



Camp Fire
MINNESOTA

Family Handbook 2019

Welcome to Tanadoona, one of Camp Fire Minnesota’s two nature-based camps that provides the space to completely unplug – and rediscover fun and adventure with friends in the outdoors!

With 103 acres of woods, wetlands, and prairie to explore along the shores of Lake Minnewashta, adventures are endless. We kindle an inclusive environment where all youth help build and feel like part of a community and we are committed to making nature-based experiences accessible through scholarship support.

Our counselors come from down the road and across the globe, introducing campers to new cultures, games and traditions. All of our staff are excited to help introduce youth to new, fun experiences help them build outdoor skills, develop self-confidence, and become environmental stewards.

Both campers and adults often have questions as they prepare for camp; our hope is that this handbook will answer many of those questions. Whether your camper has been attending for years or is coming to Tanadoona for the first time, please look over the information in this handbook. If you would like additional information we would be delighted to hear from you.

Sincerely,

The Staff of Tanadoona

612-235-7284 | info@campfiremn.org

Day Camp Times	Resident (incl. Mini & Northwoods) Times	Closing Ceremony
<p>*Before Care: 7:15am - 7:45am</p> <p>Check In: 7:45am - 8:30am</p> <p>Check Out: 4:30pm - 5:15pm</p> <p>*After Care: 5:15pm - 6:00pm</p> <p><i>* Before/After Care is \$40/wk. Please pre-register online or contact the office.</i></p>	<p>Check In: Sunday</p> <ul style="list-style-type: none"> Northwoods Adventure Canoe Trip & Teen Bluewater Getaway: 2:00 - 2:30 pm Mini-Resident and Resident Camp: 6:00 - 7:00 pm <i>(Please arrive having eaten)</i> <p>Check Out:</p> <ul style="list-style-type: none"> Mini-Resident: Wednesday 4:30-5:15 pm Resident Camp, Northwoods Adventure Canoe Trip, and Teen Bluewater Getaway: Friday 4:30-5:15 pm 	<p>Friday: 4:15pm <i>(Wednesday 4:15 for Mini-Resident)</i></p> <p>Join us at the close of each program to celebrate accomplishments and new friendships. Parents will be given time to learn about their camper’s week, visit with their camper’s counselor, and explore Tanadoona.</p> <p>Check-out follows the program, so please be patient, as we have all campers exiting at one time.</p>

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Connect with Tanadoona

Tanadoona is online and we want to connect with you!

Facebook: facebook.com/Tanadoona

Instagram: @camptanadoona

American Camp Association Accreditation

Tanadoona is accredited by the American Camp Association. ACA accredited camps have met or exceeded up to 300 nationally recognized standards. These standards are continually evaluated and updated to reflect state of the art camp practices. They address everything from program quality, to food preparation, to the qualifications of medical personnel and professional staff. Visit ACA's website at: www.acacamps.org for further information.



About Camp Fire Minnesota

Mission: With nature as our catalyst, Camp Fire Minnesota energizes youth to discover their spark so their futures glow brighter.

As a council of the national organization, Camp Fire, Camp Fire Minnesota provides research-based programs that progress with youth as they grow. We help them develop a growth mindset and discover their Sparks for Learning, Leading and Living. Tanadoona is one of two camp properties operated by Camp Fire Minnesota. We also operate Camp Bluewater, north of Grand Rapids, MN. Camp Fire Minnesota also runs out-of-school time programs in affordable housing communities across the Minneapolis-St. Paul metro. These programs are offered at no cost to the families and provide year round academic and nature-based education.

About Tanadoona

Tanadoona is rich in history, nature, and culture. We have been located along the shores of Lake Minnewashta since 1924, with 103 acres to explore and learn in nature. Generations of fun and meaningful memories are part of what makes Tanadoona so special. Many of our campers today have parents and grandparents who attended Tanadoona summer camp as a child! Each summer our campers and counselors create new layers of memories at Tanadoona, making it uniquely their own.

Our Staff

The relationship between a camper and their counselor is at the heart of the camping experience. Tanadoona staff members are carefully selected for their maturity, patience, camping skills, and desire to work with youth, as well as their commitment to acting as positive, caring role models. In addition, all staff are trained in youth development, age-appropriate activities, behavior management, and group management skills. These counselors are further supported by a leadership team of program and administrative staff, who are all dedicated to seeing that the needs of campers are met. All camp staff go through a complete background check.

Our Commitment to Safety

The well-being of each camper is our first concern.

- All activities are supervised by trained staff.
- Watercraft activities require wearing life jackets and are supervised by trained lifeguards.
- Campers attend a waterfront orientation at the start of their session. This includes an explanation of the waterfront rules, buddy system, and a swim test (more about swim test on pg 8).
- Proper safety equipment is provided for all climbing activities and all campers are required to wear closed toe shoes.
- Campers are taught proper care and respect for equipment, nature, and others.
- Proper hydration is important. We require that all campers bring water bottle that they can refill throughout the day. Water is always available at the dining hall.

To ensure all campers have a safe camp experience, each camper must be capable of the following:

- Be able to understand, remember, and follow directions.
- Be able to respect and relate responsibly to other members of a group and the camp community.
- Be able to accept responsibility for their own belongings and respect all other belongings.
- Be able to participate as part of a group without ongoing one-on-one attention.

Contact Information

Camp Fire Minnesota (*administrative office*)

4829 Minnetonka Blvd., Suite 202
St. Louis Park, MN 55416

Hours: Monday – Friday 9:00 am – 5:00 pm

Phone: 612-235-7284

Fax: 952-378-1661

General Email: info@campfiremn.org

Website: www.tanadoona.org

Returning User Account Log-in: <https://campsself.active.com/CampFireMinnesota>

Tanadoona

3300 Tanadoona Drive
Excelsior, MN 55331

Tanadoona Professional Team

- Brent Cummins, Chief Programs Officer - brentc@campfiremn.org
- Will Shelton, Camp Director - wills@campfiremn.org
- Laura McCauley, Customer Experience Manager - lauram@campfiremn.org
- Katy Konrad, Outdoor Programs Manager - katyk@campfiremn.org
- Ben Vogel, Program Leader - benv@campfiremn.org
- Keven Anthony, Facilities Manager - kevina@campfiremn.org

Upcoming Events

School Break Camps

School is out and camp is in session! Spend the day exploring Tanadoona—see all camp has to offer outside of summer. Activities include arts/crafts, team-building, nature lessons, outdoor skills building, games and more.

- **January 21, 2019 - Martin Luther King Jr Day day camp**
- **February 18, 2019 - Presidents' Day day camp**
- **March 25-29, 2019 - School Break Day Camp, Spring Break day camps**
- **October 17-18, 2019 - MEA day camps**

Preparing for Summer

- **March 9, 2019 - Open House for New Families**

You're invited to tour camp, meet staff, and ask questions! If your camper has never been to Tanadoona, this is the perfect opportunity to familiarize your family with camp by seeing the property. You'll meet our Camp Director and supporting staff who are happy to answer all of your questions.

- **April 27, 2019 - Tanadoona Volunteer Day**

Join us to help get camp ready for the summer. We'll have a variety of projects for all levels. Families and groups encouraged. Ages 6+. Register and more information at www.tanadoona.org/volunteer-day.

- **April 27, 2019 - Open House for All Families**

All Tanadoona families are invited to come try out activities, play games, and explore the camp.

- **June 7, 2019 - Meet the Counselors**

Whether you're thinking of registering for camp still or have already signed up, this is the perfect time to meet the camp counselors and get a taste of Tanadoona summer camp before you arrive for a full week! All of our counselors will be ready and waiting to greet the returning campers and meet new campers.

Community & Family Programs are offered year-round: tanadoona.org/community-programs

Before Camp Begins

Registration and Health Forms

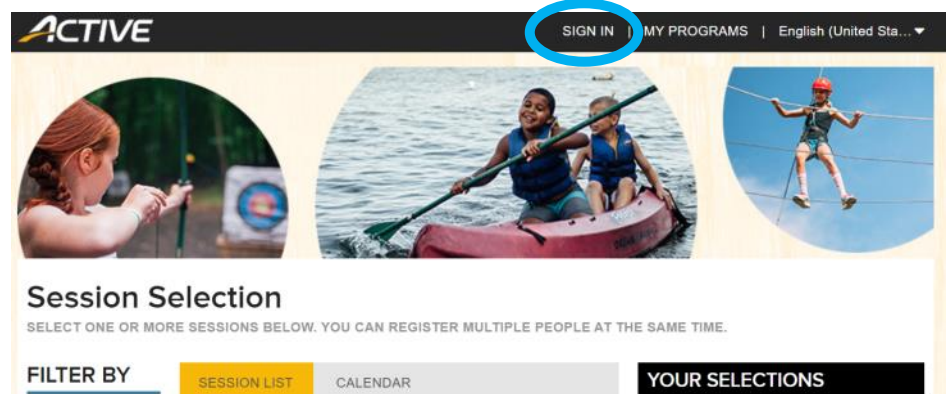
ActiveWorks is our registration system. Access registration at www.tanadoona.org.

Returning families:

Sign-in at the top of the registration Site (see circle at right). Use the same the email address as previous years; past information will auto-populate.

New Families:

Make your camp session selections first, you'll then be prompted to create an online account.



Camper Health Information: To maintain the standards set by Camp Fire Minnesota and the American Camp Association (ACA), all camp parents/ guardians are required to complete camper health information at time of registration. This provides our staff time to connect with families to discuss any health concerns you have for your camper.

Authorized Drivers (see pg. 11 - [new process in 2019](#))

Fees

- A \$50 deposit per session is due at registration.
- To receive the Early Bird Discount all fees must be paid in full by January 31, 2019
- Full payment for all sessions is due June 1, 2019.
- Payment in full is due at the time of registration when registering after June 1, 2019.

Scholarships are available. Learn more and apply online at www.tanadoona.org/scholarship or contact our office for more information. Early application is strongly encouraged.

To review your completed registration or view your account after registering, click on "My Programs" at the top of the registration page.

Registration Changes and Cancellations

Transfers

Session transfers are allowed pending availability. All transfers are subject to a \$10 transfer fee. Please contact our office with any session changes and transfer requests.

Additions to your registration

You may register online for additional sessions to a completed registration up to 10 days (two Fridays) prior to the session, provided space is still available. To add extra options (including additional store deposits, lunch, Thursday overnight, etc.) to a completed registration, please contact the office. All camp additions are limited to availability.

Cancellation and Refund Policies

All cancellations **must be received in writing** by emailing info@campfiremn.org. If you cancel 30 or more days before the session begins, Camp Fire Minnesota will refund all payments except the \$50 deposit for each session. No refunds will be issued for cancellations of sessions that begin in less than one month. In addition, no refunds will be given if your camper leaves camp early or arrives late for any reason. We reserve the right to cancel any program for any reason we deem necessary. We will give as much notice as possible, and if we cannot find another acceptable Camp Fire Minnesota camp session, you will receive a full refund.

Camp Behavior Guide: Please review with your camper in advance

Parents and Guardians: Please take a moment to review the following guidelines with your camper. Staff will broadly review these expectations at the start of each session, and refer to them specifically to help redirect behaviors.

- I will arrive and remain at camp with a positive attitude, open to meeting new people and trying new activities.
- I will work with my counselors and cabin mates towards creating a cabin environment that is safe and welcoming for all.
- I will always give other campers and staff members another chance to grow and start fresh. I will not hold grudges.
- I will work with my counselors and cabin mates to set expectations for our behavior and will adhere to these expectations.
- I understand that doing intentional harm or bullying another camper, either physically or emotionally, is grounds for dismissal from camp.
- I understand that although I may be able to solve some conflicts on my own, my counselors are always ready to listen and assist if there is a problem. I understand that my counselors and all of the camp staff need and want to help but can only do so if I am willing to share any concerns that I have with them.
- I will remain with my cabin or activity group as required.
- I will use appropriate language and understand that the use of excessive, deliberate, profane language will not be accepted.
- I will leave my cell phone at home understanding that if there is an emergency I should notify a camp staff member.
- I will be respectful of the property and personal space of other campers. I will use my camera in appropriate areas only and will not bring any video recording devices to camp.
- I will not possess smoking materials, lighters, matches, illegal drugs, alcohol or weapons of any kind on the camp grounds.

Failure to follow these guidelines may result in dismissal from Tanadoona programs for the session or the remainder of the summer.

Financial Aid

Applying for Financial Aid/Camp Scholarships

Camp Fire Minnesota is committed to making outdoor experiences, such as summer camp, available to all. Through the generous support of the community and camp families, we fundraise to provide camp scholarships. Families facing financial hardship are encouraged to apply to help cover their camp fees. We ask families to apply early and contribute as much as possible to their camper's fee to help us fund as many campers as possible. To apply for a scholarship or contribute to the scholarship fund visit tanadoona.org/scholarship. You may also email info@campfiremn.org or call (612) 235-7284.

Child Care Reimbursement

Tanadoona qualifies as a child care option for tax purposes. Camp Fire Minnesota's federal tax ID number is 41-0706116. Payment arrangements for flexible spending or other reasons are made on a case-by-case basis. Please contact Camp Fire's office at (612) 235-7284 to discuss reimbursement needs.

Policies

Accessibility and Special Needs

Camp Fire Minnesota is an inclusive organization and is open to every person in the communities we serve. We welcome children, youth, and adults regardless of race, religion, socio-economic status, disability, sexual orientation, or other aspect of diversity. We will work to accommodate any special needs to the extent that our financial, human, and physical resources permit. Please let us know within 30 days prior to your camper's week if we can work with you in this manner by calling (612) 235-7284.

Camp Guidelines

- Show respect for self
- Show respect for others
- Show respect for their surroundings
- Follow directions
- Safety first

At camp, it is our primary goal to create a safe and positive camp experience for all campers. Camp guidelines help ensure this positive experience for all campers. Our staff are trained to work with campers to help them understand and honor our camp guidelines. Occasionally, a camper has difficulty adjusting to camp, in which case we consult with parents to determine additional options for managing inappropriate behavior. When deemed necessary, Camp Fire Minnesota reserves the right to dismiss campers for misbehavior or misconduct. Campers sent home as a result of inappropriate behavior are NOT eligible for refunds

Visitor Policy

All visitors must check-in with camp staff when they arrive at camp. **For the safety of campers and staff, any guests who arrive at Tanadoona outside of regular check-in/out hours are required to check-in at the Camp Administration Office** next to the parking lot.

- A visitor's badge must be worn while at camp to signify to all camp staff that you have checked-in.
- Campers arriving after regular Check-in Hours must also check-in at the office before joining their group.

Tanadoona does not have visitor days for our resident campers. Parents are discouraged from visiting their camper during their time at camp to allow for friendships to flourish and to discourage homesickness in all campers.

Policies, continued

Counselor to Camper Ratio

Camp activities are structured around small groups. Each group consists of campers who are similar ages and may be co-ed. Usually, the age range is less than 24 months between the youngest and oldest camper in each group. Groups follow the staff to camper ratio guidelines set by the American Camp Association:

Age	Resident	Day Camp
Age 0-5	NA	1:6
Age 6-8	1:6	1:8
Age 9-14	1:8	1:10
Age 15-18	1:10	1:12

Late Arrivals & Early Pick-Ups

We understand that campers may need to arrive late or leave camp early on occasion. Please plan ahead and let our staff know 48 hours in advance for Resident Camps or at morning check-in for Day Camps. We will coordinate with your camper's counselor to have your camper ready to go at the time you plan to arrive. Be sure to check-in and check-out at the Camp Administration Office outside of regular check-in/out times.

Activity Limitations and Swim Test

For safety reasons, campers under the age of 8 do not participate in archery or climbing activities.

Some camp activities are subject to cancellation due to weather conditions at the discretion of the Camp Director.

All campers are required to take a swim test conducted by a certified lifeguard on the first day of camp. Campers will float on their back for one minute, swim 25 yards, and tread water for one minute. Campers who do not successfully pass the test will be required to wear a life jacket in the deep area, but can swim without a life jacket in the shallow beach area.

Depending upon availability of lifeguards, campers who do not pass the swim test may have the opportunity to retake the test the following day.

Campers attending the Northwoods Adventure Canoe Trip will be required to pass an advanced swim test consisting of a 10 minute swim, 2 minute float, a 2 minute tread, and a canoe tip test.

Buddy Requests

Campers may request **ONE** friend to be paired with at camp as a tool to make other friendships. This camper must be close to the same age and registered for the same camp session and program. Campers whose requests are linked to multiple campers (daisy-chained) will not be granted. Requests will only be considered if both campers request each other; one-way requests will not be granted. Tanadoona has final say on all placements and cannot guarantee buddy requests can be met.

Tanadoona staff cannot give out information regarding another camper's buddy requests if the camper is not registered under the inquiring family's account. Tanadoona's buddy policies are in place to help prevent bullying issues.

Lost and Found

To aid in the recovery of lost items, we ask that you label all personal items with your camper's name or initials. Lost and Found items are collected daily and stored in a designated area that is accessible to parents during pick-up. **Lost items are kept for one week.**

Parents and guardians are encouraged to call and make arrangements to pick up items that have been found. Items will not be mailed. Any end-of-summer items not picked up by September 1 will be donated to charity.

Camp Store

All campers will have the opportunity to purchase snacks and souvenirs from the camp store. Families may deposit money into their camper's store account during registration. Store money can also be added by calling 612-235-7284 or paid at check-in on the first day of each camp session (Sunday or Monday only).

Families will be notified of any balance remaining in their child's camp store account at the end of the camp season (September 2019). Parents/Guardians may choose to donate their balance to the Camp Fire Campership Fund or have their balance refunded. Balances at or below \$7.50 will be automatically donated to the Camp Fire Campership Fund. All refunds will be subject to a \$2.50 administrative fee.

Policies, continued

Birthdays

We like to celebrate birthdays at Tanadoona! Please notify staff before bringing birthday treats to camp so we can best fit time into the program week and advise parents on quantities and allergy concerns. All food brought to camp must be nut free.

Camper Mail

Resident campers love to get mail! We encourage you to send your camper mail during their stay at camp. Please allow three days for delivery. We suggest you send pre-addressed envelopes/postcards including postage with your camper so they can write home too.

Camper mail should be sent to:

Tanadoona
Attn: Camper's Name
3300 Tanadoona Blvd.
Excelsior, MN 55331

Camper Email and Photos - Bunk1

Tanadoona has partnered with Bunk1.com to provide photos for parents to view throughout the week, and a one-way email service for our resident campers. *There is no cost to view or download photos.* Information about setting up your account will be sent prior to the beginning of the summer. In the meantime, you may also view our Bunk1 information page by visiting tanadoona.org/Bunk1.

Health, Safety, and Well-being

Illnesses Before and During Camp

The safety and health of all of our community is of the utmost importance. If any of the following applies to your camper **DO NOT** send your camper to camp.

- is feeling ill
- has vomited recently
- has a fever (100 degrees or higher)
- has lice.

If any of these develop while at camp, your camper will need to be picked up promptly. Please call 612-235-7284 to inform us of your situation so we can work with you on the options that day and for the rest of the week.

In the best interest of fellow campers and staff, your camper must not have a fever, not have vomited, or must have been treated for lice for **24 hours** (including their belongings and clothing) before returning to camp. Each family's situation is unique. If you have any concerns or questions, please don't hesitate to contact us for clarification.

Camp Health Center

Qualified health staff (a registered nurse and/or a staff person certified in first aid, CPR, and AED) are on-site at camp at all times. Camp staff will provide care for minor accidents, injuries, and illnesses. There is also a doctor or hospital on-call in case of illness or injury that requires additional medical attention. Every reasonable attempt will be made to notify parents, guardians or other listed contact persons in the event of an emergency or if your camper requires care beyond the limitations of our staff. Camp is serviced by the 911 emergency systems.

Medications

Please help us by keeping any prescriptions or medicine brought to camp in the original containers with original labels and placing them inside a zip lock bag along with a photo of your camper. Give to health or administrative staff at check-in. All medications are dispensed by designated, trained camp staff.

Health, Safety, and Well-being, continued

Ticks, Mosquitoes, and Other Bugs

At camp we spend a majority of our time outdoors. Depending on the weather conditions, mosquitoes may be an issue. The Minnesota Health Department recommends applying bug repellent that contains 10-30% DEET. Please send SPRAY repellent (not aerosols) with your camper. While we have never had a problem with ticks, we recommend you check your camper for ticks when they return home. Wearing bug repellent also helps repel ticks.

Notice Regarding Health Insurance

Camp Fire Minnesota does not provide health or medical insurance to any participant in our camping programs.

Homesickness

For many children, going away to camp is the first or longest time they will be away from home on their own. Homesickness is a perfectly normal reaction for children of any age. Parents will be notified if severe homesickness occurs and a successful stay at camp appears out of reach. While camp staff are trained to alleviate homesickness, the cure can start at home BEFORE children even pack their bags. Here are some tips from the American Camp Association:

- Encourage your child's independence throughout the year. Practice separations, such as sleepovers at a friend's house, can simulate the camp environment.
- Involve your child in the process of choosing a camp. The more that the child owns the decision, the more comfortable the child will feel being at camp.
- Discuss what camp will be like before your child leaves. Consider role-playing anticipated situations, such as using a flashlight to find the bathroom.
- Pack a personal item from home, such as a stuffed animal.
- Visit Tanadoona before summer begins. Check our list of upcoming events, or call to schedule a tour.

Please avoid the following:

- Making the "Pick-up Deal." Offering to come get your camper if they are not having fun does not provide incentive for them to work through their feelings or to seek support from their camp staff or other campers.
- Bribery. Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new found confidence and independence.

Weather Considerations

Tanadoona has adequate shelter for rainy days but getting from one building to another may produce muddy, wet feet and possibly wet clothing if proper rain gear is not worn. Please send your camper with extra clothing for cool mornings and hot afternoons.

Severe Weather Procedures

Staff routinely check the weather to monitor for changing conditions.

In the case of severe weather, please **do not** call. The phone lines need to be kept clear for emergency use.

There is ample emergency shelter space for all campers and staff at Tanadoona. Campers and staff will remain in shelter spaces until the severe weather has passed, including during check-in and check-out times.

Parents/guardians can expect an email and text message to the "primary parent" listed on their campers account whenever campers are moved into our storm shelters, and an additional message when they are safely released back to their cabins.

Text alerts can only be sent to the listed "cell phone" on your account. Please be sure that field is filled.

Health, Safety, and Well-being, continued

Authorized Drivers - - ** New in 2019 **

To reduce paper use during check-in/out, starting in 2019 we'll be using tablets to check-in/out campers. Please read this section closely to ensure your account lists all Authorized Drivers. If you have any questions about your account, please let us know.

Camper and staff safety is our first priority. While you can designate multiple adults to pick up your camper, we will not release your camper to anyone whose name is not on their Authorized Pickup list and does not have a photo ID present at pickup.

In 2019 we updated our Approved Drivers/Authorized Pickup process.

During registration you'll be asked to complete this information (it's listed above Waivers at the end of the registration form).

- Be sure to click on each authorized name. An adult is authorized when their name is shown in blue font (names in grey font indicate they are *not* authorized).
- Click "+Add Pickup" to add new authorized adults.

If you've already registered, please double check that you have current information in your Active registration.

- [Log-in to your account](#)
- On your dashboard select "Manage Authorized Pickup" on the right
- An adult is authorized when their name is shown in blue font (names in grey font indicate they are *not* authorized).
- Add a new name to the list by clicking "+Add Pickup" and entering a name and phone number for the new adult. Authorize or unauthorize names by clicking on the person icon to the left of their name so that it's blue and says "Authorized".

The authorized individuals will show up on staff's tablets to allow authorized adults to drop-off and pick-up your camper.

Please Note: Camp counselors are unable to add new authorized adults during camper check-in/out. To make any changes in-person you must visit the Camp Admin Office (directly in front of the parking lot). Updates can also be made in advance - online or by phone/email.

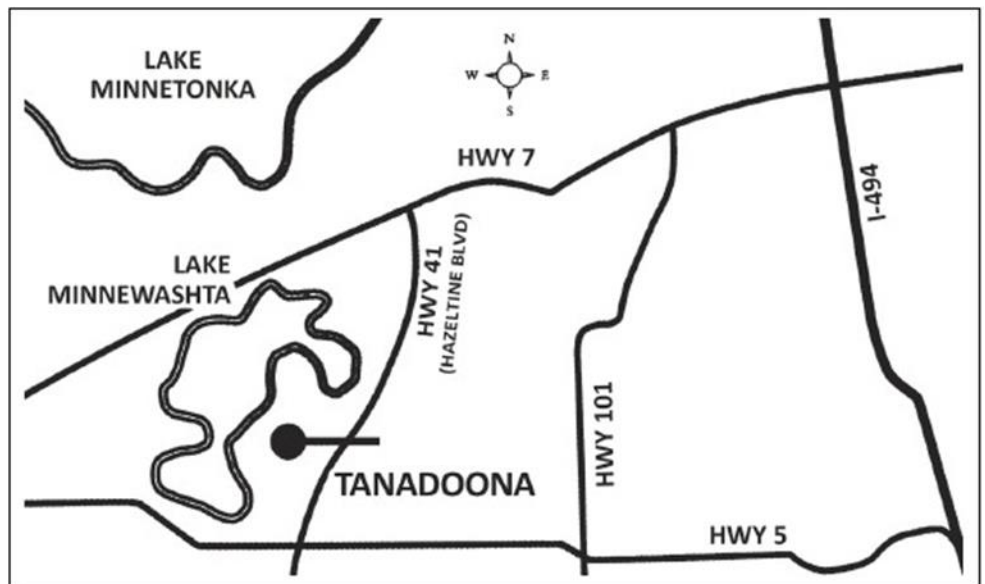
Attending Camp

Directions to Tanadoona

Tanadoona is located west of Chanhassen and south of Excelsior. Take either MN Highway 5 or MN Highway 7 west from I-494. Tanadoona is north of Highway 5 and south of Highway 7 on Highway 41. Go west off Highway 41 onto Tanadoona Drive and watch for the camp entrance sign on the right.

Address:

Tanadoona
3300 Tanadoona Drive
Excelsior, MN 55331



Typical Days At Tanadoona

Typical Day Camp Day	
7:15 – 7:45	Early Arrivals
7:45 – 8:30	Camp Arrivals
8:30 AM	Flag Raising
8:45 AM	Transition Time
9:00 – 10:00	Activity Period 1
10:00 -11:00	Activity Period 2
11:15 – 11:45	Lunch A/Rest
11:45 – 12:15	Rest/Lunch B
12:30 – 1:30	Swim Time/Activity Period 3
1:45 – 2:45	Activity Period 3/Swim Time
3:00 – 4:00	Choice Block
4:00 – 4:30	Flag Lowering
4:30 – 5:00	Check Out
5:15 – 6:00	After Care

Schedules subject to change due to weather, program needs, and number of campers enrolled.

Typical Resident Camp Day	
7:00 – 8:00	Rising Bell - Polar Bear/ Rocking Robins
8:00 – 8:45	Breakfast
8:45 AM	Flag Raising
9:00 – 10:00	Activity Period 1
10:00 – 11:00	Activity Period 2
11:15 – 12:12	Choice 1
12:45 - 1:15	Lunch
1:15 – 2:15	Rest Hour
2:15 – 3:00	Kapers/Store
3:00 – 4:00	Choice 2
4:00 – 4:30	Snack and Swim Prep
4:30 – 5:30	Swim Time
6:00 – 7:00	Dinner
7:00 – 7:30	Evening Prep/Free Time
7:30 PM	Evening Activity
9:00 – 9:30	Camp Fire
9:30 – 10:00	Bedtime Prep
10:00 – 10:30	Lights Out
10:30 PM	Cabin Checks

Camp Meals

Camp meals are prepared on-site in the Tanadoona dining hall by Serve Safe certified cooks. Overnight Campers receive three healthy meals a day plus one snack to stay energized and happy. Day Campers have the option to purchase a lunch plan for the week and will enjoy the same healthy lunch that resident campers eat.

We are sensitive of dietary needs and concerns. Pork-free, vegetarian, lactose-free and gluten-free options are available upon request during the registration process. **Please note any dietary restrictions in your camper's health form.**

Sample Menu (salad bar is included with lunch and dinner)			
	Breakfast	Lunch	Dinner
Monday	Cereal, Toast, Yogurt	BBQ Sandwiches (BBQ chicken or vegetarian BBQ chik'n), Vegetarian Baked Beans, Slaw	Soup and Sub Bar (a variety of meats, vegetables and cheese toppings), Brownie
Tuesday	French Toast Sticks, Turkey Bacon, Veggie Sausage, Yogurt	Hot Dogs, Veggie Dogs, Fries	Baked Chicken, Veggie Baked Chicken, Mashed Potatoes, Gravy/Vegetarian Gravy, Corn, Cookie
Wednesday	Scrambled Eggs, Bagels, Yogurt	Grilled Cheese, Tomato Soup	Lasagna, Vegetarian Lasagna, Garlic Toast, Italian Salad, Ice Cream Cone
Thursday	Pigs in a Blanket (pancakes, sausage, veggie sausage), Yogurt	Tacos (hard or soft shell), Vegetarian Refried Beans	Meatloaf, Vegetarian Meatloaf, Au gratin Potatoes, Green Beans, Cookie
Friday	Cinnamon Rolls, Cereal, Yogurt	Stir-fry (chicken or vegetarian teriyaki, and Asian vegetables), Rice	

Check-In

On the first day of camp each week you can expect the following:

- Speak with the registrar. This is your chance to add money to store accounts, schedule early departures, add approved adults to your pick-up list, and complete any missing paperwork.
- Receive your official Tanadoona t-shirt (*first week of your summer only*)
- **Confirm or add adults to your camper's Authorized Drivers list (see pg. 11— NEW process in 2019)**
- Visit with the camp nurse. Please turn in all medications (including vitamins) and explain any ongoing health concerns. Resident campers will also have their temperature checked, and head examined for lice.
- Review your camper's schedule. Printed copies of the weeks schedule will be available for you to review.
- Remove all electronics, snacks, and valuables from your luggage and send them home with your ride.
- Meet your counselor! Our staff will guide you to your cabin for the week, where your counselor will be waiting to meet you.

Day Camp only:

- On the first day of camp, all families are required to park and exit their vehicles with their campers for check-in.
- Tuesday-Friday, you may check-in your campers from your car. Our staff will meet and direct cars as you drive in. Please follow signage. If you'd like to park and help your camper out of the car, please let staff know and they'll direct you to a parking area.

Check Out

Day Camp - Monday-Thursday

A few staff members will greet vehicles as they arrive at camp to sign-out campers. **Be prepared to show your photo ID.** Staff will bring your camper(s) to the parking area to meet you. Parents are always welcome to take time to visit with their camper's counselor. Please be aware that counselors are assigned areas of supervision during check-out, and may not be at their cabin. You may ask the check-out staff where to find your camper's counselor.

All Campers - last day of camp

Closing Ceremony: Join us at the end of each program to celebrate our time together. We'll gather in the Heart of Camp (located just past the Camp Office and in front of the Dining Hall) to sing songs, pass out awards, and share memories. Following the Closing Ceremony families allow your camper to show you around camp and please feel welcome to visit with the staff.

After the Closing Ceremony:

- Sign-out your camper. Be prepared to show your photo ID.
- Pick up any medications and safekeeping items that were turned in at check-in.
- Visit the camp store for souvenirs and apparel.

Please allow some additional time for check-out as all campers will be exiting at the same time.

Day Camp

Check-in, Check-out, and Closing Ceremony

- **Check-in:** Monday – Friday 7:45 am – 8:30 am (for extend hours see “Day Camp Extras” below)
- **Check-out:** Monday – Friday 4:30 pm – 5:15 pm
- **Closing Ceremony:** Friday at 4:15 pm with all campers and camp staff. Families are encouraged to join us! Meet us in the Heart of Camp directly in front of the dining hall.

Day Camp Extras

- **Before and After Care: \$40/week**

Supervised time before the traditional camp day starts and after it ends. Before Care check-in is 7:15-7:45 am. After Care pick-up is 5:15-6:00 pm. This extends the total camp program time to 7 :15a.m. – 6 p.m.

- **Lunch: \$35/week**

Day campers have the option to add the camp lunch plan to receive meals prepared by camp or choose to bring their own non-perishable lunch from home. Camp lunches include a main item, side, salad bar and milk.

- **Thursday Overnight Option: \$45 week (limited space available , weeks 1,3,5,7,9,11)**

Sample the adventure of resident camp for one night only—enjoy fun evening activities like All-Camp Games, a campfire, s’mores, storytelling, and more! Dinner on Thursday and Friday breakfast and lunch are included.

Day Camp Packing List

- Swimsuit and Towel
- Weather Appropriate Clothes—sweatshirt and raingear.
- Appropriate Footwear—athletic shoes and/or heavy duty sandals. Flip-flops are not suitable camp foot wear. Campers must have closed toe shoes for Adventure Activities.
- Insect repellent (lotion, spray or stick - please avoid aerosols)
- Sunscreen (please NO aerosols)
- Camera (if desired. NO camera phones)
- Filled Water bottle
- Lunch: non-perishable and **NUT FREE** (unless camper is registered for Camp Lunch). **DO NOT** pack any nut products in lunches for the safety of all campers. Please write camper’s name on the outside of their lunch container. ***Afternoon snack is provided to all campers.***

- Thursday Overnight Packing List:**
- Pajamas
 - Change of Clothes
 - Sleeping bag and Pillow
 - Toothbrush & Toothpaste
 - Flashlight with Batteries

Do Not Bring:

- Ø Cash Ø Cellphones Ø Valuables of any sort Ø Portable Music Devices Ø Flip-flops
- Ø Animals Ø Pocket knives Ø Personal Sports Equipment Ø Large collections of trading or gaming cards
- Ø Cell phones Ø Handheld video games, tablets, or other electronic devices
- Ø Alcohol, drugs, medications or weapons.

***Tanadoona is not responsible for lost, stolen, or broken property.
Please leave expensive or sentimental items at home!***

Mini-Resident Camp, Resident Camp, and CIT

Check-in, Check-out, and Closing Ceremony

- Check-in: Sunday 6:00—7:00 pm
- **Mini-Resident**
 - Check-out: Wednesday 4:30 pm - 5:15 pm
 - **Closing Ceremony:** Wednesday at 4:15 pm with all campers and camp staff. Families are encouraged to join us! Meet us in the Heart of Camp directly in front of the dining hall.
- **Resident & CIT**
 - Check-out: Friday 4:30 pm – 5:15 pm
 - **Closing Ceremony:** Friday at 4:15 pm with all campers and camp staff. Families are encouraged to join us! Meet us in the Heart of Camp directly in front of the dining hall.

Resident Camp Packing List (please adjust quantities according to length of stay)

Clothing:

- Long-sleeved Shirt
- T-Shirts
- Shorts
- Long Pants (1 pair)
- Jacket or Sweatshirt
- Pajamas
- Socks
- Underwear
- Shoes (2 pairs) (Athletic shoes and/or heavy duty sandals. Flip-flops are not suitable camp footwear. Campers must have closed toe shoes for Adventure Activities.)
- Swimming Suit
- One set of clothes that can get REALLY dirty

Supplies:

- Sleeping Bag and Pillow
- Towels - 1 for the shower, 1 for the beach
- Flashlight with Batteries
- Rain Coat or Poncho
- Water Bottle
- Laundry Bag

Toiletries:

- Toothbrush and Toothpaste
- Soap and Shampoo
- Insect Repellent (Please NO aerosol)

- Sunscreen (Please NO aerosol)

- Flip Flops / Shower Shoes

Optional:

- Pre-addressed and Stamped Postcards
- Book
- Hat/Sunglasses
- Disposable Camera (No phone cameras)
- Costumes/Items for the weeks theme
- Musical Instrument

Do Not Bring:

- Ø Cash
- Ø Cellphones
- Ø Valuables of any sort
- Ø Personal Sports Equipment
- Ø Portable Music Devices
- Ø Large collections of trading or gaming cards
- Ø Pocket knives
- Ø Handheld video games, tablets, or other electronic devices (including hair dryer or curling iron)
- Ø Alcohol, drugs, or weapons.
- Ø Food/Candy/Snacks (these attract unwelcome wildlife)
- Ø Animals

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Please leave expensive things at home!***

Teen Bluewater Getaway

Check-in, Check-out, and Closing Ceremony

- **Check-in:** Sunday 2:00 - 2:30 pm (*Campers arriving late are responsible for their own transportation to Camp Bluewater*)
- **Check-out:** Friday 4:30 pm - 5:15 pm
- **Closing Ceremony:** Friday at 4:15 pm with all campers and camp staff. Families are encouraged to join us! Meet us in the Heart of Camp directly in front of the dining hall.

Teen Bluewater Getaway Packing List

Clothing:

- Long-sleeved Shirt
- T-Shirts
- Shorts
- Long Pants (1 pair)
- Jacket or Sweatshirt
- Pajamas
- Socks
- Underwear
- Shoes (2 pairs) (Athletic shoes and/or heavy duty sandals. Flip-flops are not suitable camp footwear. Campers must have closed toe shoes for Adventure Activities.)
- Swimming Suit
- One set of clothes that can get REALLY dirty

Supplies:

- Sleeping Bag and Pillow
- Towels - 1 for the shower, 1 for the beach
- Flashlight with Batteries
- Rain Coat or Poncho
- Water Bottle
- Laundry Bag

Toiletries:

- Toothbrush and Toothpaste
- Soap and Shampoo
- Insect Repellent (Please NO aerosol)

- Sunscreen (Please NO aerosol)

- Flip Flops / Shower Shoes

Optional:

- Pre-addressed and Stamped Postcards
- Book
- Hat/Sunglasses
- Disposable Camera (No phone cameras)
- Costumes/Items for the weeks theme
- Musical Instrument

Do Not Bring:

- Ø Cash
- Ø Cellphones
- Ø Valuables of any sort
- Ø Personal Sports Equipment
- Ø Portable Music Devices
- Ø Large collections of trading or gaming cards
- Ø Pocket knives
- Ø Handheld video games, tablets, or other electronic devices (including hair dryer or curling iron)
- Ø Alcohol, drugs, or weapons.
- Ø Food/Candy/Snacks (these attract unwelcome wildlife)
- Ø Animals

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Northwoods Adventure Canoe Trip

Check-in, Check-out, and Closing Ceremony

- **Check-in:** Sunday 2:00 - 2:30 pm (*Campers arriving late are responsible for their own transportation to Camp Bluewater*)
- **Check-out:** Friday 4:30 pm - 5:15 pm
- **Closing Ceremony:** Friday at 4:15 pm with all campers and camp staff. Families are encouraged to join us! Meet us in the Heart of Camp directly in front of the dining hall.

Northwoods Adventure Canoe Trip Packing List - Please remember to clearly label all items.

Bring a duffel bag, backpack, or other soft bag to put all items in – please no hard roller suitcases. Stay away from cotton as much as possible. Cotton will not keep you warm if it gets wet.

Clothing:

- Long-sleeved Shirts (1)
- T-Shirts (3)
- Shorts (2 pairs)
- Long Pants (1 pair)
- Jacket or Sweatshirt
- Pajamas/Sleepwear
- Socks
- Underwear
- Heavy duty sandals
- Hiking shoes/boots
- Swimming Suit

Supplies:

- Sleeping Bag and Pillow
- Towel
- Flashlight with Batteries
- Rain Coat or Poncho
- Water Bottle

Toiletries:

- Toothbrush and Toothpaste
- Soap and Shampoo
- Insect Repellent - Stick or Spray Pump
- Sunscreen (Please NO aerosol)
- Chap stick
- Flip Flops / Shower Shoes

Optional:

- Book
- Deck of cards
- Swimming goggles
- Journal
- Hat/Sunglasses
- Disposable Camera (No phone cameras)
- \$5-10 for snacks during travel

Do Not Bring:

- Ø Cellphones
- Ø Valuables of any sort
- Ø Personal Sports Equipment
- Ø Portable Music Devices
- Ø Pocket knives
- Ø Handheld video games, tablets, or other electronic devices (including hair dryer or curling iron)
- Ø Alcohol, drugs, or weapons.
- Ø Food/Candy/Snacks (these attract unwelcome wildlife)
- Ø Animals

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Dear Adults,



**The following pages are for campers only.
No parents allowed :)**

**Thank you,
Tanadoona Staff**



Days Until Tanadoona!

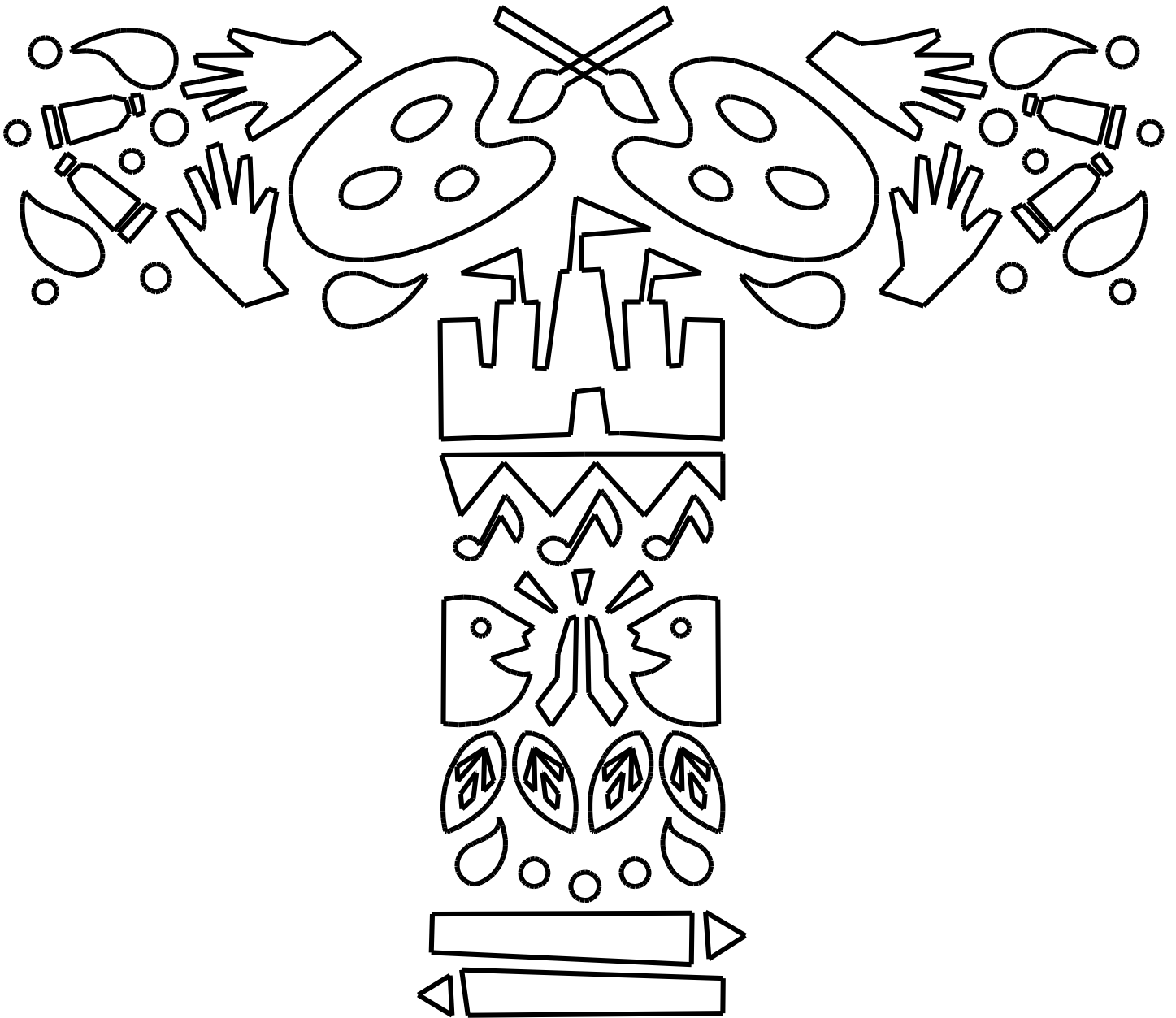
30	29	28	27	26
25	24	23	22	21
20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1



Camp Fire
MINNESOTA

Tanadoona: Adventure starts here!

Enjoy this coloring page until our adventures begin.



Camp Fire
MINNESOTA

Cut these out to give to friends and family.

Dear _____,
I will be attending overnight camp at Tanadoona during the week of _____.
I would appreciate a card, letter, or non-food care package.
Send mail to:
Tanadoona
(My Name)
3300 Tanadoona Dr.
Excelsior, MN 55331
Sincerely,

Dear _____,
I will be attending overnight camp at Tanadoona during the week of _____.
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