



**PARENT  
HANDBOOK  
2024**

# LET THE ADVENTURE BEGIN!

Welcome to the Ogichi Daa Kwe Parent Handbook!

Inside is everything you need to know before your daughter arrives at Ogichi.

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**CHAPTER 1**

# IMPORTANT DATES

Most campers enjoy the independence of coming to and leaving camp on their own. However, parents and non-camper siblings are welcome to visit International Falls at the beginning and end of each session. The drop-off will be a quick visit, but if you pick up your daughter, we hope you'll spend a night nearby so you can take part in several activities.

Chickadee families can join us after dinner for the Chickadee Friendship Ceremony.

For all other sessions, the Foundation House hosts a Fish Fry on Thursday, July 11th for first session families and Friday, August 9th for second session families where you can meet other parents while enjoying a delicious Northwoods meal. This event is only for parents and non-camper family members. Campers stay at camp.

The final day of both four-week sessions include breakfast, a campus tour and camper competitions. This is the best opportunity for you and non-camper siblings to see our campus in-person. Lunch and dinner would be on your own, but then we hope you can come back to Ogichi to join our Friendship Ceremony. And, sadly for us, you'll pick up your daughter the next morning.

## CHICKADEES

**CHICKADEES ARRIVE**

**FIRST SESSION**

Saturday, June 15

**SECOND SESSION**

Monday, July 15

**CHICKADEE FRIENDSHIP CEREMONY**

Monday, June 24

Wednesday, July 24

**CHICKADEES DEPART**

Tuesday, June 25

Thursday, July 25

## ALL OTHERS

**CAMPERS ARRIVE**

**FIRST SESSION**

Saturday, June 15

**SECOND SESSION**

Monday, July 15

**FAMILY FISH FRY**

Thursday, July 11

Friday, August 9

**PARENT BREAKFAST, CAMPER COMPETITIONS & FRIENDSHIP CEREMONY**

Friday, July 12

Saturday, August 10

**CAMPERS DEPART**

Saturday, July 13

Sunday, August 11

## CHAPTER 2

# PREPARING FOR CAMP

A few months from now, your daughter might be scaling the climbing wall, sailing on Rainy Lake, or sitting by the fire with her friends. But before she arrives, there's work to be done!

## TODAY

### APPLY FOR A PASSPORT

All campers must bring a passport or passport card with them to camp. If your daughter already has a passport, be sure to check the expiration date. If she doesn't have a passport, please apply for one as soon as possible.

### COMPLETE PARENT FORMS

Please complete all forms in your [Parent Account](#) at least two months prior to your daughter's arrival at camp. To access these forms, log into your account and click "Forms & Documents." These forms are essential for the care of your daughter.

### SCHEDULE A PHYSICAL

We need a copy of a physical examination for all campers. Use the Physical Examination form in your [Parent Account](#) to download a blank form—to be completed by a physician—or upload a completed physical. Parents of new campers should upload a physical completed in the past 12 months. Parents of returning campers should upload a physical completed in the past 24 months.

### UPDATE IMMUNIZATION RECORD

Please use the Immunization Record form in your [Parent Account](#) or upload an up-to-date immunization record from your daughter's physician.

### FINALIZE AIR TRAVEL PLANS

If your daughter will be flying to or from camp, it's best to start looking for flights as soon as possible. When your flights are booked, please complete the Camper Travel form in your [Parent Account](#).

### REVIEW PACKING LIST

Using the [Packing List](#), take note of what gear your daughter already has and what you will need to acquire. Most items can be purchased online or at stores such as REI, L.L. Bean, and BassPro/ Cabela's. For details about the items on the [Packing List](#), please refer to Chapter 11: Packing List.

### FINALIZE END-OF-SESSION PLANS

Hotels and resorts can fill up quickly in International Falls, so, if you plan to pick up your daughter at the end of camp, we suggest making your reservations early. For lodging options, please refer to Chapter 7: Lodging.

# TWO MONTHS BEFORE CAMP

## **FINALIZE GEAR ORDERING**

With two months to go before your daughter arrives at camp, make sure all remaining items on the Packing List are ordered. This will give you enough time to return any items that don't fit and replace them in time for camp.

## **COMPLETE REMAINING PARENT FORMS**

At this point, all forms in your [Parent Account](#) should be completed. Please contact us at [office@campingedu.org](mailto:office@campingedu.org) or (513) 772-7479 with any questions.

# ONE MONTH BEFORE CAMP

## **FINALIZE GEAR COLLECTION**

With only one month to go, camp is fast approaching. By this time, all of the clothing and gear on the [Packing List](#) should be bought and ready to pack.

## **LABEL ALL CLOTHING**

Even the tidiest of campers misplace their clothing every now and then. Using a Sharpie or iron-on labels, please make sure every piece of clothing and gear your daughter plans to bring to camp has her name on it.

# TWO WEEKS BEFORE CAMP

## **CONFIRM TRAVEL PLANS**

Please confirm all details about your daughter's travel plans to and from camp in your [Parent Account](#).

## **PACK LUGGAGE**

Once you've assembled all the gear on the Packing List, it's time to pack! Make sure all of your daughter's clothing and belongings are labeled and stowed neatly in her duffel bags. We encourage you to get your daughter involved in the process—one day, she won't need your help at all!

## **SHIP LUGGAGE (IF NEEDED)**

If your daughter is taking the Cincinnati bus or MSP shuttles, you can bring two duffels on the bus or shuttle. If your daughter is flying, you can decide whether to ship her luggage or treat as airline baggage. If you decide to ship your daughter's duffels to Ogichi, please do so *at least two weeks* before the start of her session. You can find Ogichi's shipping address at the end of this handbook. *New for 2024 - all luggage to be shipped home at the end of session must be prearranged and prepaid through the Ship Camps link in your Parent Account dashboard. End-of-session shipping will no longer be arranged by camp.* We highly recommend using Ship Camps for both directions of shipping due to their door-to-door service, continuous tracking, and detailed coordination with camp staff.

## CHAPTER 3

# TUITION & FEES

### **TUITION**

Final tuition payments are due April 15. If you have any questions or concerns, please contact Kyle Oblong at [kyle@campingedu.org](mailto:kyle@campingedu.org) or (513) 772-7479.

### **FEES**

Your daughter may accrue expenses during their session due to bus or shuttle travel, airline baggage fees, etc. These will be charged to your account at the end of her session before your final invoice.

### **CAMP STORE**

Ogichi apparel, trip gear, and other items are available for purchase at the camp store. By filling out the Camp Store Allowance form in your Parent Account, you can designate a spending limit for your daughter. We will do our best to make sure that she does not overspend, but please discuss this amount with her before she comes to camp so you do not have unexpected charges. Camp store purchases will be charged to your account at the end of your daughter's session before your final invoice.

## CHAPTER 4

# TRAVEL PLANNING

There are many ways to get to and from Ogichi. It's important to make your daughter's travel arrangements early because prices and availability change quickly. Below is a summary of travel options.

## TRAVEL OPTIONS

### **TAKE THE CINCINNATI BUS TO CAMP FIRST SESSION**

### **TAKE THE CINCINNATI BUS FROM CAMP SECOND SESSION**

For First Session arrivals and Second Session departures only, this bus picks up and drops off Ogichi Daa Kwe and Kooch-i-ching campers in Cincinnati, Indianapolis, Chicago, and Madison.

### **FLY TO AND FROM THE MINNEAPOLIS AIRPORT**

We offer a shuttle between the Minneapolis airport (MSP) and Ogichi.

### **FLY TO AND FROM INTERNATIONAL FALLS**

Fly to the International Falls airport (INL), then take a short shuttle ride to Ogichi.

### **DRIVE TO AND FROM THE MINNEAPOLIS AIRPORT**

We offer a shuttle between the Minneapolis airport (MSP) and Ogichi.

### **INDEPENDENT TRAVEL**

Travel to and from Ogichi with no assistance from camp.

# TRAVEL DETAILS

## **LUGGAGE**

All of your daughter's clothing and belongings need to fit neatly into two duffel bags and one small backpack. For luggage recommendations, please refer to Chapter 11: Packing List. *New for 2024 - all luggage to be shipped home at the end of session must be prearranged and prepaid through the Ship Camps link in your Parent Account dashboard. End-of-session shipping will no longer be arranged by camp.*

## **LUGGAGE TAGS**

New parents will receive two luggage tags for their daughter in their Parent Packet. These tags will help our staff identify your daughter's luggage quickly and accurately. If you need replacement tags, please contact us at [office@campingedu.org](mailto:office@campingedu.org) or (513) 772-7479.

## **CONDUCT & ATTIRE**

As a community, Ogichi takes great pride in its reputation for kindness and respect, and we hope that your daughter will be on her best behavior while traveling to camp. Please remind her to be respectful of adults and other passengers. We also ask that she wear appropriate attire while traveling to camp.

## **UNACCOMPANIED MINORS**

If your daughter is flying to camp as an unaccompanied minor, she will be met by an Ogichi staff member at her arrival gate. You will receive the name and phone number of the staff member meeting her at least 24 hours before her flight. Unaccompanied minor fees for her flights must be paid to the airline in advance.

## **TRAVEL ONE**

Travel One is a travel agency in Minneapolis that has provided travel services for Ogichi in the past. Through their contracts with some airlines, they may be able to offer discounted tickets for campers flying to and from MSP and INL.

If you book your daughter's air travel using Travel One, they will attempt to schedule her to fly with a fellow Ogichi camper and arrange for them to sit next to one another. There is a fee for using Travel One, which will be included in their quoted price.

To book with Travel One, please contact Sheila Sigel at (800) 245-1111 or [ssigel@traveloneinc.com](mailto:ssigel@traveloneinc.com).

## CHAPTER 5

# TRAVELING TO CAMP

## CINCINNATI BUS: FIRST SESSION ONLY

### FRIDAY, JUNE 14 (CINCINNATI)

### SATURDAY, JUNE 15 (ALL OTHER STOPS)

Our Cincinnati Bus, which now serves both Kooch-i-ching and Ogichi, stops at several major cities on the way to camp. The bus departs from Cincinnati and travels through Indianapolis, Chicago, and Madison before reaching International Falls. Campers can board at any of these stops. The stops are listed below. Please arrive 15 minutes early.

#### **STOP 1: CINCINNATI, OH**

Friday, June 14 — Arrive by 11:45 p.m. Eastern Time for a 12 a.m. (midnight) departure  
Armstrong Chapel Church in Indian Hill  
5125 Drake Road, Cincinnati, OH 45243

#### **STOP 2: INDIANAPOLIS, IN**

Saturday, June 15 — Arrives 2:30 a.m. Departs 2:45 a.m. Eastern  
Time TA Travel Center in Whitestown, IN  
5930 E State Boulevard 334, Whitestown, IN 46075

#### **STOP 3: CHICAGO, IL**

Saturday, June 15 — Arrives 5:00 a.m. Departs 5:30 a.m. Central Time  
Northbound Lake Forest Oasis 1-94 between IL Routes 60 & 176  
I-94 Near Lake Forest—mile marker 18.0

#### **STOP 4: MADISON, WI**

Saturday, June 15 — Arrives: 7:45 a.m. Departs: 8:00 a.m. Central  
Time Cottage Grove Park & Ride  
4708 County Road TT (Exit 244 from Hwy N)  
Sun Prairie, WI 53590

## **REGISTRATION & FEES**

To sign up for this bus service, log into your [Parent Account](#), select the Camper Travel form, click on the bus icon, and choose the Cincinnati Bus option and desired stop.

The Cincinnati Bus fee depends on where your daughter boards the bus. The fees are listed below. This fee will be automatically charged to your account at the end of your daughter's session.

From Cincinnati: \$190

From Indianapolis: \$180

From Chicago: \$170

From Madison: \$160

# **FLY TO MINNEAPOLIS SHUTTLE AT MSP**

**FIRST SESSION: SATURDAY, JUNE 15, LAND BY NOON**

**SECOND SESSION: MONDAY, JULY 15, LAND BY NOON**

If your daughter is flying to MSP, an Ogichi staff member will meet her upon arrival, help her collect her luggage and lead her to the Lindbergh Terminal where she will wait with other Ogichi campers and staff. From there, she will board our Minneapolis Shuttle to Ogichi.

Please make sure your daughter's flight lands at MSP between 6 a.m. and noon. The shuttle will depart shortly after noon and arrive at camp by 7 p.m.

You will receive the name and phone number of the staff member meeting your daughter at the airport at least 24 hours before her flight.

## **REGISTRATION & FEES**

To register for this option, log into your [Parent Account](#), select the Camper Travel form, click the airplane icon, and complete the flight information section. All campers flying to MSP will be automatically signed up for the Minneapolis Shuttle when their flight information is entered into the Camper Travel form. You do not need to sign up for the shuttle separately.

The Minneapolis Shuttle fee is \$90 for a one-way trip, including lunch. This fee will be automatically charged to your daughter's store account at the end of her session.

# FLY TO INTERNATIONAL FALLS

**FIRST SESSION: SATURDAY, JUNE 15**

**SECOND SESSION: MONDAY, JULY 15**

If your daughter is flying to INL, please make sure she arrives on the afternoon flight if possible. You will receive the name and phone number of the Ogichi staff member meeting her at the airport at least 24 hours before her flight. INL is a small airport, served only by SkyWest Delta Connections.

## REGISTRATION

To register for this option, log into your [Parent Account](#), select the Camper Travel form, click the airplane icon, and complete the flight information section.

All campers flying to INL will be automatically signed up for a shuttle to camp when their flight information is entered into the Camper Travel form. You do not need to sign up for the shuttle separately. There is no fee for this shuttle.

# DRIVE TO MINNEAPOLIS SHUTTLE AT MSP

**FIRST SESSION: SATURDAY, JUNE 15**

**SECOND SESSION: MONDAY, JULY 15**

Our Minneapolis Shuttle departs from the Lindbergh Terminal of MSP at 12 p.m. (noon) and arrives at camp at 7 p.m. Please bring your daughter to the mezzanine level of the Lindbergh Terminal by 11:30 a.m. and look for a staff member wearing an Ogichi shirt. The mezzanine level overlooks the ticketing counters. You will have to park in short-term parking and walk or take the tram to the Lindbergh Terminal.

## REGISTRATION & FEES

To register for this shuttle service, log into your [Parent Account](#), select the Camper Travel form, click the bus icon, and choose the Minneapolis Shuttle option.

The Minneapolis Shuttle fee is \$90 for a one-way trip, including lunch. This fee will be automatically charged to your daughter's store account at the end of her session.

# INDEPENDENT TRAVEL

**FIRST SESSION: SATURDAY, JUNE 15, ARRIVE BETWEEN 1 P.M. AND 5 P.M.**

**SECOND SESSION: MONDAY, JULY 15, ARRIVE BETWEEN 1 P.M. AND 5 P.M.**

If you choose to travel to Ogichi with your daughter, you should park in the staff parking lot—located at 2144 County Road 137, International Fall, MN 56649—between 1 p.m. and 5 p.m.

## **REGISTRATION & FEES**

To register for this option, log into your [Parent Account](#), select the Camper Travel form, click the car icon, and complete the driver and arrival information.

## CHAPTER 6

# TRAVELING HOME

## CINCINNATI BUS: SECOND SESSION ONLY

### SECOND SESSION ONLY: SUNDAY, AUGUST 11

The Cincinnati Bus, now serving both Ogichi Daa Kwe and Kooch-i-ching, travels through Madison, Chicago, and Indianapolis on its way to Cincinnati. The bus leaves camp early in the morning on Sunday, August 11th. The stops are listed below. Please arrive 15 minutes early to meet your daughter.

#### STOP 1: MADISON, WI

Sunday, August 11  
Arrives: 1:30 p.m. Central  
Cottage Grove Park & Ride  
4708 County Road TT (Exit 244 from Hwy N)  
Sun Prairie, WI 53590

#### STOP 2: CHICAGO, IL

Sunday, August 11  
Arrives: 4:00 p.m. Central  
Southbound Lake Forest Oasis I-94 between IL Routes 60 & 176  
I-94 Near Lake Forest—mile marker 18.0

#### STOP 3: INDIANAPOLIS, IN

Sunday, August 11  
Arrives: 10:00 p.m. Eastern  
TA Travel Center in Whitestown, IN  
5930 E State Boulevard 334, Whitestown, IN 46075

#### STOP 4: CINCINNATI, OH

Monday, August 12  
Arrives: 12:00 a.m. (midnight) Eastern  
Armstrong Chapel Church in Indian Hill  
5125 Drake Rd, Cincinnati, OH 45243

## **REGISTRATION & FEES**

To sign up for this bus service, log into your [Parent Account](#), select the Camper Travel form, click the bus icon, and choose the Cincinnati Bus option and desired stop.

The Cincinnati Bus fee depends on where your daughter departs the bus. The fees are listed below. This fee will be automatically charged to your account at the end of your daughter's session.

To Madison: \$160

To Chicago: \$170

To Indianapolis: \$180

To Cincinnati: \$190

# **SHUTTLE TO MSP FOR FLIGHT HOME**

**FIRST SESSION CHICKADEES: TUESDAY, JUNE 25**

**FIRST SESSION CAMPERS, LDACS & CITS: SATURDAY, JULY 13**

**SECOND SESSION CHICKADEES: THURSDAY, JULY 25**

**SECOND SESSION CAMPERS, LDACS & CITS: SUNDAY, AUGUST 11**

Please make sure that your daughter's flight departs no earlier than 12:30 p.m. to allow adequate time to bring her to the gate.

Our Minneapolis Shuttle departs from Ogichi at 5 a.m. and arrives at the Lindbergh Terminal of MSP at 11 a.m. An Ogichi staff member will then help your daughter check her luggage and accompany her to the gate for her flight home. You will receive the name and phone number of the Ogichi staff member accompanying your daughter at least 24 hours before her flight.

## **REGISTRATION & FEES**

To register for this option, log into your [Parent Account](#), select the Camper Travel form, click the airplane icon, and complete the flight information section. All campers flying home from MSP will be automatically signed up for the Minneapolis Shuttle when their flight information is entered into the Camper Travel form. You do not need to sign up for the shuttle separately.

The Minneapolis Shuttle fee is \$90 for a one-way trip, including breakfast. This fee will be automatically charged to your account at the end of your daughter's session.

# FLY FROM INTERNATIONAL FALLS

**FIRST SESSION CHICKADEES: TUESDAY, JUNE 25**

**FIRST SESSION CAMPERS, LDACS & CITS: SATURDAY, JULY 13**

**SECOND SESSION CHICKADEES: THURSDAY, JULY 25**

**SECOND SESSION CAMPERS, LDACS & CITS: SUNDAY, AUGUST 11**

Please make sure your daughter is on a flight that departs before 1 p.m. We will drive her to the airport for her departing flight.

## REGISTRATION & FEES

To register for this option, log into your [Parent Account](#), select the Camper Travel form, click the airplane icon, and complete the flight information section.

All campers flying home from INL will be automatically signed up for the shuttle from camp when their flight information is entered into the Camper Travel form. You do not need to sign up for the shuttle separately. There is no fee for this shuttle.

# SHUTTLE TO MSP FOR PARENT PICK-UP

**FIRST SESSION CHICKADEES: TUESDAY, JUNE 25**

**FIRST SESSION CAMPERS, LDACS & CITS: SATURDAY, JULY 13**

**SECOND SESSION CHICKADEES: THURSDAY, JULY 25**

**SECOND SESSION CAMPERS, LDACS & CITS: SUNDAY, AUGUST 11**

Our Minneapolis Shuttle departs from Ogichi at 5 a.m. and arrives at the Lindbergh Terminal of MSP at 11 a.m. Parents can pick up their daughter from the Lindbergh Terminal. We suggest that you arrive at the airport at 10:30 a.m. and park your car in the short-term parking lot. You may have to take the tram to the Transit Center to meet your daughter at 11 a.m. The Transit Center only allows buses to enter the lot, so you will not be able to drive your car directly to the Minneapolis Shuttle.

## REGISTRATION & FEES

To sign up for this shuttle service, log into your [Parent Account](#), select the Camper Travel form, click the bus icon, and choose the Minneapolis Shuttle option.

The Minneapolis Shuttle fee is \$90 for a one-way trip, including breakfast. This fee will be automatically charged to your account at the end of your daughter's session.

# INDEPENDENT TRAVEL

**FIRST SESSION CHICKADEES: TUESDAY, JUNE 25**

**FIRST SESSION CAMPERS, LDACS & CITS: SATURDAY, JULY 13**

**SECOND SESSION CHICKADEES: THURSDAY, JULY 25**

**SECOND SESSION CAMPERS, LDACS & CITS: SUNDAY, AUGUST 11**

If you are traveling home with your daughter, please pick her up between 9 and 10 a.m. If you have to pick her up earlier, please contact Kristie Lavigne at (218) 986-7741 or [kristie@ogichi.org](mailto:kristie@ogichi.org) the week before camp ends.

## **REGISTRATION**

To register for this option, log into your [Parent Account](#), select the Camper Travel form, click the car icon, and complete the driver and departure information.

## CHAPTER 7

# LODGING OPTIONS

If you are planning to visit International Falls, we recommend booking your accommodation early. Rainy Lake can be quite the summer hotspot! Below is a list of popular lodging options.

## HOTELS & RESORTS

### **THUNDERBIRD LODGE**

2170 County Road 139  
International Falls, MN 56649  
thunderbirdrainylake.com  
(218) 286-3151

### **TARA'S WHARF**

2065 Spruce Street Landing  
Ranier, MN 56668  
taraswharf.com  
(218) 286-5699

### **SHA SHA RESORT**

1664 Highway 11 East  
International Falls, MN 56649  
shashaonrainylake.com  
(218) 286-3241

### **ISLAND VIEW LODGE**

1817 Highway 11 East  
International Falls, MN 56649  
gotorainylake.com  
(218) 286-3511

### **HILLTOP LODGE**

2002 2nd Avenue  
International Falls, MN 56649  
hilltoplodgeifalls.com  
(218) 283-2505

### **DAYS INN**

2331 US Highway 53 South  
International Falls, MN 56649  
daysinn.com  
(218) 283-9441

### **CANTILEVER HOTEL**

2078 Spruce Street  
Ranier, MN 56668  
cantileverdistillery.com  
(218) 540-1932

### **AMERICAS BEST VALUE INN**

2326 US-53  
International Falls, MN 56649  
redlion.com/americas-best-value-inn  
(218) 283-8811

### **AMERICINN BY WYNDHAM**

1500 MN-11  
International Falls, MN 56649  
americinn.com  
(218) 209-2487

### **COBBLESTONE HOTEL & SUITES**

1 Memorial Dr.  
International Falls, MN 56649  
staycobblestone.com  
(218) 324-4660

# CAMPING

## **VOYAGEURS NATIONAL PARK**

360 Highway 11 East  
International Falls, MN 56649  
[nps.gov/voya/index.htm](http://nps.gov/voya/index.htm)  
(218) 283-6600

## **RAINY LAKE RV**

2967 Highway 11 East  
International Falls, MN 56649  
[rainylakerv.com](http://rainylakerv.com)  
(218) 288-1130

## **RAINY LAKE HOUSEBOATS**

2031 County Road 102  
International Falls, MN 56649  
[rainylakehouseboats.com](http://rainylakehouseboats.com)  
(800) 554-9188

## CHAPTER 8

# COMMUNICATION

Although Ogichi is remote, we're still just a call, letter, or email away. Our summer office staff can always be reached at (218) 986-7741.

### **COMMUNICATION WITH OUR STAFF**

If your daughter is flying to camp or riding the Minneapolis Shuttle, you will receive a phone call when she arrives. You will also receive an email when she leaves and returns from her trip.

### **COMMUNICATION WITH YOUR DAUGHTER**

Campers are encouraged to write letters home. Stamps can be purchased from the camp store, but we recommend that you send your daughter to camp with stationery and stamps of her own.

We also encourage you to send letters to your daughter and to urge friends and other family members to do the same. Receiving a handwritten letter from home is a rare and special experience these days. Campers are not allowed to call home unless given permission by the director.

Letters should be sent to:

[Your Daughter's Name]

c/o Ogichi Daa Kwe

P.O. Box 512

International Falls, MN 56649

### **CARE PACKAGES**

Parents may send only one care package no bigger than a shoebox per four-week session. If you send one, we recommend it arrives while they are out on their trip. All packaging materials should be recyclable or biodegradable. Please, no packing peanuts!

Care packages should be sent to:

[Your Daughter's Name]

c/o Ogichi Daa Kwe

2144 County Road 137

International Falls, MN 56649

### **PHOTOS**

Our photographers do their best to post photos to our [Photo Gallery](#) every Tuesday and Saturday by noon. This link is on our website under Parent Resources. The password is 'photos4odk'. We will send an email when the first photos are posted.

## CHAPTER 9

# ILLNESS & INJURY

Our infirmary is open 24 hours a day and is always staffed by at least one medical professional. Campers are welcome to stop in at any time to receive treatment for ailments or injuries. All campers take part in a health screening upon arrival.

### **MEDICATIONS**

All medications, including vitamins, are kept in the infirmary, with the exception of inhalers and EpiPens. Prescription medications are administered by our medical staff at the appropriate times. The infirmary is stocked with a wide variety of over-the-counter medications, so please do not send these to camp with your daughter. Our medical staff administers non-prescription medications as needed according to package instructions and your daughter's height and weight. Our medical staff will only administer prescription medications ordered by a physician and sent to camp in the original bottle with the label intact. All medications, including vitamins, should be clearly labeled and instructions for taking them included in the Health History form in your [Parent Account](#).

### **ILLNESS & INJURY**

Ogichi follows a 24-hour rule for illness and injury. If your daughter has an illness or injury that persists for longer than 24 hours, she will be seen by a doctor at camp or in International Falls. In the event of a serious illness or injury, at camp or on a trip, the director and/or a medical professional will contact you by phone as soon as possible to explain your daughter's condition. If your daughter is exposed to a contagious disease prior to camp, please contact us to discuss the best course of action.

### **INSURANCE**

As part of your tuition fee, your daughter is covered under an excess or secondary accident insurance program while at camp and during supervised camp activities. This policy is in excess of, or secondary to, any medical, dental, sickness, and life insurance coverage carried on your child. The excess accident-only (no sickness) coverage will pay only after your insurance company pays and only up to the policy's maximum benefit. If a camper is sick when she arrives at camp, becomes sick at camp, or has a pre-existing medical condition, these are not covered under this policy. Any treatment and related expenses will be billed to your account.

The expense of an emergency evacuation of a camper from a trip due to an accident will be covered up to the policy limit. Emergency evacuation due to sickness will be billed to the parents and is not covered by camp. Ogichi recommends that families contact their insurance company regarding sickness and evacuation insurance coverage. Please contact us for full coverage terms and details; above are only policy highlights and do not change or modify the policy.

Through arrangements with the hospital and clinic in International Falls, the hospital/clinic will file the insurance claims with your insurance carrier as the primary payee and with our insurance as the secondary. For them to do this, you must upload a copy of the front and back of your current

insurance card using the Insurance Authorization form in your [Parent Account](#).

## CHAPTER 10

# CAMP RULES

Please review these rules with your daughter before she arrives at Ogichi. Violating them could lead to her dismissal.

### **SWIMMING**

Campers are not permitted to go swimming alone. Swimming only takes place under proper supervision.

### **LEAVING A GROUP**

Campers are not permitted to leave a group without notifying a staff member. This applies at camp and on trips.

### **PFDS**

All campers must wear a PFD (personal flotation device) while on the water during canoe trips and at camp while on motorboats, sailboats, canoes, or paddleboards, and while waterskiing or wakeboarding.

### **LAWS**

All campers must comply with the laws of Minnesota, the United States, and Canada.

### **PROHIBITED ITEMS**

Campers are prohibited from using, possessing, or distributing tobacco, drugs, or alcohol. This includes all forms of tobacco and vape products. Hair dye and “sharps” such as needles or straight razors are also not permitted.

### **ELECTRONICS**

Once arriving at camp, campers are not permitted to have cell phones, portable gaming systems, audio systems, e-readers, and other electronics, with the exception of digital cameras. Electronics that are brought to camp will be collected and stored for safekeeping. Ogichi is not responsible for lost or damaged electronics.

### **BEHAVIOR**

Campers should not act in any manner that could cause physical or psychological harm to others.

## CHAPTER II

# PACKING LIST

Below you will find descriptions of every item your daughter needs to thrive at Ogichi. Take note of what gear she already has and what you will need to acquire. Most items can be purchased online or at stores such as REI, BassPro/Cabela's, and L.L. Bean. Once everything is ready to pack, be sure to label each piece of clothing and gear with your daughter's name. Items marked with an asterisk are available for purchase in the camp store.

## LUGGAGE

### **DUFFEL BAG (2)**

Your daughter should pack her belongings in a pair of soft-sided duffel bags that can be easily rolled up and stored. She will have a drawer, shelf, and hangers to stow her clothing and belongings while at camp.

### **DAYPACK (1)**

A small backpack, such as your daughter might take to school, will help her keep track of her possessions while at camp.

## BEDDING

### **TWIN-SIZE FITTED SHEET (2)**

Your daughter will need two fitted sheets so that one can be used while the other is being washed. *Chickadees need only one fitted sheet.*

### **TWIN-SIZE FLAT SHEET (2)**

As with the fitted sheets, having two flat sheets ensures that one is always clean. *Chickadees need only one flat sheet.*

### **BLANKET (2)**

Even during the summer, it can be very cold at night. A heavy blanket is a must, especially during First Session. Fleece blankets, though soft, aren't always warm enough.

### **PILLOW (1)**

Somehow, pillows are one of the most common items that campers forget to pack. Don't send your daughter to camp without one!

### **PILLOWCASE (2)**

As with the sheets, having two pillowcases ensures that one is always clean. *Chickadees need only one pillowcase.*

### **SHOWER TOWEL (1)**

Believe it or not, most campers shower every day. It's nice to dry off afterward!

### **BEACH TOWEL (1)**

We do a lot of swimming at Ogichi, and it's nice to have a separate towel for beach and dock days!

### **LAUNDRY BAG (2)**

It's important that your daughter bring two laundry bags, both clearly labeled with her name. While one load is in the laundry, she can use the other to store dirty clothes. *Chickadees need only one laundry bag.*

## **TOILETRIES**

### **SHOWER CADDY OR TOILETRY BAG (1)**

A shower caddy or toiletry bag will help your daughter carry her toiletries to and from the washhouse.

### **TOOTHBRUSH (1)\***

Everyone at Ogichi needs a toothbrush to keep those pearly whites clean, both in camp and on trips.

### **TOOTHPASTE (1)\***

Though her trip leader will pack toothpaste for the trip, your daughter should have her own tube to use at camp.

### **FLOSS (1)**

Don't forget to send some floss with your daughter. Her dentist will thank you!

### **SHAMPOO AND CONDITIONER (1)**

Be sure to pack shampoo and conditioner. Hair has a way of getting dirty during a full day of activities.

### **SOAP OR BODYWASH (1)**

Soap or bodywash will keep your daughter squeaky clean!

### **BRUSH OR COMB (1)**

A brush or comb will help your daughter tame her mane.

### **LOTION (1)**

Lotion keeps skin happy and hydrated after long days in the sun.

### **SUNSCREEN (1)\***

While at camp, your daughter will need her own bottle of sunscreen with UV protection. Her trip leader will provide sunscreen on the trip.

### **BUG SPRAY (1)\***

It can get pretty buggy at night. Though camp will provide bug spray for trips, it's nice to have for evening activities as well.

### **LIP BALM (1)\***

The combination of sun and wind can dry out lips quickly. Chapstick with SPF protection makes life more comfortable on trips.

### **NAIL CLIPPERS (1)**

Nail clippers will keep those nails tidy. If your daughter prefers fancy fingertips, feel free to send nail polish and remover, too.

### **SHOWER SHOES (1 PAIR)**

A pair of slide-on sandals or flip-flops—worn only in the shower—will help keep the washhouse clean.

### **RAZORS (AS NEEDED)**

If your daughter chooses to keep it smooth, a razor will do the trick.

### **FEMININE HYGIENE PRODUCTS (AS NEEDED)**

Cycles tend to sync up at camp, so be sure to send enough supplies for at least one period.

## **IN-CAMP CLOTHING**

### **UNDERWEAR (10 PAIRS)**

We recommend at least a week's worth of underwear—you don't want your daughter to run out before her laundry is done!

### **BRA OR SPORTS BRA (3-5)**

A few good bras will provide all the support your daughter needs while at camp. *Chickadees: as needed.*

### **SOCKS (6-8 PAIRS)**

Socks get lost more often than you'd think, so don't forget to label each pair. Athletic socks work well at camp.

### **TANK TOP (2-3)\***

Tank tops help active campers stay cool on warm days—and show off their muscles!

### **T-SHIRT (4-6)\***

Send plenty of T-shirts with your daughter. The camp store has a great selection, too.

### **FLANNEL OR LONG-SLEEVED T-SHIRT (2)\***

A sturdy flannel shirt or comfy long-sleeved T-shirt adds an extra layer of warmth and provides protection from the sun and mosquitoes.

### **ATHLETIC SHORTS (2-4 PAIRS)\***

Athletic shorts are a must for warm days at camp. Since they tend to get dirty, dark colors are preferred.

### **JEANS, PANTS OR LEGGINGS (2-4 PAIRS)**

Whatever your daughter's preference, long pants or leggings are essential at Ogichi.

### **SWEATPANTS (1-2 PAIRS)**

Keep it cozy with a pair of sweats for bedtime or after early morning Polar Bear dips in the lake!

### **FLEECE (1)\***

A warm synthetic fleece is essential for cold days at camp and on trips.

### **SWEATSHIRT (1)\***

A comfy cotton sweatshirt is great for cooler days, but it shouldn't be used on trips.

### **SWIMSUIT (2)**

Send two because it is always nice to have a dry suit to put on.

### **ATHLETIC SHOES (1 PAIR)**

Cross-trainers, running shoes, or tennis shoes make great all-purpose footwear at camp.

### **WATER SHOES (1 PAIR)**

A sturdy pair of water shoes or sandals are nice to have at camp—and are essential on trips. We don't recommend Crocs or flip-flops because they can't be tightened.

### **BASEBALL CAP OR BRIMMED HAT (1)\***

Every camper needs a hat to protect her from the sun on her trip.

### **FORMAL OUTFIT (OPTIONAL)**

A dress or dressy attire is nice to have for end-of-session events.

### **COSTUME WEAR (OPTIONAL)**

Fun clothing can make evening activities even more fun. Examples include wigs, boas, beads, and glitter skirts.

## **TRIP GEAR**

### **SYNTHETIC UNDERWEAR (2 PAIRS)**

Synthetic underwear dries quickly, making it ideal for trips.

### **LONG UNDERWEAR (1 SET)**

Though it's not essential, a set of long underwear is nice to have on cold days and for sleeping. Backpackers may prefer a mid-weight base layer for extra warmth.

### **SPORTS BRA (2)**

Just like in camp, a good sports bra provides support on trips. *Chickadees: as needed.*

### **WOOL SOCKS (2 PAIRS)\***

Because they stay warm even when wet, wool socks are critical on trips.

### **SYNTHETIC T-SHIRT (1)**

Synthetic T-shirts dry faster than cotton ones and retain more heat when wet.

### **QUICK-DRY PANTS (1 PAIR)**

Quick-dry pants protect from pesky bugs and, well, dry quickly.

### **RAIN JACKET (1)**

It rains at least once on most trips, so a high-quality lightweight rain jacket will easily become your daughter's favorite piece of gear. Backpackers may also want to pack a lightweight windbreaker.

### **RAIN PANTS (1 PAIR)**

Though not essential, rain pants make rainy days a whole lot more comfortable!

### **WOOL HAT (1)**

A wool hat will go a long way toward keeping your daughter warm when the weather turns cool.

### **BANDANA OR LIGHTWEIGHT NECKWEAR (1)\***

A bandana, BUFF, or other lightweight neckwear is great for sun protection, bug protection and keeping your daughter's hair out of her face.

### **BOOTS (1 PAIR)**

A good pair of boots provides ankle support on portages and hiking trails. Some campers prefer heavy waterproof boots; others prefer lightweight boots without waterproofing. To avoid blisters, make sure your daughter breaks them in before camp.

### **CAMP TOWEL (1)**

A compact and quick-drying camp towel is great for drying off after a swim.

### **BUG NET (1)**

Face-covering bug nets are nice to have on trips where the mosquitoes and black flies are more populous.

### **SLEEPING BAG (1)**

A good sleeping bag may cost between \$100 - \$200, but it's absolutely essential. We recommend a three-season synthetic bag rated to 10°F or 20°F. Mummy or modified mummy bags are ideal; they're warm, lightweight and pack small. Backpackers should also bring a compression sack.

### **DRY SACK (1)**

A properly sealed 25 to 35-liter dry sack will keep your daughter's sleeping bag, spare clothes and other possessions completely dry on canoe trips. A high-quality dry sack will last for many years.

### **INFLATABLE SLEEPING PAD (OPTIONAL)**

We provide foam pads for backpackers, but some prefer an inflatable pad. If your daughter wants a sleeping pad on her canoe trip, it must be inflatable and able to pack down into a small dry sack. Therm-a-Rest has some reasonable options.

### **GLOVES (BACKPACKERS ONLY)**

A lightweight pair of gloves will keep those fingers warm on cold mornings.

### **HAWAIIAN SHIRT (OPTIONAL)**

Campers love wearing Hawaiian shirts on trip departure days.

## **MISCELLANEOUS**

### **32-OUNCE WATER BOTTLE AND CARABINER**

Hydrate! A sturdy water bottle is essential for camp living and on all Ogichi trips. A 32-ounce wide-mouth Nalgene is ideal. Backpackers should bring two.

### **HEADLAMP AND EXTRA BATTERIES**

If your daughter ever has to visit the washhouse at night, she'll need a headlamp to see where she's going! Because they will also be used on trips, headlamps should be lightweight and powered by disposable batteries.

### **JOURNAL OR NOTEBOOK**

Journaling is a favorite Balance Time activity. A small notebook will help your daughter record all of her camp memories.

### **STATIONERY AND STAMPS**

You've got mail! Campers won't have access to technology, so having a set of stationery with stamps is important for keeping in touch with family and friends. For younger campers, pre-addressing the envelopes will make the process easier.

### **BOOKS**

Whether during Balance Time at camp or after dinner on a trip, it's nice to have a good book to read. Your daughter can also borrow books from our camp library.

### **SUNGLASSES WITH STRAP**

Sunglasses are great to have in the canoe, especially when the morning sun is reflecting off the lake. We recommend attaching Croakies or Chums to prevent them from getting lost or broken, but accidents do happen, so please send an inexpensive pair.

# OPTIONAL

## **SPORTS EQUIPMENT (SOFTBALL GLOVE, ETC.)**

Ogichi athletes should feel free to bring any sports equipment they wish.

## **CLIMBING SHOES**

If your daughter is serious about climbing, she should bring her own pair of climbing shoes to use on our rock wall.

## **COMPASS**

Ogichi has compasses available for use, but those interested in map reading, orienteering, and open-water navigation should bring their own.

## **PLAYING CARDS\***

A deck of cards is great to have during down time.

## **DISPOSABLE CAMERA\***

A disposable camera is a great way to capture daily life at camp and exciting moments on trips. A waterproof one is even better.

## **POCKETKNIFE**

Whether for whittling s'mores stick or fashioning a friendship bracelet, a pocketknife has many uses at camp. Do not pack in carry-on luggage.

## **WATCH**

An inexpensive waterproof digital watch will help your daughter keep track of the time throughout the day.

## **FISHING ROD AND TACKLE**

For those who love to fish, an inexpensive spin-casting kit is perfect for camp. Lures for walleye, pike, and bass are good to have in the tackle box.

# MAILING ADDRESSES

## LETTERS

[Your Daughter's Name]  
c/o Ogichi Daa Kwe  
P.O. Box 512  
International Falls, MN 56649

## LUGGAGE & PACKAGES

[Your Daughter's Name]  
c/o Ogichi Daa Kwe  
2144 County Road 137  
International Falls, MN 56649

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