
- 3:30 Project Period #4
- 4:30 General Swim and Free Time
- 6:00 Dinner
- 7:30 Evening Program (varies daily)
- 9:00 Back to Cabin
- 9:30 Taps (later for older campers)

\*On Wednesdays, each cabin or village plans its own day of activities (called Cruiser Day), and on Sunday our schedule is also a little different (see description of Sundays in “Special Events at Camp” section).

## **SPECIAL EVENTS AT CAMP:**

### ***EVENTS OCCURING BOTH SESSIONS:***

**BIG BROTHER-LITTLE BROTHER SOIREE:** New campers in grades three through five are Little Brothers, all of whom have a Big Brother, an older camper who helps the younger guy make a smooth transition into camp. The second night of camp, Little Brothers and Big Brothers gather for the Soiree, a campfire with songs and skits telling the story of the origin of s'mores.

**GTC's (Good Time Charlie):** Campers and staff share their talents (or not!) as they perform a variety of skits and musical acts. Those who aren't performing get to sit back, enjoy the show....and LAUGH! Following the GTC is the songfest when we (loudly) sing songs dating back to the beginning of camp. GTCs occur twice per four-week session.

**ORIENTATION DAY:** The first day of the session, we schedule younger campers into the various projects so they are able to locate and sample several activities before they begin to make their own choices for the rest of the summer. We monitor their choices through our daily Activity Record and Objective Sheets and, through this structure, are able to provide guidance and motivation where needed.

**SUNDAYS:** These are special days at camp, beginning with a secular Sunday Service and ending with a Council Fire. Sunday is a quieter and more reflective day; a member of our staff speaks to all of camp about a value that is important to him or her at our Sunday Service. We also have Council Fires in the evening. What makes Sunday particularly special is the Keylog ceremony. At the Council Fire, campers and staff may choose to place a Keylog onto the fire as thanks for a kindness that someone else did for them. This ceremony often results in many misty eyes in the Council Fire Ring.

### ***EVENTS OCCURING FIRST SESSION:***

**FOURTH OF JULY:** This is a day filled with special treats. Following a flag-raising ceremony, we enjoy a traditional Apple pie *à la mode* for breakfast. In the afternoon the whole camp walks into the town of Lake Nebagamon to watch the parade (and collect candy) or walk *in* the parade. Every year our campers create a float for the parade. Around dinner time, we have a good ol' softball game on the upper diamond complete with "vending" booths where the kids can get their dinner. After dinner we then partake in our annual "Feed'em Freedom" sundaes. Campers "pay" for the sundaes by writing a Nebagacheck to

one of two local charities and then design their own sundaes, served by our older campers. At the end of the day, the entire camp assembles on our docks and watches the fireworks over beautiful Lake Nebagamon.

**LUCK OF THE DRAW RUN:** This is a unique race at camp. Campers, staff, and visitors can run a course of almost two miles through camp. Pairs of names are drawn in a lottery which, when their running times are added together, determines the winning team. Our runners are an eclectic combination of sizes, shapes, gaits, and speeds.

**NORTHWOODS TENNIS INVITATIONAL:** Nebagamon hosts local camps for singles and doubles play in 12 and under and 13 and over age groups.

**PAUL BUNYAN DAY:** For one day during the first session, the entire camp is divided into four teams, or logging companies. The Red River, Weyerhaeuser, Great Lakes, and Long Bell Companies are directed by Boss Loggers, ninth-graders elected by their peers to lead the four companies. Each Boss Logger has four Foremen, younger campers who help direct the companies. The Bull of the Woods (a member of the administrative staff) is an honorary position. He delivers a number of motivational speeches throughout the day, emphasizing good sportsmanship, fun, and information about logging history. Campers participate in contests, including such events as canoe tug-of-war, speedball, chess, and the very famous pail-filling relay! After this event-filled day, we have a barbecue and an entertaining Council Fire during which the winning company is announced.

#### ***EVENTS OCCURRING SECOND SESSION:***

**BI-CAMP MEET:** Every summer we participate in a friendly competition with North Star Camp in Hayward, WI. Campers match their skills in sailing, canoeing, swimming, tennis, cross-country running, chess, and archery.

**CHEF'S CAP:** Chef's Cap is an outdoor cooking contest held every year. Each cabin designates a chef, and the entire cabin prepares a site under the direction of the campcraft staff. Chefs are judged according to site preparation, fire building, neatness, food preparation, presentation, and clean-up.

**THE GRAND PURSUIT:** For one day during the second session, the entire camp is divided into four teams, or trading companies, to play a real-life version of Settlers of Catan. Harkening back to the days of the Voyageurs, the North West, Hudson Bay, Prairie du Chien and Lac du Flambeau teams engage in individual and group contests throughout the day such as the barrel fill, canoe paddle relay, and log cutting. The Homme du Nord motivates the participants throughout the day, encouraging good sportsmanship and teamwork. Teams receive “pelts” in competition, which they use to buy territories and forts in an attempt to complete a “trading route” during the strategy-filled Land Grab game. The event concludes with an epic bonfire and final ceremony after a tremendously fun day of battling to see which trading company controls the great Northwoods.

**CHIEF A.K. AGIKAMIK:** The internationally respected chief of the Yo Yo Islands pays his annual visit to Camp Nebagamon in August, along with bodyguards Ug and Mug. The Chief was a classmate of Muggs Lorber (the founder of camp) at Indiana University.

**TASTE OF NEBAGAMON:** Staff members volunteer to cook up their specialty item for all of camp. We spend an evening salivating, sampling and enjoying an outdoor food extravaganza. What a tasty treat!

### ***OTHER EVENTS:***

**BIRCH TRAIL SOCIAL:** Once a summer, our eighth- and ninth-grade campers have a social with Birch Trail, a neighboring girls’ camp in Minong, WI. It’s an afternoon and evening of activities, food, and dance.

**CHANGEOVER:** During the period between the two sessions, we break out of the traditional camp routines and go on some special excursions.

**GUINNESS T. NEBAGAMOUS:** This is a day that goes down in camp history as campers attempt to get their name entered into THE Book of Camp Records! This event, held every few years, has campers compete in events, such as paper airplane flying, fire building, the standing long jump, and, an all-time favorite, whistling with crackers.

## **OUR WILDERNESS TRIPPING PROGRAM:**

For more than 80 years, Camp Nebagamon has emphasized wilderness tripping as an important part of its program. Indeed, for many campers, one of the highlights of coming to Nebagamon is the chance to paddle, hike, and cycle throughout the Northwoods. Our location in northwest Wisconsin allows us easy access to some remarkable wilderness locales, and we have a specialized staff of 20 men and women whose sole job is to plan and lead over 80 different trips every summer. All of our trip staff are certified lifeguards and certified Wilderness First Responders.

For all except our youngest campers, participation in the tripping program is entirely optional. Nevertheless, during most summers, more than 90 percent of our campers take at least one trip. Depending on their ages and interests, a wide variety of tripping opportunities are available to Nebagamon's campers.

All younger campers take three-day cabin trips to nearby state parks and national forests. Part of their tripping experience involves learning how to help cook meals, sleeping in tents, and going boating, hiking, swimming, and exploring. Other trips for younger boys include three-day hiking and canoeing trips to the Brule River, three-day hiking trips along the shore of Lake Superior, and overnight canoe trips.

Beginning in fifth grade, trips are optional for the boys. However, most older boys elect to participate in them. Trips range anywhere from overnight trips to two-week excursions and include mountain biking trips, backpacking trips in Minnesota and Michigan, canoe trips in the Boundary Waters Canoe Area, and trips to Quetico Provincial Park in western Ontario and Isle Royale National Park in Lake Superior. Additionally, every summer we expand our program and explore new wilderness areas appropriate for the age and skills of our campers.



## WILDERNESS TRIPPING OPPORTUNITIES BY GRADE LEVEL:

Grade	CANOEING	HIKING	OTHER
2 <sup>nd</sup> , 3 <sup>rd</sup> & 4 <sup>th</sup>	Chequamegon National Forest or Eau Claire Lakes (3 days)		<u>Base Camping:</u> Across Lake Nebagamon for overnight camping and Brule River State Forest
5 <sup>th</sup>	Michigan's Sylvania Wilderness Area or Wisconsin's Brule River (2 or 3 days)	Superior Hiking Trail (3 days) or Porcupine Mountains	
6 <sup>th</sup>	Minnesota's Boundary Waters Canoe Area Wilderness (5-6 days)	Superior Hiking Trail, Porcupine Mountains, Minnesota's Boundary Waters Canoe Area Wilderness (3-5 days)	
7 <sup>th</sup>	Minnesota's Boundary Waters Canoe Area Wilderness (5-6 days),	Superior Hiking Trail, Porcupine Mountains, *Pictured Rocks National Lakeshore, Minnesota's Boundary Waters Canoe Area Wilderness (4-6 days)	<u>Bicycling:</u> Chequamegon National Forest trails (3-4 days), * <u>Sea-Kayaking:</u> Lake Superior's Apostle Islands (4 days), * <u>Rock Climbing:</u> Lake Superior's North Shore (3 days)
8 <sup>th</sup>	Minnesota's Boundary Waters Canoe Area Wilderness (5-8 days)	Superior Hiking Trail, Porcupine Mountains, *Pictured Rocks National Lakeshore, Minnesota's Boundary Waters Canoe Area Wilderness (4-7 days), *Sleeping Giant Provincial Park - Canada (6 days), *Michigan's Isle Royale National Park (14 days)	<u>Bicycling:</u> Chequamegon National Forest trails (3-4 days), * <u>Sea-Kayaking:</u> Lake Superior's Apostle Islands (4 days), * <u>Rock Climbing:</u> Lake Superior's North Shore (3 days)
9 <sup>th</sup>	Minnesota's Boundary Waters Canoe Area Wilderness (5-8 days), *Quetico Provincial Park, Canada (8-14 days)	Superior Hiking Trail, Porcupine Mountains, *Pictured Rocks National Lakeshore, Minnesota's Boundary Waters Canoe Area Wilderness (4-7 days)	<u>Bicycling:</u> Chequamegon National Forest trails (3-4 days), * <u>Sea-Kayaking:</u> Lake Superior's Apostle Islands (4 days), * <u>Rock Climbing:</u> Lake Superior's North Shore (3 days)

\*These trips are available for an additional fee and on a first-come, first-serve basis.

## **NEBAGA-SPEAK:**

**A.K. AGIKAMIK:** Mystical Chief of the YoYo Islands. Visits camp the third to last night of the season, along with his bodyguards, Ug and Mug.

**ASSISTANT MAN ON DUTY (AMOD):** Helps the MOD fulfill his duties.

**THE ARROWHEAD:** Camp's monthly newsletter.

**AXEMAN VILLAGE:** Second oldest camper village; located west of the Lower Diamond.

**BIG HOUSE:** The main lodge housing the office, lounge rooms, the MOCA project, the photography darkroom, and the wilderness tripping rooms. The first floor is open to all.

**CANDY LINE:** Conducted after lunch. Each camper may choose one candy item two times a week.

**CNOC (Campcraft Program):** Stands for "Camp Nebagamon Outdoor Center." Instruction in fire-building, campsite maintenance, knife safety, outdoor cooking, and other skills necessary for wilderness trips.

**CRUISER DAY:** Wednesday is a day when our normal activities are cancelled and campers engage in either cabin or village activities. Campers have picnic lunches...and get a trip to the DAIRY QUEEN!!!

**DAY PUSH:** Camper "Officer of the Day" who rings our schedule bells, collects mail, and comes to the Big House during rest hour... rewarded with an ice cream cone!

**DEACON SEAT:** Bench next to microphone in the Rec Hall, for those who have announcements to make.

**F.B.I. (Fabulous Bodies, Inc.):** Voluntary membership for those who want to improve their physical health. Members get fruit substitutes for rich desserts, and are offered exercise opportunities.

**GOOD TIME CHARLIE (GTC):** The all-camp talent show, held two times per four-week session.

**GABBERCOM:** Lumberjack term for work committee. Time after dinner for meetings, special groups, or laundry pick-up.

**GENERAL SWIM (G-Swim):** Non-instructional swim and waterfront free time during the late afternoon.

**GRUNDY UNDY:** Laundry shack at the back of Logger 5.

**HERB'S MUSEUM:** Museum of Logging, named for beloved former caretaker Herb Hollinger, located just west of Lumberjack cabins. Also used for meetings and recreation.

**THE HILL:** Refers to the Swamper Village and Big House area where ping-pong tables, four-square, and box hockey courts are located.

**HORSE 'N' GOGGLE:** Throwing fingers to determine who wins an extra dessert, does an extra job, etc.

**HOW:** We say "how" instead of clapping.

**J.C.:** Junior Counselor.

**JOP:** Bathroom and shower house. Named after a former camper from Joplin, Missouri, who spent a good bit of his summer in this building!

**K.P.:** Person who fetches food and clears the table at mealtimes. Campers take turns. There is also usually an Assistant KP (AKP) who sweeps under the table after meals and stacks the dishes.

**LITTLE HOUSE:** Where Steph, Adam, and their children live; just down the hill from the Big House.

**LOGGER VILLAGE:** Second youngest village; located north of Rec Hall.

**LORBER POINT:** Named for camp's founders, Muggs and Janet Lorber, and used as a meeting and quiet area located west of Lumberjack tennis courts.

**LOWER DIAMOND:** Playing field just west of main tennis courts.

**LUMBERJACK (LJ) VILLAGE:** Oldest camper village; located on waterfront.

**MAN ON DUTY (MOD):** Counselor assigned to village supervision and duties for the day.

**PUSH:** Village Director.

**PUSH SHACK:** Village Headquarters.

**REC HALL:** Dining and recreation hall.

**RINDE BALL:** Roof Ball. Named after a long-time Push. Ask your son how to play.

**SHRINE:** Where Sunday Services are held; named after Chuck Hirsch, a camper from the 1930s who died after having made the choice to spend his last summer at Nebagamon.

**SWAMPER:** The youngest camper village; located on The Hill.

**TAPS:** Bugle call for lights out.

**VILLAGE RETREAT:** A whole village meeting of campers, staff, and village director. Traditionally takes place before a Council Fire.

**WALDORF CASTORIA:** Camp health center; located northwest of Big House.

**WANEGAN:** Camp Store; small group meeting area; located between Big House and Waldorf.





## ON A FINAL NOTE...



Occasionally people ask us how camp has changed over the years. Our answer is, “Not much.”

Of course, there have been physical improvements and even programmatic changes over the years, but what’s truly important, the traditions and values of Nebagamon, remains the same. What we do think has changed is that the need for camp is greater than ever. Children seem to be more disconnected from their neighborhoods and the outdoors than in the past. They are being raised in a world where it is easier to communicate electronically with someone across the world from them than it is to go next door to say “hello” to their neighbors. Cell phones, instant messaging, E-mail, texting, skypeing, Facebook, and I-everything are a way of life. There has been a shift in the way children interact with each other. And while on many levels some of these innovations are positive, we all know, deep down, that something has been lost too.

In our “old neighborhoods” kids were free to play once homework and chores were done until they were called inside to dinner. During this free play kids were in control and learned to make decisions, solve problems, exert self-control, manage conflict, and communicate with each other. Today, children play video games in which the rules are already determined for them, the environment is already created for them, the play mimics real activities without having to learn soft skills needed to succeed in life as an adult.

In contrast, at camp, campers spend their entire day and night with people who hear, see and interact with each other. They spend the majority of their time outdoors, amongst the pine trees, in the lake, and on the sandy hills. They spend their days running around the enormous backyard of Camp Nebagamon with their friends. We believe, more than ever, that your sons value their camp experience. They love being outside for four or eight weeks. They welcome the chance to live with a group of guys under the supervision of some pretty neat young adults who facilitate fun and achievement. They like to sing, laugh, and be silly. Sometimes they have difficulty meeting a goal or getting along with a cabin mate, but this is an incredibly valuable part of their experience. They discover that they are resilient, strong and capable participants in solving problems together. The Nebagamon formula continues to work, as it has since 1929, for the vast majority of our campers. Their enthusiasm and spirit are contagious, and we are fortunate to be able to be a part of it.



**PLACES TO STAY WHEN VISITING:**

**Lake Nebagamon:**

R & M Cabins (218) 591-0636

Village Inn Motel (715) 374-2288

**Brule: (8 miles from camp)**

Brule River Motel & Campground (715) 372-4815

Brule River Classics (715) 372-8153 (brulriverclassics.com)

**Wentworth: (10 miles from camp)**

Sleepy Hollow Motel (715) 398-6989

**Solon Springs: (12 miles from camp)**

St. Croix Inn (715) 378-4444

**Iron River: (20 miles from camp)**

Lumbermen's Inn (715) 372-4515

**Superior: (30 miles from camp)**

Barkers Island Inn (715) 392-7152

Best Western Bay Walk Inn (715) 392-7600

Best Western Bridgeview Motor Inn (715) 392-8174

Holiday Inn Express Hotel & Suites (715) 392-3444

Superior Bayfront Inn (715) 392-4783

**Duluth: (40 miles from camp)**

Canal Park Lodge (218) 279-6000

Comfort Suites on Canal Park (218) 727-1378

The Suites Hotel in Canal Park (218) 727-4663

Edgewater Resort & Waterpark (218) 728-3601

Fitzgers Inn (218) 722-8836

Hampton Inn (218) 720-3000

The Inn on Lake Superior (218) 726-1111

Radisson (218) 727-8981 or Central Reservations (800) 333-3333

Sheraton (218)-733-5660

South Pier Inn (218) 786-9007

**Bayfield area: (for both vacation/camp visit... 50 miles from camp)**

The Bayfield Inn (715) 779-3363

Artesian House - B & B (715) 779-5992

