



DISCOVERY ADVENTURE CAMP



2026 PARENT GUIDEBOOK



Welcome!

Our team is excited to offer Summer Camp programs to your family. Summer Camp is a time for young people to build relationships, feel a part of a community, spend time outdoors and of course HAVE FUN!

Included in this guidebook you will find information on a wide variety of topics including health and safety, packing lists, daily schedules, and helpful parent tips. Please review all the information included in this guidebook, there are a few items that will require action from you prior to your child arriving at camp.

We will send additional information to you as your camp date approaches with more details regarding camper drop off and group assignments.

If you have any questions or concerns, please do not hesitate to reach out to our team.

See you soon!

Email: camping@northernstar.org

Phone: 612-261-2303

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Overview of Camp Program

Camp Northern Star Mission

From our camp staff to our volunteers, we prepare young people to be leaders and individuals of strong character in a safe and inclusive environment.

How will the days be structured?

(this is only a sampling, some items may vary)

First Day

- 9:00 am: Drop off at Base Camp (Fort Snelling, MN)
- 9:30 am: Depart for Camp Tomahawk
- 12:00 pm: Eat lunch on bus (Bring your own lunch)
- 12:45 pm: Arrive at Camp Tomahawk
- 1:00 pm: Move into Housing/Teambuilding games
- 6:00 pm: Dinner (Camp provided)
- 7:00 pm: Evening Activities
- 9:00 pm: Evening Campfire

Full days

- 8:00 am: Breakfast
- 9:00 am: Morning Activities
- 12:00 pm: Lunch
- 1:00 pm: Afternoon Activities
- 6:00 pm: Dinner
- 7:00 pm: Evening Activities
- 9:00 pm: Campsite Time

Last Day

- 8:00 am: Breakfast
- 9:00 am: Morning Activities
- 12:30 pm: Lunch (Camp Provided)
- 1:00 pm: Bus Tomahawk
- 4:00 pm - 5:00 pm: Pickup at Base Camp

Activities

All aspects of the program have been designed to be appropriate for 6-9th grade youth and staff will adapt specific games and activities to fit the specific age groups and ability levels. You can expect the following at each session. Sampler sessions will not participate in Historic Logging camp.



- .22 Rifles / Shotguns (waiver required)
- 20' Climbing Towers
- Horses
- Historic Logging Camp
- Archery
- Outdoor Skills Development
- Fantastic swimming areas with inflatables

Camper Drop off and Pickup

Camper Drop Off

Drop off begins 9:00 am Monday for Monday – Friday and Sunday - Wednesday sessions.

Drop off begins 1:15PM for Wednesday - Saturday sessions.

If you arrive earlier than that, you might be asked to wait in your car until staff are ready to start the check in process. Look for signage and staff to direct you to the proper drop off point for your camper(s).

You will be asked to designate who will be picking up your camper at the end of the week and provide contact information for that individual. On the first day, please be prepared to turn in a completed Camp & Activities Participant Waiver/Health Form with Pre-Camp Physical and Range Sports Waiver. Make sure you have an emergency contact listed on the Health Form and if anyone else plans to drop off or pick up your child during the week, their names and phone numbers need to be listed as authorized persons.

If your child needs to take any medications while at camp, they must be in original containers and turned into staff at check in.

Camper Pick Up

Pick up is approx. 4:00-5:00PM at Base Camp (Fort Snelling, MN) for sessions ending on a Friday or Saturday. Pick up is approx. 11:45AM - 12:30PM at Base Camp (Fort Snelling, MN) for sessions ending on a Wednesday. Exact time may vary based on bussing travel through construction and traffic, an ETA will be sent to your registration contact when campers have departed from camp. Please return to the same area of the parking lot that you dropped your camper off at the start of their session. **A photo ID is required at pickup.**

Bussing

Transportation to and from Camp Tomahawk is included in your registration fee. Busses will only be driven by qualified staff. If you wish to drop off and pickup directly at Tomahawk please let your director know prior to the start of your session.

Supervision at Camp

Campers will be supervised by multiple well-trained adult staff for the entire duration of their time at camp, including overnight hours. All staff who will be staying overnight with youth will be over the age of 18. We maintain a max ratio of 1:10 with a minimum of 2 staff per group during daytime. During sleeping hours a minimum of 1 staff will be in each sleeping area. Each camp property has at least 50% of their staff trained in First Aid and CPR. Each camp has an EMT and a volunteer physician on call 24/7, as well as dedicated sick call hours throughout the week.

Dietary Needs and Accommodations

Tomahawk will provide meals starting with dinner on Monday through lunch on Friday. Please pack a bag lunch and snacks for travel time on Monday. Dietary needs should be noted in your reservation at least 2 weeks prior to the start of your camp session.

We can accommodate dietary restrictions for:

- Vegetarian
- Gluten free
- Dairy free
- Nut free
- Religious Substitutions

Medications at Camp

Medications will be collected Monday morning and dispensed to campers as required by a trained camp staff. All medications should be labeled and in their original container.

Emergency Contact

Each location Camp will have a lead staff member on site all week when campers are present. Site specific contact information will be shared in an email prior to the start of camp (via email). If you have an emergency and you are not able to get a hold of the site leader you can contact the Council office directly and they will help relay messages.

Camping Customer Service (Monday-Friday 8-5)

Phone: 612-261-2303

Email: camping@northernstar.org

Tomahawk Scout Camp Direct Line

Phone: 612-261-2455

Email: tomahawk@northernstar.org



Camper Behavior Expectations

We know that camp is a great place for youth to learn and practice proper social behavior with others. Activities are designed to encourage teamwork, communication, and community and conflict can sometimes be a part of that learning process. Our staff are trained to facilitate and mediate these learning moments. However, it is important for our campers to respect each other and follow safety guidelines set by their site leader. In the unfortunate circumstance that we are unable to get a camper to listen and follow rules, we will notify you and ask that you pick your child up at camp. We cannot put the safety of other campers and staff at risk.

Our first response will be to make sure that everyone is safe. Once safety is established, we will explain the rules again to campers. If the camper is repeatedly breaking rules and not changing behavior, we will have to remove the camper from their small group and contact the parent for pick up. In the event behavior becomes reasonably unmanageable by camp leadership, camp reserves the right to send a child home for the remainder of the week. Refusal to pickup your camper will require our Camp Leadership to make a report to Child Protective Services to ensure the child's safety and wellbeing.

Examples of behavior that may result in a camper being sent home for the remainder of the day or week:

- Physical Aggression towards staff or other participants
- Explicit or derogatory language
- Refusal to follow safety instructions
- Refusal to take medications
- Refusing to remain with assigned group
- Stealing

If you have any questions, please do not hesitate to reach out to us prior to the start of your camp session.



Other Camp Policies

WEATHER POLICY & CANCELLATIONS

All our sites have indoor space available in case of inclement weather. We may remain outdoors in light rain events which is why it is important to pack a rain jacket with your camper. If the forecast shows a high likelihood of severe weather during the day – we will modify programs or rearrange schedules to work around weather changes.

CANCELLATION & REFUND POLICY

All events hosted by the Northern Star Camping Department utilize the same cancellation policy: Full payment is required at the time of registration. No partial or prorated fees will be issued for partial camp attendance or missed days. Requests for cancellation/changes must be submitted in writing via email to camping@northernstar.org. Exceptions will be made at the discretion of the camp director for family or medical emergencies. Cancellation timeline below:

- o 30 days prior to the start of your session = full refund less your deposit
- o 29 to 8 days prior to the start date of your session = full credit less your deposit
- o 7 or less days prior to the start date of your session = full forfeit of fees paid

ELECTRONICS POLICY

Camp is a safe place to create new friendships and disconnect from devices. To ensure a quality camping experience and to ensure safety, campers will **NOT** be able to use electronic devices while at camp. This includes items such as cell phones, smart watches, tablets, laptops, and gaming devices. **We encourage parents to communicate with their camper that they will not be able to use a device to contact family and friends while at Discovery Adventure Camp.** Any electronics brought to camp will be collected the first day of camp and returned the last day of your camp session. Should you need to contact your child throughout the week please contact camp at tomahawk@northernstar.org or 612-261-2455.

CAMPING WITH WILDLIFE

While at camp, you will be exposed to a large variety of animals and plants that you may not be accustomed to. Our priority at camp is the safety of all participants and staff. All Tomahawk staff are all trained on what to do in case of unexpected interactions with wildlife.

MONEY AT CAMP

Our campers are welcome to bring spending money to camp with them each week to purchase items from the Trading Post. Store items include items like water bottles, candy, snacks, t-shirts, and sweatshirts. We encourage campers to be aware of others around them who may have different limitations on spending at camp. Camp is not responsible for money brought to camp, and campers will be expected to manage holding their money and how they spend it. If you would not like your child to purchase items from the trading post, please do not allow them to bring money to camp.

PACKING AT CAMP

Please be aware that your child must be able to carry all their own gear for a short distance while at camp. We recommend packing in a labeled tote bin. Please remember to pack for your total days at camp.

Clothes:

- Underwear
- Socks
- Long Pants (required for Horseback Riding)
- Shorts
- T-Shirts
- Sweatshirt, fleece or sweater
- Swimsuit
- Towel
- Light Jacket
- Hat
- Pajamas
- Watch
- Hiking Boots
- Sunglasses
- Rain Gear/Poncho

Sleeping Accommodations:

- Sleeping Bag
- Foam Pad (optional)
- Pillow

Gear:

- Flashlight
- Pencil & Notebook
- Water Bottles
- Deodorant
- Sunscreen
- Bug Repellent
- Prescription medication (in original container)
- Wallet/Spending Money for camp store
- Backpack
- Playing Cards
- Board Games
- Camp Chair (optional)
- Disposable Camera

Toiletry Kit:

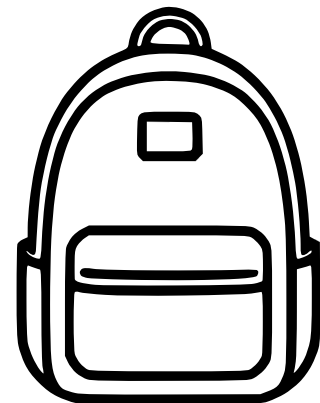
- Toothbrush and Toothpaste
- Shampoo
- Soap
- Wash Cloth
- Feminine Hygiene Products (optional)
- Comb/Brush
- Hand Mirror

ITEMS TO LEAVE AT HOME

- Pets
- Fireworks
- Energy Drinks
- Shooting Sports Equipment or Ammo
- Snacks containing Peanuts/Tree Nuts
- Electronics (including cell phones and smart watches)

LOST AND FOUND

Lost and found items will be held at camp until the end of the summer season. Items unclaimed after 3 months will be donated.



PARENT PRO TIPS

REGISTERING FOR CAMP

Many of our camp sessions tend to fill quickly. For best guarantee that your child and their friends will be able to attend camp together, we recommend registering as early as possible.

HEALTH FORMS AND PRE-CAMP PHYSICALS

All youth are required to have a pre-camp physical within 12 months of attending camp. Be sure to check out our forms early and submit to your family physician with enough notice to be completed. Most standard insurance plans cover a yearly physical. If this requirement causes undue hardship for your family, please reach out to us at camping@northernstar.org as soon as possible.

FRIEND REQUESTS

Campers will have the chance to group and house with other campers of like age and gender. Please note in your registration if your child is attending with a friend they would like to be placed with. Youth must be with 2 years of age to share housing spaces.

MAIL

Our campers love to receive mail! Because of how inconsistent snail mail can be coming to camp, we encourage families to drop off all camper mail in person on arrival day to their group leader.

MEALS AND PICKY EATERS

We take great pride on our food served! However, we do know that being served that is not your daily go-to can be challenging for some youth. If your child is a picky eater, we recommend sending additional snacks along to help supplement meals as needed.

HOMESICKNESS

For many of our campers, this is their first time away from home for an extended period of time. For BOTH parents and youth this can be a difficult first experience away! Please know that our staff are experienced in assisting youth through hardship and will do everything in our power to create a positive (and full of adventure and distraction) environment. There may be times where we will allow your camper to make a call home to discuss a plan for remaining at camp, or returning home early. If a camper needs to return home early, families will be responsible for transportation home.

SUMMER SAMPLERS

Not sure if your child is ready for a full week away? Try out a sampler session! This is a chance to try out camp, but for a shorter period of time. Options are available for Sunday - Wednesday and Wednesday - Saturday.