ARE YOU READY FOR YOUR
GRAND SUMMER ADVENTURE?
JULY 21 - 25, 2019
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NOTE: the STAR indicates a new policy or procedure for 2019
WELCOME TO WOLF RIDGE

Thank you for choosing the Wolf Ridge Environmental Learning Center for your family camp experience! You’ve given your family a wonderful gift - the opportunity to experience the natural world, make new meaningful friendships and rediscover themselves in the beautiful northwoods of Minnesota. We are looking forward to a fun summer that brings you and your family great experiences and wonderful memories. We are committed to creating a nurturing community that supports the values your family is learning at home. We carefully select our Staff from a rigorously screened group and provide extensive training. Our staff will provide camp experiences to thousands of participants this season, and we are excited to have the opportunity to share the Wolf Ridge with your family. Whether you, your children or grandchildren are seasoned veterans or looking forward to their first experience at Wolf Ridge, we know that questions may arise as you prepare. If you have any concerns or questions, please feel free to contact me anytime at 218-353-7414 ext 110, 800-523-2733 (ND, MN, WI) or at jenny.bushmaker@wolf-ridge.org

I look forward to exploring Wolf Ridge with your family this summer and hope this guide serves as a valuable tool in preparing you for what will undoubtedly be an inspiring, memorable, and fun week!

Sincerely,

Jenny Bushmaker
Summer Youth & Family Program Director

DIRECTIONS TO WOLF

FROM DULUTH, MN
Follow MN-61 approximately 66 miles north of Duluth to County Road 6 in Little Marais. There is a brown sign marking the turn to Wolf Ridge. Turn Left on County Road 6. Travel 3 miles to the Wolf Ridge driveway (Cranberry Road). Follow the driveway 3 miles to the ridgetop.

FROM THE TWIN CITIES, MN
Take I-35 North from the Twin Cities to Duluth, MN. Follow directions from Duluth, MN.

FROM GRAND FORKS, ND

FROM EAU CLAIRE, WI
Take US-53 North into Superior, Wisconsin. Cross over the high bridge into Duluth, MN and merge onto I-35 North. Follow directions from Duluth, MN.

CHECK-IN PROCEDURES

LOCATION
The Grandparent/Grandchild Program is housed in our new Margaret A. Cargill (M.A.C.) Lodge. (see map) Upon reaching the M.A.C. Lodge, our staff will greet you and direct you to your home for the week and provide you with your program schedule and information. After moving in, our staff will direct you to the designated parking locations. For more information about the M.A.C Lodge, please read the Camp Life section.

CHECK-IN TIME
Check in will take place between 2:00 - 4:30 PM. Dinner will be served at 5:15 PM on Sunday night in the dining hall. If you will be later than that, please let us know and plan to eat along the way. Our first activities will begin at 6:30 PM in Science Center room 1 followed by a casual informal campfire to get to know one another.

PLEASE NOTE THERE IS CONSTRUCTION IN DULUTH, PLAN ACCORDINGLY
Included with this welcome packet is 1 form

- Wolf Ridge Health & Liability Form

Each grandparent household and grandchild household will receive a welcome packet to help them prepare for their Grand Summer Adventure. The welcome packet will contain a Wolf Ridge Health & Liability Form. Please complete this form and return it to Wolf Ridge two (2) weeks prior to your session.

GRANDPARENTS

Please complete the Wolf Ridge Health & Liability Form for you and anyone else in your household that will be attending with you. If you or another participant from your household has any special medical conditions, be sure to indicate them on the form. Under the rare circumstances that medical attention is necessary, you will be billed directly from the medical facility. The emergency statement on the form must be signed. If this form is not completed, families will not be allowed to participate in any camp programs.

GRANDCHILDREN

Parents/guardians, please complete and sign the Wolf Ridge Health & Liability Form for each child from your household who will be attending the Grand Summer Adventure. If your child has any special medical conditions, be sure to indicate them on the form. Under the rare circumstances that medical attention is necessary, you will be billed directly from the medical facility. The emergency statement on the form must be signed. If this form is not completed, children will not be allowed to participate in any camp program.

OUR STAFF

At the heart of every camp is ensuring you have the right staff. It is one of the most important parts of making every summer unforgettable for your campers. We choose our staff based on three important qualifications. First, they are caring and fun loving people who are eager to share their enthusiasm for the outdoors with campers. Second, they are responsible role models who foster values of respect and confidence. Third, they are committed to safety and possess basic or higher certifications in First Aid, CPR, and Lifeguarding or Wilderness Water Safety. Our goal is to provide every participant the opportunity to make new friends, tackle fun challenges, build confidence, and develop a lifelong love of the outdoors.

Each year, we also hire international staff. They are hired through an agency that screens, interviews and provides background checks before they receive an invitation to interview at Wolf Ridge for potential positions. International staff bring energy, unique skills, new languages and cultures and a genuine excitement about camp. They also provide Wolf Ridge a unique look at the American tradition of camp.

PAYMENTS, CANCELLATIONS & REFUNDS

PAYMENT

Final payments must be received no later than 2 weeks prior to your session.

REFUND POLICY

At the time of registration a $150 per person non-refundable deposit must be made to hold your spot. This $150 is then applied to the balance of the camp payment. The camp session must be paid in full 2 weeks prior to the start of the camp session. Balances not paid prior to the start of the camp session, may result in the loss of your spot in that camp. Refund requests must be made in writing and received no later than 2 weeks prior to the start of the camp session. This will ensure you receive a refund on your camp fees, minus the $150 non-refundable deposit. All cancellations made less than 2 weeks prior to the start of the camp session are non-refundable. If cancellation occurs less than 2 weeks prior to the start of the camp session a refund, minus the $150 deposit, may be given for the following reasons;
- An illness or injury, with a doctors note
- Death in the immediate family

LATE ARRIVALS & NO SHOWS

If your family will arrive late to camp or in the event your family needs to leave early, please notify Wolf Ridge as soon as possible so we can ensure we are prepared for your departure. If a family does not show up at camp by the evening of the opening day, staff will call the primary contact to determine the camper’s whereabouts. No refunds are given for late arrivals or no shows.
While at Wolf Ridge, your family will be spending much of their time outside. Though we encourage you to avoid getting completely dirty, learning outside can be a messy business. With this in mind, please do not bring new clothing and expect that it will still look new at the end of the session. In addition, our proximity to Lake Superior makes for a wide range of weather possibilities. Temperatures can range from daytime highs in the 90’s to night time lows in the 30’s. Rain, fog, and sun can happen in a single day. Some packing tips to keep in mind:

- Label all belongings
- All items on the clothing list are important at camp, especially the rain gear and warm layers.
- Think layers. Layers let you adapt to different conditions.
- When in doubt, pack extra.
- Be economical. Borrow what you can. If you do need to purchase new items, quality rain gear and shoes will serve you well, even after your adventure with Wolf Ridge is over.

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### PACKING LISTS

| Rain suit, with pants, and hood | If you want to bring (Optional Items) |
| One pair walking or hiking shoes | Non-aerosol insect repellent |
| One pair closed-toed shoes for getting wet | Swimsuit, beach towel |
| One pair sandals or slippers | Fishing Gear and License (16 years and up) |
| Warm jacket, sweater or sweatshirt | Flashlight or night light for room and hikes |
| Warm hat | Extra batteries |
| 3-4 pair of jeans or other long pants | Liquid laundry detergent |
| 4-5 T-shirts | Camera and extra film |
| 2-3 pair shorts | Money for Wolf Ridge Store |
| 5-6 Changes of underclothing | Sunglasses |
| 8-10 pairs of socks | Books, cards, and board games |
| Pajamas | Paper, postcards, envelopes & stamps for sending letters |
| Towel | Pillow, pillow case & blankets (only if you would like your own personal linens) |
| Laundry bag | Wolf Ridge will provide a small children’s library, coloring area and board games. Space for adult reading and relaxing, and life jackets (PFD’s) for small children to use at the lakes. |
| Toothbrush, toothpaste | Shampoo, soap |
| Shampoo, soap | Prescription medications (if needed) |
| Personal day pack or fanny pack for day hikes | Personal water bottle |
| Personal water bottle | Sun screen, sun hat |

### FOOTWEAR

Pack one pair of “dry” shoes and one pair of “wet” shoes. On rainy days you can get your feet wet in “wet” shoes, but still have something dry to wear afterward. Wolf Ridge also requires closed toed footwear for rock climbing and the adventure ropes course.

### SNACKS

We provide a snack such as, fresh fruit, granola bars or popcorn every evening. Please feel free though to bring your own snacks and drinks. We do provide your family space to store snacks in our lounge refrigerator and you have access to a microwave to warm up beverages or food.

### WHAT NOT TO BRING

Please don’t bring Alcohol, tobacco, illegal drugs, firearms. These items are prohibited.

### PHYSICAL & EMOTIONAL HEALTH

The emotional and physical health and safety of your family is our primary concern. To ensure our staff are prepared for your family, please ensure we have received the Wolf Ridge Health & Liability Form and return it to Wolf Ridge at least 2-weeks prior to your session. It is the families responsibility to provide accident and health insurance. Wolf Ridge does not provide any coverage for participants.

### SERVICES PROVIDED BY WOLF RIDGE

The services provided by our staff is limited to care of routine illness and injury; we do not have physicians in residence. We do, however, have medical protocols signed by our supervising physician so care for some common problems is available.
The scope of care provided by individual healthcare staff is based on each individual’s credentials and the policies in our Manual for Health Center Staff. Your family will be referred to the local medical community when need is beyond what your Wolf Ridge can provide.

PAYING FOR HEALTH CARE/HEALTH INSURANCE
Families are financially responsible for costs associated with providing healthcare. Should you or your child be taken to see an out-of-camp provider, you will be billed by that provider. Note that pharmacies do not bill; they require payment for prescriptions.

We recommend that you contact your health insurance company to determine if your policy extends coverage while your family is attending Wolf Ridge. Our staff is not responsible for managing your insurance; you retain this responsibility, including the responsibility to pre-authorize care.

CARE OF PARTICIPANT WITH CHRONIC HEALTH CONCERNS
We expect participants with chronic health concerns (i.e., asthma, allergies, etc) to be capable self-managers and to bring the supplies they need to manage their diagnosis.

COMMUNICABLE DISEASES
Participants with communicable diseases will not be allowed to attend camp until they are free of the disease, or until he or she is no longer contagious, as determined by a doctor.

ENVIRONMENTAL CONCERNS
As in any geographic area, program participants are exposed to risks associated with location. While our program has developed risk reduction strategies, we rely on the help of parents and campers so these strategies are as successful as possible. Even then, there are no guarantees of success. Of particular note are the following:

• Ticks - Avoiding wood ticks is difficult. To help, please teach your children to do a daily “tick check.” In particular, participants should check their hair and hairline, groin, auxiliary area, back and behind the ears. A tick that is merely crawling on a person poses little concern; those that attach to the skin should be removed. Using an insect repellent appropriately with about 30 percent DEET is fairly effective in minimizing tick bites. Our program monitors for signs and symptoms of Lyme disease, a tick-borne illness. Carried by some deer ticks and transmitted when the tick finishes feeding and disengages from the person’s skin, the potential for Lyme disease can be minimized by effective use of repellents, daily tick checks (to interrupt the feeding before the tick is done), and wearing appropriate clothing when in tick-heavy areas. If you have questions about Lyme disease, contact the Center for Disease Control (CDC).

• Mosquitoes - Dealing with mosquitoes is part living in Minnesota. Mosquitoes are especially active at dawn and dusk. Help minimize mosquito bites by providing your child with an insect repellent and teach them how and when to apply their repellent. Staff will remind participants to put on repellent at various points throughout the day.

• Sunburns - Most of the activities at Wolf Ridge are done outside, so be sure your family brings and knows how to use sunscreen. At minimum, an SPF 30 product is recommended. We consider sunburn a preventable injury and will minimize this health risk as much as possible.

• Weather - Dressing for the weather. Northern Minnesota’s weather can vary from hot and muggy to quite chilly, from sunny and warm to drizzly and damp. Your family should bring everything recommended on the packing list.

• Hydration & Heat Illnesses - Talk with your child about drinking enough fluids. Outdoor activities are generally quite active, so drinking enough is a constant challenge and is the reason why a water bottle is on our packing list.

VIOLENCE
Wolf Ridge does have a Zero Tolerance Policy on violence. Any act of violence, including bullying, towards any person, animal, equipment, property or facilities will result in a camper being immediately sent home.

CHILD SUPERVISION
Wolf Ridge expects respectful behavior from all its participants - respect for self, others and the earth both in class and on free time. Final responsibility for behavior of each child rests with the child’s parents/guardians. Children under the age of 12 must be accompanied by an adult during all scheduled family activities. Mature older teens may attend classes without an adult, however, final responsibility for behavior rests on the child and the parent/guardian. We ask you to please be responsible for your child’s behavior during free time and are expected to uphold the behavior guidelines discussed during the welcome on Sunday evening.

CAMP LIFE

HOUSING INFORMATION
The Margaret A. Cargill Lodge (M.A.C. Lodge) is designed for families to have a place to call home for their week at Wolf Ridge and a place to socialize with family and new friends.

It is designed with large open common spaces on both the first and second floors for families to enjoy a game together or some quiet time reading. These spaces include a beautiful commons area with a large rock fireplace with views of the Sawmill Creek Valley.
Sleeping rooms accommodate four to eight participants. Within each room there is a personal sink, shower and toilet. Sliding doors may be used to partition the four to eight beds down even farther. Each family is given their own room. They do not share with another family.

You’ll also find outdoor gathering spaces at the M.A.C. Lodge, including campfire rings with outdoor seating, an area for lawn games, kid’s play space, and picnic tables. Perhaps you’ll want to enjoy the evening sunset from a nearby deck, or meet another family for board games on the back deck.

M.A.C. LODGE CONSERVATION & SUSTAINABILITY
The M.A.C. Lodge is built to meet the Living Building Challenge (LBC). The LBC is a philosophy, advocacy tool and certification program created in 2006. It is the most ecologically sound and rigorous building certification, comprising of seven performance areas: site, water, energy, health, materials, equity and beauty. The Living Building Challenge at Wolf Ridge ELC will be the first in the region, and the northernmost in the country to attempt full LBC certification. The Living Building Challenge is not just about creating the building. It is about Living in the building and Challenging yourself to be more responsible with nature. Utilizing technologies built into every room, visitors will be able to monitor personal energy and water consumption to become better informed stewards of the earth. Our goal at Wolf Ridge is to make a lasting impression on all of our visitors and inspire global citizens to create change.

INTERNET
High speed Internet is available in the M.A.C. Lodge. No password is needed.

LAUNDRY
Laundry is located within the M.A.C. Lodge. If you are in need of liquid detergent, please come to the office and they can help.

QUIET HOURS
In the evening and early morning, we ask that you and your party are respectful of other families. Our evening quiet hours begin at 9:30 PM. In the morning, please be respectful of quiet hour until 6:30 AM. This includes outdoor and common use areas such as the Campfire Ring outside each housing unit. Please remember many families have younger children who are sleeping at this time.

SMOKING
All buildings are smoke free. Smoking is only allowed in the lower parking lot. When smoking, you must be out of site of other participants.

RECYCLING
We ask that you please recycle. Wolf Ridge recycles office paper, newspaper, cardboard, glass, aluminum and steel cans along with plastics. You will find a smaller recycling bin located within the M.A.C. Lodge and a large sorting recycling center outside the lodge.

SWIMMING
Wolf Ridge has a designated swim beach available on Wolf Lake. There are no lifeguards on duty so please swim at your own risk. We do however ask that you read and follow all of the swim beach rules posted at the water front.

MEAL & SNACK TIMES
Meals are served in the dining hall at 7:30 AM, 12:15 PM and 5:30 PM. Coffee and tea are available in the dining hall daily from 6:30 am - 6:30 PM. A simple snack room in the lodge building features hot water, coffee, tea bags and fresh fruit. A snack is provided each evening at 9:00 PM.

CAFETERIA STYLE DINING
We eat in the Superior Dining Room for all of our meals. Please plan to arrive within 10 minutes of the meal time. We serve only until the waiting line ends, then seconds are offered and food is put away. Please bus your dishes to the dishroom after eating.

Coffee and tea are available in the dining hall daily from 6:30 am - 6:30 p.m.. A bottled water/ juice machine can be found in the science center entrance and caffeinated drinks are for sale in the office. A simple snack room in your dorm building features hot water, apple cider, coffee and tea bags. A snack is provided each evening at 9:00 p.m.

WHERE DOES OUR FOOD COME FROM?
The short answer is much of it comes from right here in Minnesota. Our goal is to work towards a dining hall that serves 100% local food

- Most of our breads, buns, and cakes are made from scratch with whole wheat flour.
- Our roast chicken is brined in buttermilk and we make our meatballs from scratch with MN wild rice.
- Our white fish comes from Lake Superior, caught by local fishing companies
• The Wolf Ridge organic farm is providing our kitchen with vegetables including lettuce, cabbage, herbs, squash, broccoli, cauliflower, potatoes, and much more!

DIETARY CONCERNS
Our kitchen and Dining Halls are Peanut and Tree Nut Free. We substitute sunbutter for these products in our condiment line. All participants attending Wolf Ridge who bring their own snacks are asked to bring snacks that do not contain peanuts and tree nuts as ingredients. The Wolf Ridge kitchen provides for the following special dietary needs;
• Vegetarian/Vegan
• Food allergies or sensitivity
• Diabetic
• Gluten free
• Religious requirements

If you have questions about specific dietary concerns or how Wolf Ridge can accommodate your dietary needs please contact our Director of Food Services, Christopher O'Brien at christopher.obrien@wolf-ridge.org. To help us prepare for your child, ensure you complete the diet and nutrition section on the Health & Liability Form thoroughly. On the email, please include your campers name, group and dates they will be attending Wolf Ridge.

KITCHEN HELPERS (KP)
If you enjoy helping in the kitchen to serve or clean up after means, then KP is the place for you. For every meal, adults and children are welcome to arrive 15 minutes prior to the normal meal time and then help to set the tables for your fellow participants as well as clean up in the kitchen upon completion of each meal. This is a great time for people to talk and laugh with other participants and staff.

WOLF RIDGE STORE
The Wolf Ridge Store is located in the Science Center Building and will be open at scheduled times during your stay. It offers t-shirts, sweatshirts, posters, postcards, books and a wide variety of educational items. We accept cash, personal checks, Visa, MasterCard, Discover and American Express. Store hours are limited. You may want to shop ahead of time at www.wolf-ridge.org. Click on the “on-line store.”

COMMUNICATIONS - PHONE/MAIL/COMPUTER

PHONE
There is one guest phone in the dorm lobby. Please limit calls to 5 minutes each. The phone accepts only outgoing calling card or credit card calls. Due to geography, cell phone coverage is spotty and limited. Incoming messages may be left on the office answering machine. Except, for emergencies, messages will be delivered at meal times. If you own a cellular phone, you will receive full service with AT&T and Verizon Wireless. A few other carriers have been able to receive service at Wolf Ridge.

U.S. MAIL
If you know you need to receive mail while at Wolf Ridge, please give out the following address.

Your Name
Family Vacation Program
Wolf Ridge ELC
6282 Cranberry Road
Finland, MN 55603-9700

It takes about 3 - 4 days to arrive at Wolf Ridge and will be delivered at meal times. Outgoing mail can be deposited at the office.

FAXES
You may also be contacted through fax at 218-353-7762. Please be sure to have people indicate that you are participating in the Family Vacation Program on the message. Messages will be delivered at meal times. Outgoing faxes may be sent from the office at a rate of $1.00 per page.

COMPUTER
Wireless Internet service is available at several locations on campus. To use the service, you will need to bring your own laptop computer with a wireless device installed.

WOLF RIDGE CAMPUS

WOLF RIDGE BUILDINGS
The Wolf Ridge buildings are located on a well defined arrowhead-shaped ridge of approximately 70 acres. The ridge top campus consists of two dormitories, a large dining hall, a classroom building, a science center with many displays, an administration building and a central heating and maintenance complex. Outdoor spaces include two campfire rings, observation decks, a telescope platform, two volleyball courts and trailheads that connect our visitors to an 18 mile network of trails.

Other buildings located elsewhere on the property include a forest ecology classroom building, a wetlands classroom building that is used as a across country ski center during the winter, and a stream ecology classroom building that also serves as an air quality monitoring station located near Sawmill Creek.
M.A.C. LODGE
The M.A.C. Lodge is our home for the week. It may still be listed on maps and signs around Wolf Ridge as the West Dorm.

SUMMIT LODGE
Provides housing for up to 185 people and contains two large gathering rooms as well as in-room bathrooms. It is currently home to our Summer Youth Programs and houses 24 staff and up to 140 campers per week during the summer. It may still be listed on maps and signs around Wolf Ridge as the East Dorm.

ADMINISTRATION BUILDING
Most of the Wolf Ridge program and administrative staff are located here. The administration building also contains a large conference room and a fireplace gathering space that is used for special functions. Be sure to visit this building while at Wolf Ridge to learn more about our programs and ways to support our mission.

EDUCATION BUILDING
This building contains an indoor rock climbing wall, auditorium and a number of classrooms. Many classrooms are dedicated and decorated for specific classes.

DINING HALL
Within the Dining Hall, Wolf Ridge uses two separate dining rooms each containing its own serving line. The rooms seat 220 and 120 and the smell of baking bread often permeates both rooms. Wolf Ridge chooses to support the local economy by choosing local and regional food suppliers.

FOREST ECOLOGY BUILDING (FEB)
The Forest Ecology Building contains two classrooms and utilizes indoor composting toilets and an indoor gray water recycling system. During the summer campers and students normally spend a full day at this location doing a pair of activities. This year however, the FEB will be home to the Summer Camp art program. All crafts and supplies will be organized and used at the FEB.

SKI CHALET/WETLANDS BUILDING
The ski chalet located at the beginning of the Raven Lake ski trails receives its energy from the sun. Learning about the photo voltaic panels is just the first of many new experiences students have here. Up to 100 skiers per day can be outfitted from here. During the summer months it serves as a classroom for the Wetlands Ecology class.

THE PICHOTTA SCIENCE CENTER
Dedicated to Jack and Genea Pichotta, founders of Wolf Ridge, the Science Center houses an aviary for raptors, a large auditorium, a rock climbing wall, our gift shop and many classrooms. It also models our commitment to renewable energy with a 10 kilowatt wind turbine, a large photovoltaic array and an award winning build design for daylighting.

WOLF RIDGE GROUNDS
Wolf Ridge covers 2000 acres of land complete with 18+ miles of hiking trails, 2 lakes, Sawmill Creek and the Baptism River.

WOLF LAKE
During the open water seasons brigades of hearty voyageurs can be observed, paddling their 36 foot birch bark canoes toward a regularly used campsite located on the portage from Raven Lake. Modern day canoeists, in their 17 foot Wenonah canoes, have learned to steer clear of the voyageurs, known for their lusty songs and behavior. Two canoe launch sites and a lake ecology study area are also located on Wolf Lake. Peregrines and ravens have been seen competing for prime nesting sites on the sheer rock cliffs located on the west side of Wolf Lake. Seated in a canoe covered by the evening shadow of the cliffs one would think you were on a high alpine lake.

RAVEN LAKE
Raven Lake features both rocky cliffs and, on the northern shore, a large wetland area. During the spring, summer and fall, groups of students are regularly encountered as they conduct a variety of wetland studies or practice their newly acquired canoeing skills.

BAPTISM RIVER
Named by the French missionaries who regularly used the large pool located where the river enters Lake Superior for religious purposes, the Baptism is a young and robust river that cuts its way through the million year old rocks that underlie Wolf Ridge. Waterfalls and wildlife are common on the wild and undeveloped stretch of the river located on Wolf Ridge.

The Baptism River flows for approximately two miles along the Wolf Ridge campus. The trail system located adjacent to the river is used for a variety of forestry education activities. Children can regularly be seen participating in forestry activities such as bud capping pines.
SCENIC OVERLOOKS
Wolf Ridge contains a number of scenic overlooks, some natural and others with constructed decks, with views in all directions. The Sawmill Creek Vista from the north side of the ridge overlooks more than 100 square miles of uninterrupted forest lands. For many children and adults, this view, plus the horizon to horizon vista of Lake Superior seen from the south side of Wolf Ridge are first time experiences that have lasting impact.

WOLF RIDGE FARM
With the first produce adding fresh, healthy, local food to our meals this past fall, our organic farm is in its infancy. When it comes to the new farm, things are growing fast on many levels. Located in our Sawmill Creek Valley the farm will supply the Wolf Ridge cafeteria with healthy organic produce throughout the year – 3 meals a day. Educate students, teachers, and parents that attend Wolf Ridge ELC from all over Minnesota and other nearby states about sustainable farming, benefits of eating locally grown food, healthy eating, and land stewardship and reduce carbon footprints by trucking in less food from long distances.

TRAILS
While the campus is interwoven by trails, as you leave the ridge the Wolf Ridge property is divided into four specific natural history areas traversed by 18 miles of trails. The four areas are the Superior Uplands, the Sawmill Creek Bottoms, Wolf and Raven Lakes and the Baptism River highlands. Each area contains a trail head and well-signed trail system. Each contains a number of destinations which are dedicated to specific environmental education activities.

SAWMILL CREEK
The trail leading from the top of Wolf Ridge to the Sawmill Creek bottomlands begins on the ridge at 1400 feet of elevation and drops nearly 300 feet. Containing more than 200 steps, (many kids know the exact number) it is the main access to a rich diversity of habitat where many Wolf Ridge classes go to learn about fish, wildlife and stream ecology.

Sawmill Creek meanders through more than 2 miles of alder and spruce wetland. It is home to beaver and brook trout and is regularly visited by moose and otter. Hundreds of feet of elevated board walk and a bridge have been constructed to enable a variety of aquatic and wildlife activities to be conducted along the creek.

DAILY SCHEDULE

<table>
<thead>
<tr>
<th>TIME</th>
<th>TYPICAL CAMP DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>Optional KP</td>
</tr>
<tr>
<td>7:30 - 8:00 AM</td>
<td>Hot Breakfast</td>
</tr>
<tr>
<td>7:30 - 8:30 AM</td>
<td>Cold Breakfast</td>
</tr>
<tr>
<td>8:30 - 11:30 AM</td>
<td>Morning Classes</td>
</tr>
<tr>
<td>11:45 AM</td>
<td>Optional KP</td>
</tr>
<tr>
<td>12:15 PM</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:30 - 4:30 PM</td>
<td>Afternoon Activities</td>
</tr>
<tr>
<td>4:45 PM</td>
<td>Optional KP</td>
</tr>
<tr>
<td>5:15 PM</td>
<td>Dinner</td>
</tr>
<tr>
<td>6:30 - 7:30 PM</td>
<td>Evening Naturalist Program</td>
</tr>
<tr>
<td>7:30 - 9:00 PM</td>
<td>Evening Activities</td>
</tr>
<tr>
<td>9:30 PM</td>
<td>Quiet Hours Start</td>
</tr>
</tbody>
</table>

ACTIVITY CHOICES

We offer a variety of activities each day for a variety of ages and energy levels. Some classes are better suited for very active individuals while some classes are designed to be more relaxed. Upon your arrival at Wolf Ridge, your family will receive their schedule for the week.

While day time classes are scheduled and organized for everyone, each evening a variety of classes are offered that you and your family can pick from. While most classes are designed for both grandparents and grandchildren to participate
in together, there is an afternoon where the grandparents and grandchildren are in separate groups. This allows the grandparents to enjoy the company of other grandparents and dive deeper into a topic while your grandchildren are enjoying an afternoon exploring Wolf Ridge with other grandchildren.

DAYTIME CLASS DESCRIPTIONS
Classes during the day occur from 8:30 - 11:30 AM or 1:30 - 4:30 PM

VOYAGEUR LIFE
In this human culture and history class, you will be assigned roles and become characters in an imaginary North West Company brigade in the year 1793. You will portage and paddle along Wolf Lake and set up an encampment. There you will learn some of the skills of the colorful voyageur, such as making gallette (fry bread) and tea, flint and steel fires, shaving a tent stake and practicing voyageur games. (Total distance: 2 miles with rolling hills)

ENERGY 101: ENERGY IN YOUR HOME (adult only class)
You home for the week is built to meet the Living Building Challenge (LBC.) The LBC is a philosophy, advocacy tool and certification program created in 2006. It is the most ecologically sound and rigorous building certification, comprising of seven performance areas: site, water, energy, health, materials, equity and beauty. The Living Building Challenge at Wolf Ridge ELC will be the first in the region, and the northernmost in the country to attempt full LBC certification. It is not just about creating the building. It is about living in the building and challenging yourself to be more responsible with nature. Utilizing technologies built into every room, visitors will be able to monitor personal energy and water consumption to become better informed stewards of the earth. Our goal at Wolf Ridge is to make a lasting impression on all of our visitors and inspire global citizens to create change. In this class, investigate the inner workings of the Lodge and explore topics such as photovoltaic and solar water heating and understanding electricity production though the use of a human powered generator. By the end of class, you will work to create solutions to determine how to help reduce your CO2 footprints. Thus, reducing the impact of climate change on Earth’s ecology. (50% indoors/50% outdoors, total distance 1/4 mile, casual walking)

ADVENTURE ROPES
Each of the two Wolf Ridge adventure ropes courses (Skyview and Ridgetop) consists of six (6) events separated by towers roughly 30 feet off the ground. You will traverse the course while attached to safety lines. You can use the ropes course experiences as metaphors for your lives. It allows you to challenge yourself and become aware of new skills and strengths that can be applied to daily life. This class is for all ages and abilities and we invite you to give it a try! (Total distance: 500 feet, level pathway)

ROCK CLIMBING
An indoor rock climbing wall is the perfect place to experience adventure while learning about equipment, etiquette and safety. All participants, 4th grade and older, will also learn to belay (control the safety ropes). We invite participants of all ages and abilities to try this class! (100% indoors)

FOOD & FARMING (all day adventure at the Wolf Ridge Organic Farm)
This class explores the Wolf Ridge Farm through work, games, hands-on activities, learning stations, and eating. The students become farmers for the morning, expanding their food skills as they harvest and/or process vegetables and make homemade pizzas for lunch. In the afternoon, they harness up to the human plow, look deep into soils, branch out into plant identification, discuss the importance of diversity, and fly through an exploration of pollination. The class concludes with a farm web activity and personal reflections on agriculture as an important global environmental issue. (90% outdoors/10% indoors, distance will depend upon if you choose to drive or hike to the farm)

EARTHWORKS (child only class)
You will immerse yourself in the natural world exploring different natural elements and will have the opportunity to creatively express yourself through art. Drawing activities, site-specific sculpture and group discussion generate awareness of one’s own influence on the environment and appreciation for artistic expression. (80% outdoors/20% indoors)

EVENING PROGRAMS (6:30 - 7:30 PM)
All programs are given lecture style, one program will be our Raptors program and the others are to be determined.

RAPTORS
Wolf Ridge is home to a Great Horned Owl, a Red-tailed Hawk and a Saw-Whet Owl, along with various other birds. These birds are non-releasable, rehabilitated raptors who are no longer able to live in the wild. During the Raptor program, you will meet the birds and learn the ecology and fascinating biology of these magnificent winged animals that fly above the ridges along Lake Superior.

EVENING ACTIVITIES (7:30 - 9:00 PM)
In the evening, all ages will take classes together and spend time as a family. Please ensure that all children are accompanied by an adult.

CANOEING
Wolf & Raven Lakes are the perfect place to become comfortable with a canoe and the skills required to maneuver quietly along the shore. During this class, you will learn about the history of canoeing along with equipment and basic strokes before hopping into canoes. (100% outdoors)

ARCHERY
Did you know archery is one of the oldest arts still practiced today? Modern advancements in the equipment mean this
sport is even more accessible to archers of any age. Stationary ranges offer targets at a variety of distances to practice your skills. (100% outdoors)

WOODLAND ART
You will learn the history and meaning of an Ojibwe cultural activity called Woodland Art. Woodland Art is also known as legend painting and uses symbolism to depict the relationships between humans and animals. You will use this information to create their own x-ray drawing, which will later become part of a large-scale collage to tell a story of your own choosing. (100% indoors)

STAR LAB
During this indoor class, you will crawl inside an inflatable planetarium to hear star stories and learn about constellations that appear each night. This is a great opportunity for you to use your creativity to make up stories of your own about the night sky. (100% indoors)

LATE EVENING ACTIVITIES (TIMES VARY)
These classes are optional classes for you to enjoy at a leisurely pace.

CAMPFIRE, S’MORES & STORYTELLING
[Tuesday 9:15 - 10:00 PM]
Spend the night relaxing with your family near the campfire while listening to some legends, myths, and folktales. S’mores will be provided!

WEDNESDAY FAMILY COMMUNITY DINNER, CELEBRATION & TALENT SHOW
After a week full of family, friendship, fun and learning. Wolf Ridge will be holding a community celebration dinner and campfire for all families. We gather together to enjoy our last dinner together as a community and spend the evening remembering all the great times from our week together with a slideshow. As always, Friday wouldn’t be complete without the traditional summer camp themed closing campfire, talent show and s’mores!

TALENT SHOW
Don’t forget to pack your instrument, dancing shows or magic tricks. Friday will be our end of the week campfire and talent show.

CHECK-OUT PROCEDURES

CHECK-OUT TIME
Check-out takes place in the dorm by 9 AM on Thursday. This is to provide our staff enough time to properly clean the rooms for any groups that may be arriving the next day.

CHECK-OUT PROCEDURE
We will have a check-out station in lobby of the M.A.C Lodge, where you can turn in your
• Room keys
• Name tags
• Linens
• Evaluations

After checking out of the lodge, you are welcome to stay and explore Wolf Ridge until 4:00 PM.

EVALUATIONS
We appreciate your immediate comments and feedback about our staff and programs. Your comments will help us plan and modify the program for the next year. Upon the end of the Family Vacation, each participant will receive an evaluation. We encourage you to take the time to fill it out with any praise or concerns with the program. If you see or hear of a problem with any part of Wolf Ridge throughout the week, please let us know so concerns can be addressed immediately.

LOST & FOUND
Items that are lost during the Family Program and not clearly labeled with a name are set on a table near checkout on the last day. Please check this table before you leave Wolf Ridge. Items remaining after the program will be taken to the office where they can be claimed by calling and describing what your family may be missing. Wolf Ridge is not responsible for lost, stolen or damaged personal items, clothing or equipment.

QUESTIONS

If you have any questions or concerns, please don’t hesitate to contact Jenny Bushmaker at Wolf Ridge at anytime. She can be reached at jenny.bushmaker@wolf-ridge.org, 218-353-7414 ext 110 or 800-523-2733 (ND/WI/MN). We look forward to seeing you this summer.