

CAMP KOOCH-I-CHING

2022 Father-Son Trip Handbook



Before June 1
Cincinnati office
3515 Michigan Ave, #1
Cincinnati, OH 45208
513-772-7479

After June 1
International Falls office
2124 County Road 137
International Falls, MN 56649
888-266-7273

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2022 CAMP KOOCH-I-CHING HIGHLIGHTS

KOOCH-I-CHING'S 98TH YEAR

First Session

Thursday, July 7	Father-Son Participants Arrive / Grand Council
Friday, July 8	Trip Preparation / Activities / Friendship Dance
Saturday, July 9	Father-Son #1 Depart on Canoe Trip
Wednesday, July 13	Father-Son #1 Return from Canoe Trip
Thursday, July 14	Father-Son #1 Trips Depart for Home

Second Session

Friday, August 5	Father-on Participants Arrive / Grand Council
Saturday, August 6	Trip Preparation / Activities, Red Lodge BBQ
Sunday, August 7	Father-Son #2 Depart on Canoe Trip
Thursday, August 11	Father-Son #2 Return from Canoe Trip
Friday, August 12	Father-Son #2 Depart for Home

2022 FATHER–SON FIRST SESSION ITINERARY

Thursday, July 7

Arrive on Deer Island during the late afternoon
Settle into the Alumni House and get a tour of the island
Evening BBQ and evening activity

Friday, July 8

Eat breakfast in the Alumni House at 8:00 am
Clean and organize the Alumni House from 8:30 - 9:00 am
Prepare for trip: cruising school, pack food and gear from 9 am - 12 pm
Eat lunch in the Alumni House at 12:00 pm
Paddle gear across and load bus 1:00 - 3:00 pm
Swim, sail, paddleboard, relax from 3:00 -5:00 pm
Eat dinner at the Alumni House at 5:30 pm
Watch Friendship Dance and final meeting at 7:30 pm

Saturday, July 9

Eat breakfast in the Alumni House at 6 am
Depart the main dock at 6:30 am for the trip

Wednesday July 13

Return from canoe trip after lunch
Clean up and put gear away during the afternoon
Final Dinner at 5:30 pm

Thursday July 14

Eat breakfast in the Alumni House at 8:00 am
Depart for home after breakfast

2022 FATHER-SON SECOND SESSION ITINERARY

Friday, August 5

Arrive on Deer Island during the late afternoon
Settle into the Alumni House and get a tour of the island
Dinner in the dining hall after main camp eats - 6:45 pm

Saturday, August 6

Eat breakfast in dining hall - 8:15 am
Make beds, clean and organize the Alumni House from 8:45 - 9:30 am
Prepare for trip: cruising school, pack food and gear from 9:30 am- 1:15 pm
Eat lunch in the Alumni House at 1:15 pm
Paddle gear across and load bus 1:00-3:00 pm
Swim, sail, paddleboard, relax from 3:00 -5:00 pm
Red Lodge BBQ at 5:30 pm
Watch final meeting at 7:30 pm

Sunday, August 7

Eat breakfast in the Alumni House at 6:00 am
Depart the main dock at 6:30 am for the trip

Thursday, August 11

Return from canoe trip after lunch
Clean up and put gear away during the afternoon
Final Dinner at 5:30 pm

Friday, August 12

Eat breakfast in the Alumni House at 8:00 am
Depart for home after breakfast

CAMP KOOCH-I-CHING RULES

The best camping experience is one which calls upon each person to show initiative and resourcefulness. Rules are essential but should be minimal.

1. NO ONE may ever go swimming alone—campers, adults and staff alike. Swimming ONLY takes place under proper supervision.
2. NO ONE may ever leave our group without notifying another member of the group. This applies to our trip units as well as those on Deer Island.
3. PFDs (life vests) must be worn properly whenever called for by Kooch-i-ching policy governing their use.
4. All persons must comply with the laws of the State of Minnesota, the United States and Canada.
5. Individuals are prohibited from using, possessing or distributing drugs or drinking alcohol unless given approval by the director. Violations of this may result in an individual being sent home. Children under the age 18 are also prohibited from any involvement with tobacco products and violation may result in the camper being sent home.

Beyond these basic rules, we rely upon fine leadership to produce a worthwhile camping experience for all.

GENERAL INFORMATION

TRAVELING TO CAMP

- If you are driving, go to 2124 County Road 137, International Falls, MN 56649. Off County Road 137, turn right into the driveway and proceed through the arch down to the lake where you can unload your car. Drive back through the arch to park your car. We will bring you over to the island by boat. Please call or text Tim Downey (612-812-0217) when you are driving through town.
- If you are flying into International Falls, please let Tim Downey (tim@koochiching.org) know what time you will be arriving. We are happy to provide transportation from the airport to camp. You do not need a rental car.

COVID-19 VACCINATION POLICY

- All participants, adults and children, must be vaccinated against Covid-19. There are no exceptions.

HEALTH CENTER/MEDICINES:

- The Health Center is open at all times and all persons have access to help as needed. A medic is available on the island at all times. If you have questions about Health Center policies or would like to discuss a specific issue regarding your son, you may contact us:
(513) 772-7479 – Cincinnati Office
(888) 266-7273 – Camp Office
- The Health Center stocks a wide variety of “over-the-counter” (OTC) medications (Tylenol, cold medicines, etc.). These medications are dispensed in-camp and on trips according to the package directions.
- In the event of a serious illness or injury on the island or on trips, the camp director and/or nurse will contact the emergency contact listed by telephone as soon as possible to explain the current condition and will follow up at least daily with information regarding the camper’s status and recovery.
- 24-Hour Rule – If an illness or injury persists for longer than 24 hours, the camper will be taken into the town of International Falls to be seen by the doctor.

VALUABLES:

- Money, watches, jewelry, electronic devices, etc. should be kept in the camp office for safekeeping.
- These may be retrieved from the camp office at any time.

ELECTRONICS:

- For the fathers, please be mindful of cell phones at camp. We ask that you refrain from using cell phones in “public” while at Kooch-i-ching. Please step into the Alumni House or Welcome Center if you need to use your phone.
- For the sons, we ask them to refrain from using cell phones or other electronics during their time at camp and on the trip.

CAMP STORE:

- You are welcome to visit the camp store. The camp store has a variety of candy, practical items for the canoe trip, and camp apparel.
- Any purchases can be paid for immediately or billed to you following the trip.

ACCIDENT and ILLNESS INSURANCE:

- As part of your tuition fee, your child is covered under an excess or secondary accident/illness insurance program we carry.
- This policy is in excess or secondary to any medical, dental illness and life insurance coverage carried on your child – they will pay only after your own insurance company and only up to the maximum benefit listed below.
- There is no deductible.

1. Accidental Medical and Expense Benefit

- All usual, customary and reasonable medical expenses which may arise from a covered accident in which a camper is injured while registered at Kooch-i-ching with a maximum benefit of \$25,000 for accidental medical or dental expense.

2. Illness/Sickness

- Medical expenses which arise from an illness first occurring while a camper is registered at Kooch-i-ching with a limit of \$5,000.

3. Accidental Death and Dismemberment maximum benefit of \$10,000

4. *Arriving at camp with a pre-existing condition is **NOT** covered under our camp policy. Any treatment expense will be billed to your child's store bill.*

- Through our arrangements with the hospital and clinic in International Falls, they will file the insurance claims with your insurance carrier as the primary, and also with our insurance as the secondary, with payment made to the health care facility. For them to do this, we need a copy of the front and back of your insurance card so that it is readable. If you do not provide a copy of your insurance card, you will be responsible for payment to the health care facility.
- The expense for an emergency evacuation of a camper from a trip will be billed to the parents.

LODGES AND RESORTS

If you plan to arrive prior to the scheduled start date, below are some recommended lodges, hotels and motels for your accommodations.

Thunderbird Lodge www.thunderbirdrainylake.com 800-351-5133	Cantilever Hotel Cantileverdistillery.com 218-540-1932
Island View Lodge www.gotorainylake.com 218-286-3511	AmericInn www.americinn.com 800-634-3444
Tara's Wharf www.taraswharf.com 218-286-5699	Days Inn www.daysinn.com 218-283-9441
Sha Sha Resort www.shashaonrainylake.com 218-286-3241	Hilltop Motel Hilltopmotelifalls.com 218-283-2505

Travel One Travel Agent

Travel One is a travel agency based in Minneapolis that has provided travel services for Kooch-i-ching and may be able to provide discounted tickets.

- There is a \$25 fee for using Travel One, which will be included in the quoted price.
- They will mail you the e-ticket receipt 3 weeks prior to travel.

This is a service but is in no way required. You may find better prices by booking travel yourself. To book with Travel One, please call or email Sheila Sigel.

Call: 800-245-1111

Email: ssigel@traveloneinc.com

www.traveloneinc.com

EQUIPMENT DESCRIPTIONS – OUR SUGGESTIONS

BE SURE TO MARK EVERYTHING WITH YOUR or your SON'S NAME

On the next page is a list of "suggested" clothing and personal equipment which has been developed as a **guide** through experience. Everyone has personal tastes and individual needs. It is presented primarily for first-time members of the Kooch-i-ching family but may provide helpful hints for our old-timers. In the matter of personal clothing and camping equipment, there must be considerable latitude. Many of our staff men and old-timers will bring things not listed here, and omit some which we have included. Most agree—this is a **sound** camp outfit. Of utmost importance are: sleeping bag, rain suit, boots, and long pants that dry fast (we suggest khakis, or lightweight cotton).

Gear List:

- 1 sleeping bag
- 1 rain jacket
- 1 dry bag
- 1 pair of sturdy shoes / boots
- 1 pair of casual shoes
- 1 pair of sandals with straps
- 1 pair of lightweight pants for canoe trip
- 1 pair of jeans for at camp
- 1 lightweight fleece
- 1 long sleeve, lightweight layer shirt
- 4-5 t-shirts
- 1 pair of casual shorts
- 2 pair wool socks
- 3-4 pair cotton socks
- 5-6 pair of boxers
- 1 pair of swim trunks
- brimmed hat
- 1 belt
- 1 towel
- toiletry kit (toothbrush, paste, razor, shampoo, soap, etc...)
- 1 journal
- 1 flashlight
- 3-5 washable masks

Recommended:

- bandana
- sunglasses
- digital camera (not your phone)
- air mattress (recommended for the fathers)
- book
- fishing equipment

GEAR DESCRIPTIONS

Sleeping Bag A good sleeping bag is fairly expensive, but in the wilderness it is essential and worth every penny you pay for it. A sleeping bag that is going to be used on a wilderness canoe must pack well. *When stuffed (or rolled) it should be no larger than 11" x 21" and smaller if possible.* Down is the best insulator, and it stuffs/rolls smaller, but synthetics like Polarguard, Hollofil, etc. are almost as warm, pack nearly as well and have the advantage of being virtually waterproof and usually less expensive. A "mummy" or "modified mummy" style bag is best. They are warmer and pack smaller. Bulky rectangular models and "station wagon" bags won't do. Remember, big people need longer models. Try outdoor gear specialists like L.L. Bean, Cabela's, R.E.I., Campmor, Gander Mountain, etc. or a good local outdoor store. Expect to pay between \$110 and \$200 for a good sleeping bag.

Rain Gear A light-weight rain jacket with a hood is the best choice. Rain pants aren't as important as a rain jacket, but they make a rainy day a lot more tolerable. Try outdoor gear specialists like L.L. Bean, Cabela's, R.E.I., Campmor, Gander Mountain, etc. or a good outdoor store.

Dry Bag Available at our camp store and at outdoor stores. We recommend the 30-liter bag. These are essential, and they will keep your sleeping bag dry in case it goes in the water. Please check that your sleeping bag will fit into your dry bag.

Footwear When they are on Deer Island, most Kooch-i-ching campers wear cross-trainers, running shoes, tennis shoes or light-to-medium hiking boots. Sandals **with straps** for the cabin and swimming on trips are a good idea. Tevas, Chacos or something similar will do. For the trip, you will want sturdy shoes or boots that have good soles with plenty of traction.

Long Pants You will want one pair of long pants for wear around Deer Island. You will also want a pair of pants for the trip. Trip pants should be fast-drying or a khaki material (no jeans).

Warm Shirts It is important to have at least one warm shirt for use on trips or when in camp for cool mornings or after sundown. A “fleece” or a medium weight wool stag shirt is the best choice.

T-Shirts (4-5) Dryfits are great but cotton works well.

Shorts (1-2 pair) We wear shorts around camp most of the time. One pair can go on the trip if desired but not recommended.

Socks Two pairs of wool socks are necessary for trip. A few other pairs of your choice should be brought along.

Undershorts Boxers are best. Enough for the week.

Swim Trunks (1) One swimsuit is needed for water activities.

Hat or Cap (1) Everyone will take a hat on trips for protection from sun & rain. Some use baseball caps, others have cloth brim hats. Kooch-i-ching baseball style hats are available in the camp store.

Belt (1) At least ONE is needed. Very important for trips.

Bath Towel (1) For use at camp when swimming and showering.

Toilet Articles Include toothpaste, toothbrush, soap, sunscreen, bug spray, and lip balm with SPF.

Writing Materials We recommend bringing a journal as well as some writing material to send a quick letter to family at home! Everyone loves a bit of mail.

Flashlight (1) Headlamps are best, but a small flashlight works.

Therm-a-rest As some of us grow older, we find a good sleeping pad to be a necessity while camping. We offer foam pads but if you would like a Therm-A-Rest, you should bring one with you.