



# PARENT SHEET

## WHAT SHOULD I BRING?

- Base layer - AVOID COTTON** fabrics touching your skin! Cotton will absorb water which can quickly turn into cold toes and fingers! We recommend synthetic fibers such as polyester and nylon.
- Warmth Layer** - this will be where the bulk of your warmth comes from. We recommend fabrics such as wool, polar fleece or flannel. This is the perfect opportunity to dig out the ugly Christmas sweaters and fuzzy pajama pants!
- Wind/Water Layer** - your outermost layer should be wind and water proof. Most jackets and snow pants have this built in - but if not you can throw a rain jacket over the top of a fleece jacket for the same effect!
- Water Bottle**
- Health History Form Part A & B**

## WHAT TO EXPECT AT CHECK IN

Gates will open at 8 am, program starts at 9 am. A staff member will greet you at the entrance to camp and give you directions on where to park and check into camp.

When checking into camp be sure to know your Pack number and be prepared to turn in your Health History forms, At check-in you will be assigned your group for the day and receive your schedule. Expect to be outside for a majority of the day. There will be opportunities to go inside to warm up during the craft and STEM rotations.

**Groups: will be created by putting members of the same Pack in the same group. Your Pack may also be paired with another Pack, depending on size.**

## CHECK OUT:

At the end of Camp, one adult leader will receive your Pack's check-out bag which will contain the patches and health forms. If for any reason you need to leave prior to the end of camp, please notify the camp director.

## TRADING POST

**Trading Post hours vary by location.** Trading Post hours are posted on trading post door. Each Trading Post has a selection of snacks, drinks, gifts appear and toys. Price Ranges are below:

- Snacks and Drinks \$1-3
- Hats: \$15-22
- T-Shirts \$10-25
- Sweatshirts: \$35-50
- Pocket Knives: \$10-\$20

## REQUESTS

**The best way to notify camp about special requests is through your online registration. Please enter health information a minimum of 2 weeks prior to camp.**

## DIETARY REQUESTS

We want to make sure that every camper gets a healthy and safe meal. At camp, we are prepared to accommodate for the following restrictions:

- Lactose Free
- Gluten Free
- Vegetarian
- Peanut/Nut Free

If you have needs above and beyond those listed above, or if you would prefer to bring your own food, cooler space and a microwave will be made available to you.

Please note all dietary needs in your online registration information. This will give the camp staff a summary of the needs for a given weekend. If you have questions regarding food service, please contact the Polar Cubs Director.

## EMERGENCY CONTACT:

### **Polar Cubs Director**

Jake Erickson

612-261-2451

jerickson@northernstar.org

## WINTER WEATHER INFORMATION

Decisions for closing camps or altering programs will be made by the Director of Camping and Properties or the Camp Director. Closings will be communicated via email and/or the weather hotline **(612) 261-2448**.

Questions contact: [CubCamping@NorthernStar.org](mailto:CubCamping@NorthernStar.org) | (612) 261 - 2303

Directions can be found at: [camp.northernstar.org/polar-cubs](http://camp.northernstar.org/polar-cubs)