

## **Trip Planning Worksheet Instructions:**

The following details are designed to help you prepare for your upcoming Wilderness Canoe Base experience. Please read through the document and fill out the appropriate details on the Trip Worksheet. When completed, submit the form at least two weeks prior to your arrival.

### **Group Members**

Please fill the worksheet out as completely as possible so we have correct information about your group. If there are any changes to the group after you send in the worksheet, please call and let us know what they are. For groups larger than eight people, please continue the list of names and ages until all participants are listed. On the line that says "Adult," please place the name of the trip advisor. Any other adults can be continued on the next lines.

### **Program Options**

**Solitude** – While teambuilding is a part of a Wilderness experience, it is also a part of the Boundary Waters experience to have time to reflect in solitude. Selecting this option allows you and your group to spend time in solitude and help focus on the joy and peace found in silence. During the winter months, this may be done inside or outside as desired or space allows.

**Work/Service Day (Non-work crew retreats)**– If your group would like to spend time serving during the retreat we can provide some great service opportunities. Work days are a natural way to build group strength and cohesion. Volunteering at the camp also provides a great understanding as to what it means to live in the wilderness. Service options include full day or half day. Please indicate your preference on the worksheet.

**Canoe Excursion (Fall/Spring)** – A half-day or full-day paddle guided by one of our retreat staff is a treat during the fall or spring months, with changing colors and plenty of solitude. Often, the paddle stays on Seagull Lake, but it could include a portage or two to access other lakes.

**Fishing** – We would be happy to make proper accommodations to see that your group has plenty of time for fishing. Who knows what you'll pull up – trout, bass, northern, walleye, and maybe some old French Voyageur's moccasin. Campers are responsible for their own fishing license and gear. Ice fishing is also available when you bring your own gear.

**Quinzee building (Winter)** – A quinzee is a small hut made entirely out of snow that can be likened to an igloo (although it is built differently). Quinzee-building can be a full-day or multi-day project. Choosing this option with overnight camping makes for an amazing Wilderness experience.

**Cross-Country Skiing/Snowshoeing Excursion (Winter)** – Guided cross-country skiing and snowshoeing excursions are offered during the winter retreat season. One of our retreat staff will guide you to a destination, such as the cliff face named the Palisades, or around Seagull Lake. This is usually a half-day option but could be expanded to full-day.

**Overnight Camping** – Retreats are offered the opportunity for a night out on trail, sleeping out of doors for one night. In the Fall/Spring months, this may be accompanied by a paddle. During the winter, this may be accompanied by a snowshoe or cross-country ski excursion around Seagull Lake. Wilderness retreat staff will accompany all groups embarking on an overnight. Dinner and breakfast are eaten at the campsite.

**Broomball (Winter)** – Broomball is a fun, hockey-like game that is played with a ball, a broom and in shoes/boots. Single games can be played, or tournaments organized (depending on the size of the group).

**Other** – Please feel free to ask about other options and share requests or accommodations that you have. We believe that the beauty of the area provides a background for a great experience. However, we also recognize that relationships are the key to ensuring a great experience. We are ready to serve your group and will try our best to build a trip that suits your needs. Indicate opportunities that you would like to see on the worksheet that follows.

**Departure Options**

We understand that many groups have a long ride home after leaving Wilderness Canoe Base. In order to help us plan appropriately, please indicate your intentions on the worksheet portion of this packet.

**Notes**

Are there other notes that you would like to share about your group? If so, we have left some room at the bottom of the worksheet so that you can keep us informed. Are there any special circumstances of which we need to be aware? Do you have a friend whom you would like to refer to Wilderness – prospective staff member or canoe group? Do you have traditions from home that you would like to see incorporated into your retreat experience? Always feel free to call the camp with your questions and thoughts.

Plan to leave behind your TVs, electronics, motorized transportation and cell phones in the vehicle (or office).

# Trip Planning Worksheet

Please return this portion of the Trip Planning Packet at least two weeks prior to arrival. Send in one copy for each canoe or retreat reservation. Forms should be submitted to:

Wilderness Canoe Base  
12477 Gunflint Trail  
Grand Marais, MN 55604

Email: [wcboffice@campwapo.org](mailto:wcboffice@campwapo.org)  
Fax: (218) 388-9400 (May-August)

Your Church/Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Adult Advisor \_\_\_\_\_

Home # ( \_\_\_\_\_ ) \_\_\_\_\_ Work # ( \_\_\_\_\_ ) \_\_\_\_\_

E-mail \_\_\_\_\_

Dates of Retreat \_\_\_\_\_

Group Members:	Name	Age
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Adult Advisor \_\_\_\_\_

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

Non-canoe retreats: Continue the list of names and ages until all campers/participants are named.

Please list any group members with dietary concerns and details about those concerns (vegetarian, vegan, food allergies, gluten intolerance, etc.):

Share a little bit about the background of your group:

Camper goals and objectives for this retreat:

Group contact and Adult Advisor objectives for this retreat:

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**Program Options:**

- |  |  |
|--|--|
| <input type="checkbox"/> Solitude                                  | <input type="checkbox"/> Fishing   |
| <input type="checkbox"/> Work/Service Day (Non-work crew retreats) | <input type="checkbox"/> Paddle / Snowshoe / Cross-country ski<br>(circle desired options) |
| <input type="checkbox"/> Rock Climbing                             | <input type="checkbox"/> Overnight   |
| <input type="checkbox"/> Quinzee-building                          | <input type="checkbox"/> Broomball game/tournament   |

Other/Special Accommodations:

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**Group Departure Options:**

- Traditional** –Depart after lunch on the last day.
- Early** –Depart before lunch. **Specify preferred time of departure:** \_\_\_\_\_

**Notes:**