

III. Preparing for Summer Camp

Camp Fees

Upon registration, a \$50 deposit is required, except for Invitational Trips. From that point forward, all campers are on a payment plan with payments due February 15, March 15, April 15, and May 15. Alternative payment plans can be arranged with the YMCA Customer Center at 612-822-2267.

We also have scholarships available. To apply for a scholarship, please visit our website for directions. Please know that there is an appeal process if your original campership designation still doesn't make Menogyn possible for your family.

Out of Town Participants

Please communicate with the Camp Menogyn team by contacting either Emily Ten Eyck (Emily.teneyck@ymcamn.org) or Anastasia Godin (Anastasia.Godin@ymcamn.org). We will work with you regarding transportation arrangements to Camp.

Passport or Passport Card

Campers traveling to Canada will need a passport or passport card this includes our **Quetico, Nor'Wester**, and **Hombres & Femmes** trips. Backpackers will be notified if they are traveling to Canada.

Packing

When packing for your Menogyn adventure, keep in mind that you will need to pack for your two days at Menogyn before your trip and the night after your trip, in addition to your time on trail. While campers are at camp before their trip, their guides will review all the clothing and gear that they brought to make sure that they have all the proper clothing and gear to keep them warm, dry, and comfortable.

Above all, avoid cotton! Check labels and look for synthetic, polyester, and/or wool blends – these materials will keep you warm even if they get wet. You will also want to leave your nice clothes at home – your trail clothes will get dirty, sweaty, and potentially torn. You need good gear and layers to stay warm and dry, but good gear doesn't need to cost a significant amount of money. If the cost of gear is a barrier to a successful, comfortable Menogyn experience, consider checking out Thrifty Outfitters in Minneapolis, Great Lake Gear Exchange in Duluth, REI Garage, or your local thrift store for affordable and quality items. Many of our most beloved items were purchased at Goodwill. Camp may be able to loan certain items to campers, as well.

Be creative. Call us with any questions. We love talking about gear! 763-230-9310.

Thrifty Outfitters
309 Cedar Avenue South
Minneapolis, MN
612-339-3433

Great Lakes Gear Exchange
510 East 4th Street
Duluth, MN *you can sell your gear here, too!
218-302-4855

Since many campers bring similar items to camp, please make sure that everything your camper brings to camp is **clearly labeled with their name**.

Layering

The summer weather in the areas that we travel can rapidly change from sunny and warm to cold and wet. By having the right 'system' of clothes, you will be able to enjoy your experience through a variety of weather conditions. The layering system is the best approach to keeping comfortable in the wilderness.

Layer 1 – A base layer that will wick away perspiration from your body (polypropylene or capilene)

Layer 2 – An insulating layer that will keep your body warm (wool or fleece sweater)

Layer 3 – An outer shell that will repel water

The Big 3

For summer wilderness travel, three items take on extra importance.

1. Boots

The most important factor in selecting boots to bring to Menogyn are that they are well-broken-in and comfortable. Please put thought into boots as early in the spring as possible to ensure they are well worn in.

- **For a Canoe Trip:**
An over-the-ankle work boot or light hiking boot that will hold up when wet is best. Some folks use Red Wing work boots or Merrell/Oboz hiking boots. We discourage all water shoes/aqua socks because they don't have ankle support for portaging. We do not recommend heavy mountaineering/backpack boots or boots made with Gore-tex since your boots will always be wet.
- **For a Backpack Trip:**
A mid-weight, sturdy pair of hiking boots with good ankle support work well for our backpacking trips. REI, Nokomis Shoes, Kaplan Brothers, and Midwest Mountaineering have good selections. Nokomis has nice used and seconds. Purchase your boot well ahead of your trip and wear them often so that they are broken in by the time you get to camp to avoid blisters on your trip.
- **For Rock Climbing:**
We recommend campers buy or rent a pair of climbing shoes. For rock/canoe combo trips you will also need a pair of canoeing boots, as described above. For a backpacking/rock combo trip you will also need a pair of sturdy backpacking boots, as described above. Rock climbing shoes can be rented from REI Bloomington.

2. Rain Gear – Jacket and Pants

Your adventure doesn't stop when the weather turns to rain. The most appropriate rain gear for your Menogyn trip is made of coated nylon or Gore-tex. You want to make sure that your rain gear covers both your upper and lower body. A good combination is a shell-jacket with rain pants. (Ex: Stearns, Coleman, Columbia, Patagonia, Marmot etc...) Avoid the "emergency poncho," as these usually rip on the first day.

3. Sleeping Bag

A sleeping bag may be your single biggest purchase. We recommend synthetic-fill bags as they are the most versatile over multiple summers and climates at camp and are usually less expensive than down-fill bags. A good, lightweight, 3-season, mummy-style sleeping bag rated down to 15-30 degrees, is your best bet. If cost is an issue, give us a call, you may be able to borrow one from camp.

Menogyn is a wilderness experience. In keeping with this spirit and with the Code of Community, we kindly ask that you leave these things at home:

- Phones, tablets, electronic games or toys. Personal devices used on the bus to camp will be collected and stored until the ride home.
- Alcohol, tobacco or illegal drugs. Menogyn values a tobacco-free environment. Campers who are found to possess or to have taken any of these while at Menogyn or on a Menogyn trip will have their parents notified and may be sent home.
- Fireworks/Firecrackers.
- Food/beverages (except for your lunch on the bus ride.) The squirrels at Menogyn will find it very quickly!

Please do bring:

- A great attitude! – Approach group travel with an open mind, a willingness to participate, and you're on your way to grow fully.

A complete packing list for canoeing and backpacking trips can be found at the end of this information guide.

Lost and Found

Please assist us with lost and found by **labeling EVERYTHING with the camper's full name**, including luggage, backpacks, sleeping bags, pillows, books, hats, clothing, etc.

Each day, staff will encourage campers to take responsibility for their belongings. We will also display lost and found at the end of each session. Please call within two days of your camper's session to check on lost & found at 218-388-4497. Please have a detailed description of the item(s) including campers full name, camp session dates, and phone number where you can be reached. We will donate unclaimed items after two weeks.

Valuables

Valuables and meaningful items should be kept home for safe keeping. We are not responsible for any lost, stolen, or damaged items. Camper's money and valuables such as cell phones and iPods are kept in a safe place while groups are on the trail and returned to them before leaving camp. Please encourage your camper to turn in all money and valuables as soon as they arrive at Menogyn. Menogyn is not responsible for any lost or stolen personal items.

Appendix: Canoeing Trip Packing List

(including Canoe/Rock Combo Trips)

Footwear

- Trail Boots ***BIG THREE ITEM***
- Sport sandals, such as Chacos or Tevas. *No flip flops, please!*
- 1-2 pair wool socks or heavy polypropylene per week on trail
- 1 pair medium-thin wool socks for evening wear per week on trail

Bedding

- Sleeping Bag ***BIG THREE ITEM*** preferably "3-season" synthetic
- Waterproof stuff sack for sleeping bag
- Sleeping bag liner (optional)*
- Thermarest/Sleeping Pad (optional, but recommended for 20-day sessions)

Headwear

- Sunglasses with a safety cord
- Hat with brim for sun protection (i.e. baseball cap)
- Wool or fleece hat (beanie or winter hat)

Trail Clothes

- 1 pair shorts – light, durable, and fast drying, we recommend nylon shorts with a liner
- 1 pair long pants – light, durable and fast drying, no jeans or sweatpants
- 2 T-shirts
- Underwear
- Rain Gear ***BIG THREE ITEM*** jacket and pants, no ponchos or thin plastic rain gear
- 1 long underwear shirt (polypropylene, capilene)
- 1 long underwear bottom (polypropylene, capilene)
- 1 swimsuit
- 1-2 heavy wool or fleece sweater or shirt, no cotton sweatshirts
- Wool or fleece mittens
- 1 "puffy: synthetic or down jacket (optional)

In-Camp Clothes

These clothes will stay at Menogyn during your trip. Cotton is ok.

- 1 pair long pants
- 1-2 pair shorts
- 2 t-shirts
- 2 long sleeve shirts
- 3 pair socks
- Underwear
- 1 pair light-weight athletic shoes

Hygiene Articles

Please avoid products with strong smells – they will attract bugs and bears! Some items will stay at Menogyn.

- Small ditty bag
- Shampoo
- Toothbrush
- Toothpaste
- Dental floss
- Bar soap or Liquid Soap
- Comb or brush
- Washcloth or PackTowel (can be used on trail)
- 1 towel
- Lotion
- Sunscreen (minimum SPF 15)
- Chapstick with sunscreen
- Bug repellent (30% DEET or Picaridin recommended)
- 1-2 quart-sized water bottles (available for purchase at Menogyn Tuck Shop)
- Prescription medications in original bottle
- Feminine hygiene products (bring extra)
- Extra pair eyeglasses and/or contact lenses

Miscellaneous Items (all are optional, except for headlamp/flashlight)

- Headlamp/Flashlight (w/ extra batteries)
- Camera (w/ waterproof case) or Disposable Camera
- Journal for writing
- Cards, hacky sack, games
- Compass
- Lightweight camp chair
- Fishing rod & gear (MN fishing license)
- Money – for Menogyn Tuck Shop, includes t-shirts (\$15-20), sweatshirts (\$30-35), hats (\$20-25), maps, mugs, journals, pens
- Pen
- Books/field guide
- Climbing Shoes (recommended for climbing trips, can rent from REI)
- 2-layer face masks (please bring multiple)**
- Hand Sanitizer**

Appendix: Backpacking Trip Packing List

(including Backpacking/Rock Combo Trips)

Footwear

- Trail Boots ***BIG THREE ITEM*** light to medium weight boot, remember to break them in before your trip!
- Sport sandals, such as Chacos or Tevas. *No flip flops, please!*
- 1 pair heavy weight wool socks per week on-trail
- 1-2 pair light weight 'liner' sock (polypropylene or silk)
- 1-2 pair medium-thin wool socks for evening wear per week on trail
- Gaiters (optional for 6- to 20-day sessions, recommended for Nor'wester and Long Trips)

Trail Clothes

- 1 pair shorts – light, durable, and fast drying, we recommend nylon shorts with a liner
- 2 t-shirts
- Underwear
- Rain Gear ***BIG THREE ITEM*** jacket and pants, no ponchos or thin plastic rain gear
- 1 long underwear shirt (polypropylene, capilene)
- 1 long underwear bottom (polypropylene, capilene)

In-Camp Clothes

Some of these items will be worn on the road trip to the trail head, other will stay at Menogyn. Cotton is ok.

- 1 pair long pants
- 1-2 pair shorts
- 2 t-shirts
- 2 long sleeve shirts
- 3 pair socks
- Underwear
- 1 pair light-weight athletic shoes
- Small duffel or day pack (for road trip)

Hygiene Articles

Please avoid products with strong smells – they will attract bugs and bears! Some items will stay at Menogyn.

- Small ditty bag
- Shampoo
- Toothbrush
- Toothpaste
- Dental floss
- Bar soap or Liquid Soap
- Comb or brush
- Washcloth or PackTowel (can be used on trail)
- 1 towel
- Lotion
- Sunscreen (minimum SPF 15)
- Chapstick with sunscreen
- Bug repellent (30% DEET or Picaridin recommended)
- 2 quart-sized water bottles (available for purchase at Menogyn Tuck Shop)
- Prescription medications in original bottle
- Feminine hygiene products (bring extra)
- Extra pair eyeglasses and/or contact lenses

Miscellaneous Items (all are optional, except for headlamp/flashlight)

- Headlamp/Flashlight (w/ extra batteries)
- Camera (w/ waterproof case) or Disposable Camera
- Journal for writing
- Cards, hacky sack, games
- Compass
- Lightweight camp chair
- Fishing rod & gear (MN fishing license)
- Pens/pencils
- Books/field guide
- Money – for Menogyn Tuck Shop, includes t-shirts (\$15-20), sweatshirts (\$30-35), hats (\$20-25), maps, mugs, journals, pens
- Internal or external frame pack with cover – camp has backpacks for campers, but you are welcome to bring your own
- Climbing Shoes (recommended for climbing trips, can rent from REI)
- 2-layer face masks (please bring multiple)**
- Hand Sanitizer**

Bedding

- Sleeping Bag ***BIG THREE ITEM*** preferably "3-season" synthetic
- Waterproof stuff sack for sleeping bag
- Sleeping bag liner (optional)*
- Thermarest/Sleeping Pad (optional, but recommended for 20-day sessions)

Headwear

- Sunglasses with a safety cord
- Hat with brim for sun protection (i.e. baseball cap)
- Wool or fleece hat (beanie or winter hat)