



» Camp Wilderness | Park Rapids, MN

Wilderness Adventures

» 2025 Summer Season

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Welcome to Adventure Days!

We are thrilled to welcome your child to Adventure Days at Camp Wilderness! We've got an exciting summer ahead filled with fun activities, new friends, and unforgettable experiences. Our team is ready to provide a safe, engaging, and adventure-filled environment for your child to enjoy.

Here's what you can expect:

- **Drop-off and Pick-up:** Drop-off begins at 7:30 AM and pick-up is before 5:30 PM. Please make sure to arrive on time to ensure a smooth start and end to each day.
- **Daily Activities:** Every day will be packed with a variety of activities including swimming, boating, fishing, nature hikes, arts & crafts, and much more! We encourage children to explore, be active, and enjoy the great outdoors in a fun, supervised environment.
- **Meals:** Lunch and snacks will be provided each day, so there's no need to pack food. We'll ensure your child stays fueled and energized for all the fun ahead!
- **What to Bring:** Please pack a swimsuit, towel, sunscreen, comfortable clothes for outdoor activities, and a water bottle (labeled with your child's name).
- **Safety First:** The safety and well-being of your child is our top priority. Our staff is highly trained and experienced to provide supervision throughout the day. If you have any questions or concerns, please don't hesitate to reach out.

We are looking forward to a wonderful time together! Thank you for choosing Adventure Days at Camp Wilderness – we're excited to create lasting memories with your child this summer. If you have any questions or need more information, please contact us.

See you soon!



Missy Hendrickx

Missy Hendrickx
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Registration, Pricing & Dates

We offer a wide variety of date to choose from! Your child can attend just for one day, one day a week, week long, or a variety! It is up to you and your family how many days you would like your child to attend.

How to Register Online for Adventure Days

Registration for Adventure Days at Camp Wilderness is quick and easy! Follow these simple steps to sign your child up for a day or week of adventure and fun!

1. Visit our registration site at **scoutingnbc.org/adventuredays** and click **Register**.
2. Select the day(s) or week(s) your child is attending. You can sign up for single days or full sessions.
3. Complete your information, enter your payment information, and finalize your registration.

Get a Camp Physical

A completed camp physical signed by a parent or guardian is required for all campers. This form is needed to ensure your child's health and safety during their time at camp. Please download and complete the Annual Health & Medical Record at **[LINK HERE](#)**.

Once your registration form and camp physical are completed, submit them through the website to secure your child's spot.

2025 Summer Dates

Session 1	June 2-6
Session 2	June 9-13
Session 3	June 30-July 4
Session 4	July 7-11
Session 5	July 14-18
Session 6	July 21-25
Session 7	July 28 - August 1
Session 8	August 4-8

Price for One Day: **\$50**

Price for One Session: **\$225**

Daily Schedule

7:30 AM - 8:30 AM	Drop Off
8:30 AM - 10:00 AM	Rotation 1
10:00 AM - 11:30 AM	Rotation 2
11:30 AM - 12:30 PM	Lunch
12:30 PM - 1:30 PM	Quiet/Nap Time
1:30 PM - 3:00 PM	Rotation 3
3:00 PM - 4:30 PM	Rotation 4
4:30 PM - 5:30 PM	Camp Games & Free Time
5:30 PM	Pick Up Time



Grade Levels & Activities

We are thrilled to be open to the public this summer to offer incredible outdoor activities! Grades will be paired up with camp staff members and go through daily rotations.

At Adventure Camp, we understand that each age group has different interests, abilities, and needs. That's why we've designed our programming to be age-appropriate, ensuring that every camper has an exciting, safe, and educational experience. We've divided our campers into three groups based on their grade level, with unique activities and challenges tailored to each group's age and developmental stage.

Loons (Grades 1-3): The Loon group is for our younger campers entering grades 1-3. At this age, children are eager to explore, learn new skills, and build friendships in a supportive environment. Loons focus on:

- Fun, interactive activities that encourage socialization and teamwork
- Introduction to outdoor skills, such as simple nature hikes, arts and crafts, and water games
- Creative exploration, including hands-on activities like tie-dying, painting, and basic nature crafts
- Safety-focused boating activities, such as paddle boating and short, guided canoe trips
- Camp traditions, like songs, campfires, and group games, that foster a sense of community and belonging

Muskies (Grades 4-6): The Muskie group is for campers entering grades 4-6, perfect for kids who are ready for more independence and outdoor adventures. This group enjoys a balance of challenges, and skill-building activities, including:

- Intermediate outdoor activities, like more challenging nature hikes and fishing trips, with opportunities to catch local fish species
- More advanced craft projects, such as leatherwork, woodworking, and sculpture, allowing campers to express their creativity

- Introduction to team sports and shooting sports, such as archery, BB guns, and slingshots, where campers can test their accuracy and coordination
- Boating activities, like kayaking and paddleboarding, that encourage individual skills and teamwork
- Environmental education, with an emphasis on learning about the trees, animals, and ecosystems of Northern Minnesota

Deer (Grades 7-8): The Deer group is for our older campers entering grades 7-8 who are ready to take on even more adventurous and leadership-focused activities. This group emphasizes personal growth, team leadership, and more skills, including:

- Leadership opportunities, such as assisting with younger groups during certain activities or leading their own small group on nature hikes or boating adventures
- Advanced outdoor skills, including more challenging hikes, archery, fishing, and outdoor survival techniques
- Team-building exercises that focus on communication, problem-solving, and group cooperation, all designed to challenge campers physically and mentally
- Specialized activities, such as pontoon rides, advanced crafts, and extended boating trips, to give campers more freedom and responsibility
- Focus on self-expression and creativity, with opportunities to dive deeper into artistic projects like advanced sculpture or design

The Deer group is designed for campers who are ready to take on leadership roles, sharpen their outdoor skills, and prepare for the transition to high school. This group provides the space and challenges needed to foster independence, teamwork, and self-confidence.

ACTIVITIES

SWIMMING • BOATING
FISHING • CRAFTS
NATURE HIKES
ARCHERY • BB GUNS
SLINGSHOTS





Swimming & Boating

Swimming at Bad Axe Lake: One of the highlights of Adventure Days at Camp Wilderness is the opportunity to swim in the beautiful, crystal-clear waters of Bad Axe Lake. Our campers will enjoy the pristine, natural setting of the lake while having fun in the water under the supervision of our trained staff. Swimming at Bad Axe Lake is always supervised by certified lifeguards who are trained to ensure the safety of all campers. We maintain a low camper-to-staff ratio to provide personalized attention and keep everyone safe while they enjoy the water.

Shallow and Deep Areas: Whether your child is just learning to swim or is an experienced swimmer, Bad Axe Lake offers both shallow and deeper areas to accommodate all skill levels. Our staff will guide children to the appropriate areas based on their abilities and comfort levels.

Fun for All Ages: From splashing around in the shallow waters to more adventurous activities in the deeper sections, there's something for everyone! The lake is the perfect place for games, swimming races, or simply cooling off on a hot day.

Clean and Natural Setting: Bad Axe Lake is known for its clean, natural waters, surrounded by the scenic beauty of nature. It's the perfect spot for children to connect with nature while enjoying the benefits of outdoor play.

Canoeing: Canoeing is a classic outdoor adventure that teaches teamwork, coordination, and balance. Campers will pair up with a buddy to paddle across the calm waters of Bad Axe Lake, learning how to navigate the canoe, work together, and enjoy the serene beauty of the lake from the water. Our experienced staff will guide campers through proper paddling techniques and water safety.

Kayaking: For a more individual adventure, campers can try kayaking. In a kayak, children will learn how to paddle solo, maneuver through the water, and gain confidence in their paddling skills. Kayaking offers a fun way to explore the lake and provides a great workout, all while enhancing balance and coordination.

Paddle Boats: For a more leisurely boating experience, campers can take a ride in one of our paddle boats. These boats are a fun, low-impact way to explore the lake and enjoy the scenic beauty of the surrounding nature. Campers can pedal their way across the water, enjoying the peaceful atmosphere and taking in the sights and sounds of the lake.

Pontoon Rides: For a more relaxing and scenic experience, campers will enjoy a pontoon boat ride across Bad Axe Lake. Our pontoon rides provide a great way for campers to sit back, relax, and enjoy the beautiful views of the lake, while learning about the local ecosystem from their guides. The pontoon ride is a great option for campers who prefer a more relaxed, group-based water activity.

We're excited to offer this unique experience as part of your child's time at camp, ensuring that swimming and boating at Bad Axe Lake becomes a highlight of their summer!



Fishing

Fishing at Bad Axe Lake is a fantastic outdoor activity that allows campers to connect with nature while learning a valuable skill. Whether your child is an experienced angler or trying fishing for the first time, our fishing program offers fun, relaxation, and the thrill of a catch!

A Beautiful Location:

- Bad Axe Lake is home to a variety of fish species, making it the perfect spot for a day of fishing. Surrounded by lush nature, the lake provides a peaceful and scenic environment that enhances the outdoor experience.

Catch and Release:

- Our fishing program follows a catch-and-release policy, ensuring that the lake's ecosystem remains healthy and sustainable for future generations. Campers will have the opportunity to catch fish such as bass, bluegill, and more, before releasing them back into the water.

Learning Opportunity:

- Our experienced staff will teach campers the basics of fishing, including how to properly cast, reel in, and handle fish. Children will also learn about local fish species, water safety, and the importance of preserving natural habitats.

Safety and Equipment:

- All fishing activities are supervised to ensure a safe and enjoyable experience. We provide all necessary fishing equipment, including rods, reels, bait, and tackle. Our staff will assist campers in handling the gear and provide guidance throughout the activity.

Fun for All Ages:

- Whether it's relaxing by the shore with a fishing rod in hand or learning new techniques with fellow campers, fishing at Bad Axe Lake offers something for everyone. It's a perfect blend of relaxation and adventure that will leave your child with great memories and perhaps a few stories of the "big one" that got away!

Fishing at Bad Axe Lake is not only about catching fish – it's about enjoying nature, making new friends, and gaining a sense of accomplishment. We look forward to seeing your child reel in their next big catch!



Nature Discovery

At Camp Wilderness, Adventure Days offer a unique opportunity for campers to immerse themselves in the natural beauty of northern Minnesota. Our nature hikes are designed to connect children with the local environment, offering a hands-on learning experience about the diverse flora and fauna that thrive in this region.

Explore the Trails: Campers will have the chance to explore several miles of well-maintained hiking trails that wind through the pristine wilderness surrounding Bad Axe Lake. These trails are suitable for all fitness levels, ensuring that each child can enjoy the hike at their own pace while being fully immersed in the beauty of nature.

Learning About Trees and Plants: During the hike, campers will learn about the variety of tree species that grow in Northern Minnesota, such as towering pines, birch, and oak trees. Our knowledgeable guides will explain how to identify different types of trees, the role they play in the ecosystem, and their importance to the environment.

Discover the Wildlife: The forests and wetlands around Camp Wilderness are home to a wide array of wildlife. Campers will have the chance to spot and learn about local animals, including deer, squirrels, beavers, and a variety of bird species. Our staff will teach campers how to recognize animal tracks, listen for bird calls, and identify signs of wildlife in the area.

Hands-On Exploration: The nature hike is designed to be an interactive learning experience, with opportunities for campers to engage in hands-on activities such as plant identification, observing animal habitats, and participating in scavenger hunts. Kids will develop a deeper understanding of the ecosystem and how everything from trees to animals is connected.

Scenic and Educational: With Northern Minnesota's stunning landscapes as the backdrop, the hike is not only educational but also a chance to enjoy the fresh air, natural beauty, and tranquility of the outdoors. Campers will also have time to reflect on what they've learned and share their discoveries with new friends.

Safety and Supervision: All nature hikes are supervised by experienced staff members who prioritize safety while guiding campers along the trails. The hikes are designed to be fun, educational, and safe for everyone, with plenty of breaks to hydrate, explore, and take in the surroundings.

Benefits of Nature Hikes: Our nature hikes are designed to engage campers physically, mentally, and emotionally. By learning about the trees, plants, and animals of Northern Minnesota, campers will develop a deeper appreciation for nature, enhance their observation skills, and gain confidence in outdoor exploration.

We can't wait to share the wonders of Northern Minnesota's natural world with your child during their Adventure Days at Camp Wilderness. It's a day full of discovery, fun, and unforgettable memories!



Arts & Crafts

At Camp Wilderness, creativity flows as campers explore a wide variety of hands-on craft activities. These crafts allow children to express themselves, develop new skills, and create unique items they can take home as memories of their camp experience. Each day, campers will have the opportunity to participate in one or more of the following craft activities:

Woodworking: Children will learn the basics of woodworking, from sanding and shaping to assembling their own projects. With guidance from experienced instructors, campers will create their own wooden creations, such as picture frames, birdhouses, or simple toys.

Leatherwork: Campers will have the chance to try their hand at leatherworking, creating fun items like keychains, bracelets, and small pouches. This craft allows kids to learn basic techniques like cutting, stamping, and lacing leather while making unique, personalized pieces.

Bead Projects: Beads come in all shapes, sizes, and colors, and campers will use them to create beautiful jewelry, keychains, or other fun decorative items. This activity encourages fine motor skills and attention to detail, while also allowing kids to design their own one-of-a-kind creations.

Tie-Dying: One of the most colorful and fun activities at camp! Campers will get to design and create their own tie-dye shirts, socks, and bandanas. They'll experiment with different patterns and vibrant colors, taking home their very own custom designs.

Painting: Our painting activities allow campers to express their creativity on canvas, wood, or other surfaces. Whether it's painting a landscape, abstract design, or a personal masterpiece, this activity encourages self-expression and boosts confidence in their artistic abilities.

Sculpture: With materials like clay, papier-mâché, and natural objects, campers will have the chance to craft their own sculptures. From small figurines to larger works of art, sculpture projects allow kids to explore texture, shape, and form while using their imagination to create something special.

Why Craft Activities? Our craft programs are designed to inspire creativity and teamwork, as well as develop fine motor skills and problem-solving abilities. Working with various materials gives campers the chance to express their ideas, build confidence, and leave with tangible, personalized souvenirs.

Materials & Safety: All craft materials are provided, and all activities are supervised by trained staff to ensure a safe and enjoyable experience for everyone. Safety precautions will be taken when using tools and supplies to ensure that campers can participate in crafts with confidence.

Each day and week will have different projects for kids to take home!



Shooting Sports

Get ready for an action-packed day of precision, focus, and fun with Shooting Sports at Camp Wilderness! Our campers will have the chance to try their hand at a variety of shooting activities, all designed to teach focus, safety, and skill development in a controlled, fun environment. Activities include archery, BB guns, and slingshots—all under the supervision of trained instructors.

Archery: Archery is a thrilling and rewarding sport that teaches campers the importance of focus, coordination, and patience. Campers will learn how to properly handle a bow and arrow, aim at targets, and improve their shooting skills. Under the guidance of experienced staff, kids will practice their aim and challenge themselves to hit bullseyes while learning about safety protocols and equipment maintenance.

BB Guns: In a safe and controlled environment, campers will have the opportunity to try BB gun shooting. They'll learn proper handling, target shooting, and safety techniques. This activity promotes discipline and concentration, as campers work on their aim and accuracy while becoming familiar with the mechanics of BB guns. All shooting is supervised closely, and campers will be given clear instructions before participating.

Slingshots: For a bit of outdoor fun, campers can also enjoy slingshot target shooting. Using small, safe projectiles, campers will aim at targets and develop hand-eye coordination and precision. This activity is a great way to enhance focus and improve motor skills while having a blast outdoors!

Safety First: At Camp Wilderness, safety is our top priority. All shooting activities are conducted with certified instructors and include clear, detailed instructions on safety, proper handling, and shooting techniques. Campers will be provided with safety gear and closely monitored during all shooting activities to ensure a secure and enjoyable experience.

Skills and Benefits: These activities are designed to help campers develop valuable life skills, including:

- **Focus and Concentration:** Precision sports like archery and BB gun shooting require campers to maintain focus and concentration.
- **Hand-Eye Coordination:** Shooting activities help improve hand-eye coordination, which is essential for many other sports and activities.
- **Confidence and Achievement:** As campers improve their shooting skills, they'll gain a sense of accomplishment and boost their confidence.

Shooting sports at Adventure Days provide a fun, engaging way for kids to challenge themselves, learn new skills, and have a great time outdoors while fostering teamwork, patience, and respect for the equipment and safety rules.



Free Time Activities

During free time at Camp Wilderness, campers have the opportunity to enjoy a variety of fun and engaging activities. This unstructured time allows children to choose the activities they enjoy most while spending time with friends and being active. Whether it's a friendly competition, creative crafting, or a team sport, our free time activities provide something for everyone!

Gaga Ball: One of the most popular camp games, Gaga Ball is an exciting and fast-paced sport played in an enclosed pit. It's like a mix of dodgeball and soccer, where players try to avoid being hit by the ball while aiming to hit other players below the knees. This game is perfect for kids who love to be active and enjoy a little friendly competition!

Carpetball: Carpetball is a fun, skill-based game where campers take turns rolling balls down a table to knock their opponent's balls off the edge. It's easy to learn and requires hand-eye coordination, making it a great way for kids to challenge themselves and have fun with friends during free time.

Basketball: For those who love basketball, our courts are ready for a game of pickup basketball! Whether it's a fast break to the hoop, a friendly game of HORSE, or a full-on basketball match, campers can practice their shooting, dribbling, and passing skills while working together in teams.

Crafts: During free time, campers can unleash their creativity at the craft station! Whether they want to work on a special project like painting, leatherworking, or creating jewelry, there's a wide range of craft options available. This is a great opportunity for campers to relax, express themselves, and take home a personalized souvenir from their time at camp.

Soccer: Soccer fans can get their game on with pickup soccer games during free time. Whether it's a casual match with friends or a more competitive game, campers will have the chance to work on their footwork, passing, and teamwork. Soccer provides great physical activity while encouraging communication and sportsmanship.

These free time activities are designed to give campers the freedom to choose how they want to spend their downtime, all while having fun, being active, and developing new skills. Whether it's engaging in a game of Gaga Ball, showing off artistic skills in crafts, or getting competitive with friends in soccer or basketball, there's no shortage of excitement and opportunities for growth during Adventure Days at Camp Wilderness.



Health & Safety

To ensure the safety and well-being of all campers, we require a completed health form for each child attending Adventure Days at Camp Wilderness. The health form helps us to provide the best care for your child during their time with us.

The health form must include the following information:

- **Medical History:** Please provide any relevant medical history, including past or ongoing conditions, surgeries, or treatments. This helps our staff be prepared in case of any emergency.
- **Current Medications:** List any medications your child is currently taking, including dosage instructions and frequency. If your child requires medication during camp hours, please note that we will need a written authorization from a physician.
- **Mental Health Concerns:** If applicable, please include any mental health concerns, conditions, or accommodations your child may need during their time at camp. This will help our staff ensure that your child is supported in a way that promotes both their emotional and physical well-being.
- **Dietary Restrictions/Allergies:** Any food allergies, dietary restrictions (e.g., vegetarian, gluten-free), or sensitivities must be noted on the health form. Please provide specific details to ensure we can accommodate your child's needs when providing lunch and snacks.
- **Emergency Contact Information:** In case of an emergency, please provide up-to-date contact information for you and a secondary contact person who can be reached during camp hours.
- **Immunization Records:** A record of your child's up-to-date immunizations must be included. This helps us ensure that your child is protected against preventable diseases.

Important Note:

The health form must be completed and submitted prior to your child's first day at camp. Failure to submit a completed form may result in a delay or inability for your child to participate in the program.

We take your child's health and safety very seriously and appreciate your cooperation in helping us provide the best possible experience. If you have any questions or concerns about the health form, please don't hesitate to contact us.



Food Service

At Camp Wilderness, we believe in nourishing our campers with healthy, delicious, and homemade meals. Each day, we provide fresh, warm, and nutritious meals made right here at camp, carefully prepared to meet the dietary needs and preferences of our campers.

What's Included:

- **Lunch & Snacks:** A wholesome, balanced lunch is served daily, along with snacks throughout the day to keep your child energized. We offer a variety of options, ensuring that every child enjoys their meal.
- **Homemade & Fresh:** All meals are homemade and made from scratch using high-quality ingredients. Our team takes pride in creating meals that are not only nutritious but also delicious.
- **Dietician-Approved:** Our menu is approved by a licensed dietician, ensuring that all meals are well-balanced and meet the nutritional needs of children. We prioritize whole foods, plenty of fruits and vegetables, and healthy proteins to keep your child feeling their best.
- **Dietary Accommodations:** We understand that every child has different dietary needs. Whether your child has food allergies, dietary restrictions, or specific preferences, we will do our best to accommodate them. Please make sure to provide any dietary concerns or restrictions on the health form so we can plan accordingly.

Our goal is to provide every camper with the fuel they need to fully enjoy the adventure-filled days at camp, all while making sure that mealtime is a safe and enjoyable experience!