



**PARENT
HANDBOOK
2024**

LET THE ADVENTURE BEGIN!

Welcome to the Parent Handbook!

Inside is everything you need to know before your son arrives at Camp Kooch-i-ching.

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IMPORTANT DATES

Most campers enjoy the independence of coming to and leaving camp on their own. However, parents and non-camper siblings are welcome to visit International Falls at the beginning and end of each session. The drop-off will be a quick visit, but if you pick up your son, we hope you'll spend a few nights nearby so you can take part in several activities.

The Foundation House hosts a Fish Fry at the end of each session where you can meet other Camp Kooch-i-ching and Ogichi parents while enjoying a delicious Northwoods meal. This event is only for parents and non-camper family members. Campers stay at camp.

FIRST SESSION

CAMPERS ARRIVE • Saturday, June 15 (parents welcome)

PREP TRIPS RETURN • Wednesday, July 3

JUNIOR TRIPS RETURN • Thursday, July 4

INTERMEDIATE TRIPS RETURN • Friday, July 5

SENIOR TRIPS RETURN • Friday, July 5

FISH FRY & GRAND COUNCIL • Thursday, July 11 (parents welcome)

FRIENDSHIP DANCE • Friday, July 12 (parents welcome)

CAMPERS DEPART • Saturday, July 13 (parents welcome)

SECOND SESSION

CAMPERS ARRIVE • Monday, July 15 (parents welcome)

PREP TRIPS RETURN • Monday, July 29

JUNIOR TRIPS RETURN • Tuesday, July 30

INTERMEDIATE TRIPS RETURN • Friday, Aug 2

SENIOR TRIPS RETURN • Friday, Aug 2

FISH FRY & GRAND COUNCIL • Friday, August 9 (parents welcome)

RED LODGE BBQ • Saturday, August 10 (parents welcome)

CAMPERS DEPART • Sunday, August 11 (parents welcome)

CHAPTER 2

PREPARING FOR CAMP

A few months from now, your son might be scaling the climbing wall, sailing on Rainy Lake or sitting by the fire with his friends. But before he arrives, there's work to be done!

TODAY

APPLY FOR A PASSPORT

All campers must bring a passport or passport card with them to camp. If your son already has a passport, be sure to check the expiration date. If he doesn't, please apply for one as soon as possible.

COMPLETE PARENT FORMS

Please complete all forms in your [Parent Account](#) at least two months prior to your son's arrival at camp. To access these forms, log into your account and click "Forms & Documents." These forms are essential for the care of your son.

SCHEDULE A PHYSICAL

We need a copy of a physical examination for all campers. You may upload a school, sports, or other physical completed by your physician or have a physician complete the blank Physical Examination form in your [Parent Account](#). New campers need a physical completed in the past 12 months; returning campers within the past 24 months.

UPDATE IMMUNIZATION RECORD

Please use the Immunization Record form in your [Parent Account](#) or upload an up-to-date immunization record from your son's physician.

FINALIZE AIR TRAVEL PLANS

If your son will be flying to or from camp, it's best to start looking for flights as soon as possible. When your flights are booked, please complete the Camper Travel form in your [Parent Account](#).

REVIEW PACKING LIST

Using the [Packing List](#), take note of what gear your son already has and what you will need to acquire. Most items can be purchased online or at stores such as REI, L.L. Bean, and BassPro/Cabela's. For details about the items on the [Packing List](#), please refer to [Chapter 11: Packing List](#).

FINALIZE END-OF-SESSION PLANS

Hotels and resorts can fill up quickly in International Falls, so, if you plan to pick up your son at the end of camp, we suggest making your reservations early. For lodging suggestions, please refer to [Chapter 7: Lodging](#).

TWO MONTHS BEFORE CAMP

FINALIZE GEAR ORDERING

With two months to go before your son arrives at camp, make sure all of the remaining items on the [Packing List](#) are ordered. This will give you enough time to return any items that don't fit and replace them in time for camp.

COMPLETE REMAINING PARENT FORMS

At this point, all forms in your [Parent Account](#) should be completed. Please contact us at office@campingedu.org or (513) 772-7479 with any questions.

ONE MONTH BEFORE CAMP

FINALIZE GEAR COLLECTION

With only one month to go, camp is fast approaching. By this time, all of the clothing and gear on the [Packing List](#) should be bought and ready to pack.

LABEL ALL CLOTHING

Even the tidiest of campers misplace their clothing every now and then. Using a Sharpie or iron-on labels, please make sure every piece of clothing and gear your son plans to bring to camp has his name on it.

TWO WEEKS BEFORE CAMP

CONFIRM TRAVEL PLANS

Please confirm all details about your son's travel plans to and from camp in your [Parent Account](#).

PACK LUGGAGE

Once you've assembled all of the gear on the [Packing List](#), it's time to pack! Make sure all of your son's clothing and belongings are labeled and stowed neatly in his trunk and duffel bag. We encourage you to get your son involved in the process—one day, he won't need your help at all!

SHIP LUGGAGE (IF NEEDED)

If your son is taking the Cincinnati bus or MSP shuttle, his trunk, duffel, and backpack may travel with him. If your son is flying, you can decide whether to ship his luggage or treat as airline baggage. If you decide to ship your son's luggage to camp, please do so *at least two weeks* before the start of his session. You can find Camp Kooch-i-ching's shipping address at the end of this handbook. *New for 2024 - all luggage to be shipped home at the end of session must be prearranged and prepaid through the Ship Camps link in your Parent Account dashboard. End-of-session shipping will no longer be arranged by camp.* We highly recommend using Ship Camps for both directions of shipping due to their door-to-door service, continuous tracking, and detailed coordination with camp staff.

TUITION & FEES

TUITION

Final tuition payments are due April 15. If you have any questions or concerns, please contact Kyle Oblong at kyle@campingedu.org or (513) 772-7479.

FEES

Your son may accrue expenses during their session due to bus or shuttle travel, airline baggage fees, etc. These will be charged to your account at the end of his session before your final invoice.

CAMP STORE

Camp Kooch-i-ching apparel, trip gear, and other items are available for purchase at the camp store. By filling out the Camp Store Allowance form in your [Parent Account](#), you can designate a spending limit for your son. We will do our best to make sure that he does not overspend, but please discuss this amount with him before he comes to camp so you do not have unexpected charges. Camp store purchases will be charged to your account at the end of your son's session before your final invoice.

CHAPTER 4

TRAVEL PLANNING

There are many ways to get to and from Camp Kooch-i-ching. It's important to make your son's travel arrangements early because prices and availability change quickly. Below is a summary of travel options.

TRAVEL OPTIONS

TAKE THE CINCINNATI BUS TO CAMP FIRST SESSION

TAKE THE CINCINNATI BUS FROM CAMP SECOND SESSION

For First Session arrivals and Second Session departures only, this bus picks up and drops off Kooch-i-ching and Ogichi campers in Cincinnati, Indianapolis, Chicago and Madison.

FLY TO AND FROM THE MINNEAPOLIS AIRPORT

We offer a shuttle between the Minneapolis airport (MSP) and Camp Kooch-i-ching.

FLY TO AND FROM INTERNATIONAL FALLS

Fly to the International Falls airport (INL), then take a short shuttle ride to Camp Kooch-i-ching.

DRIVE TO AND FROM THE MINNEAPOLIS AIRPORT

We offer a shuttle between the Minneapolis airport (MSP) and Camp Kooch-i-ching.

INDEPENDENT TRAVEL

Travel to and from Camp Kooch-i-ching with no assistance from camp.

TRAVEL DETAILS

LUGGAGE

All your son's clothing and belongings must fit neatly into a trunk, a duffel bag, and one small backpack. For luggage recommendations, please refer to Chapter 11: Packing List. *New for 2024 - all luggage to be shipped home at the end of session must be prearranged and prepaid through the Ship Camps link in your Parent Account dashboard. End-of-session shipping will no longer be arranged by camp.*

LUGGAGE TAGS

New parents will receive two luggage tags for their son in their Parent Packet. These tags will help our staff identify your son's luggage quickly and accurately. If you need replacement tags, please contact us at office@campingedu.org or (513) 772-7479.

CONDUCT & ATTIRE

As a community, Camp Kooch-i-ching takes great pride in its reputation for kindness and respect, and we hope that your son will be on his best behavior while traveling to camp. Please remind him to be respectful of adults and other passengers. We also ask that he wear appropriate attire while traveling to camp.

UNACCOMPANIED MINORS

If your son is flying to camp as an unaccompanied minor, he will be met by a Camp Kooch-i-ching staff member at his arrival gate. You will receive the name and phone number of the staff member meeting him at least 24 hours before his flight. Unaccompanied minor fees for his flights must be paid to the airline in advance.

TRAVEL ONE

Travel One is a travel agency in Minneapolis that has provided travel services for Camp Kooch-i-ching in the past. Through their contracts with some airlines, they may be able to offer discounted tickets for campers flying to and from MSP and INL.

If you book your son's air travel using Travel One, they will attempt to schedule him to fly with a fellow Camp Kooch-i-ching camper and arrange for them to sit next to one another. There is a fee for using Travel One, which will be included in their quoted price.

To book with Travel One, please contact Sheila Sigel at (800) 245-1111 or ssigel@traveloneinc.com.

CHAPTER 5

TRAVELING TO CAMP

CINCINNATI BUS: FIRST SESSION ONLY

FRIDAY, JUNE 14 (CINCINNATI)

SATURDAY, JUNE 15 (ALL OTHER STOPS)

Our Cincinnati Bus, which now serves both Kooch-i-ching and Ogichi, stops at several major cities on the way to camp. The bus departs from Cincinnati and travels through Indianapolis, Chicago, and Madison before reaching International Falls. Campers can board at any of these stops. The stops are listed below. Please arrive 15 minutes early.

STOP 1: CINCINNATI, OH

Friday, June 14 — Arrive by 11:45 p.m. Eastern Time for a 12 a.m. (midnight) departure
Armstrong Chapel Church in Indian Hill
5125 Drake Road, Cincinnati, OH 45243

STOP 2: INDIANAPOLIS, IN

Saturday, June 15 — Arrives 2:30 a.m. Departs 2:45 a.m. Eastern
Time TA Travel Center in Whitestown, IN
5930 E State Boulevard 334, Whitestown, IN 46075

STOP 3: CHICAGO, IL

Saturday, June 15 — Arrives 5:00 a.m. Departs 5:30 a.m. Central Time
Northbound Lake Forest Oasis 1-94 between IL Routes 60 & 176
I-94 Near Lake Forest—mile marker 18.0

STOP 4: MADISON, WI

Saturday, June 15 — Arrives: 7:45 a.m. Departs: 8:00 a.m. Central
Time Cottage Grove Park & Ride
4708 County Road TT (Exit 244 from Hwy N)
Sun Prairie, WI 53590

REGISTRATION & FEES

To sign up for this bus service, log into your [Parent Account](#), select the Camper Travel form, click on the bus icon, and choose the Cincinnati Bus option and desired stop.

The Cincinnati Bus fee depends on where your son boards the bus. The fees are listed below. This fee will be automatically charged to your account at the end of your son's session.

From Cincinnati: \$190

From Indianapolis: \$180

From Chicago: \$170

From Madison: \$160

FLY TO MINNEAPOLIS SHUTTLE AT MSP

FIRST SESSION: SATURDAY, JUNE 15, LAND BY NOON

SECOND SESSION: MONDAY, JULY 15, LAND BY NOON

If your son is flying to MSP, a Camp Kooch-i-ching staff member will meet him upon arrival, help him collect his luggage and lead him to the Lindbergh Terminal where he will wait with other Camp Kooch-i-ching campers and staff. From there, he will board our Minneapolis Shuttle to Camp Kooch-i-ching.

Please make sure your son's flight lands at MSP between 6 a.m. and noon. The shuttle will depart shortly after noon and arrive at camp by 7 p.m.

You will receive the name and phone number of the staff member meeting your son at the airport at least 24 hours before his flight.

REGISTRATION & FEES

To register for this option, log into your [Parent Account](#), select the Camper Travel form, click the airplane icon, and complete the flight information section. All campers flying to MSP will be automatically signed up for the Minneapolis Shuttle when their flight information is entered into the Camper Travel form. You do not need to sign up for the shuttle separately.

The Minneapolis Shuttle fee is \$90 for a one-way trip, including lunch. This fee will be automatically charged to your account at the end of your son's session.

FLY TO INTERNATIONAL FALLS

FIRST SESSION: SATURDAY, JUNE 15

SECOND SESSION: MONDAY, JULY 15

If your son is flying to INL, please make sure he arrives on the afternoon flight if possible. You will receive the name and phone number of the Camp Kooch-i-ching staff member meeting him at the airport at least 24 hours before his flight. INL is a small airport, served only by SkyWest Delta Connections.

REGISTRATION

To register for this option, log into your [Parent Account](#), select the Camper Travel form, click the airplane icon, and complete the flight information section.

All campers flying to INL will be automatically signed up for a shuttle to camp when their flight information is entered into the Camper Travel form. You do not need to sign up for the shuttle separately. There is no fee for this shuttle.

DRIVE TO MINNEAPOLIS SHUTTLE AT MSP

FIRST SESSION: SATURDAY, JUNE 15

SECOND SESSION: MONDAY, JULY 15

Our Minneapolis Shuttle departs from the Lindbergh Terminal of MSP at 12 p.m. (noon) and arrives at camp at 7 p.m. Please bring your son to the mezzanine level of the Lindbergh Terminal by 11:30 a.m. and look for a staff member wearing a Camp Kooch-i-ching shirt. The mezzanine level overlooks the ticketing counters. You will have to park in short-term parking and walk or take the tram to the Lindbergh Terminal.

REGISTRATION & FEES

To register for this shuttle service, log into your [Parent Account](#), select the Camper Travel form, click the bus icon, and choose the Minneapolis Shuttle option.

The Minneapolis Shuttle fee is \$90 for a one-way trip, including lunch. This fee will be automatically charged to your account at the end of your son's session.

INDEPENDENT TRAVEL

FIRST SESSION: SATURDAY, JUNE 15, ARRIVE BETWEEN 1 P.M. AND 5 P.M.

SECOND SESSION: MONDAY, JULY 15, ARRIVE BETWEEN 1 P.M. AND 5 P.M.

If you choose to travel to Kooch-i-ching with your son, you should drop him off at our mainland landing, the Foundation House—located at 2124 County Road 137, International Falls 56649—between 1 p.m. and 5 p.m.

REGISTRATION & FEES

To register for this option, log into your [Parent Account](#), select the Camper Travel form, click the car icon, and complete the driver and arrival information.

CHAPTER 6

TRAVELING HOME

CINCINNATI BUS: SECOND SESSION ONLY

SECOND SESSION ONLY: SUNDAY, AUGUST 11

The Cincinnati Bus, now serving both Kooch-i-ching and Ogichi, travels through Madison, Chicago, and Indianapolis on its way to Cincinnati. The bus leaves camp early in the morning on Sunday, August 11. The stops are listed below. Please arrive 15 minutes early to meet your son.

STOP 1: MADISON, WI

Sunday, August 11

Arrives: 1:30 p.m. Central

Cottage Grove Park & Ride

4708 County Road TT (Exit 244 from Hwy N)

Sun Prairie, WI 53590

STOP 2: CHICAGO, IL

Sunday, August 11

Arrives: 4:00 p.m. Central

Southbound Lake Forest Oasis I-94 between IL Routes 60 & 176

I-94 Near Lake Forest—mile marker 18.0

STOP 3: INDIANAPOLIS, IN

Sunday, August 11

Arrives: 10:00 p.m. Eastern

TA Travel Center in Whitestown, IN

5930 E State Boulevard 334, Whitestown, IN 46075

STOP 4: CINCINNATI, OH

Monday, August 12

Arrives: 12:00 a.m. (midnight) Eastern

Armstrong Chapel Church in Indian Hill

5125 Drake Rd, Cincinnati, OH 45243

REGISTRATION & FEES

To sign up for this bus service, log into your [Parent Account](#), select the Camper Travel form, click the bus icon, and choose the Cincinnati Bus option and desired stop.

The Cincinnati Bus fee depends on where your son departs the bus. The fees are listed below. This fee will be automatically charged to your account at the end of your son's session.

To Madison: \$160

To Chicago: \$170

To Indianapolis: \$180

To Cincinnati: \$190

SHUTTLE TO MSP FOR FLIGHT HOME

FIRST SESSION CAMPERS: SATURDAY, JULY 13

SECOND SESSION CAMPERS: SUNDAY, AUGUST 11

Please make sure that your son's flight departs no earlier than 12:30 p.m. to allow adequate time to bring him to the gate.

Our Minneapolis Shuttle departs from Camp Kooch-i-ching at 5 a.m. and arrives at the Lindbergh Terminal of MSP at 11 a.m. A Camp Kooch-i-ching staff member will then help your son check his luggage and accompany him to the gate for his flight home. You will receive the name and phone number of the Camp Kooch-i-ching staff member accompanying your son at least 24 hours before his flight.

REGISTRATION & FEES

To register for this option, log into your [Parent Account](#), select the Camper Travel form, click the airplane icon, and complete the flight information section. All campers flying home from MSP will be automatically signed up for the Minneapolis Shuttle when their flight information is entered into the Camper Travel form. You do not need to sign up for the shuttle separately.

The Minneapolis Shuttle fee is \$90 for a one-way trip, including breakfast. This fee will be automatically charged to your account at the end of your son's session.

FLY FROM INTERNATIONAL FALLS

FIRST SESSION CAMPERS: SATURDAY, JULY 13

SECOND SESSION CAMPERS: SUNDAY, AUGUST 11

Please make sure your son is on a flight that departs before 1 p.m. We will drive him to the airport for his departing flight.

REGISTRATION & FEES

To register for this option, log into your [Parent Account](#), select the Camper Travel form, click the airplane icon, and complete the flight information section.

All campers flying home from INL will be automatically signed up for the shuttle from camp when their flight information is entered into the Camper Travel form. You do not need to sign up for the shuttle separately. There is no fee for this shuttle.

SHUTTLE TO MSP FOR PARENT PICK-UP

FIRST SESSION CAMPERS: SATURDAY, JULY 13

SECOND SESSION CAMPERS: SUNDAY, AUGUST 11

Our Minneapolis Shuttle departs from Camp Kooch-i-ching at 5 a.m. and arrives at the Lindbergh Terminal of MSP at 11 a.m. Parents can pick up their son from the Lindbergh Terminal. We suggest that you arrive at the airport at 10:30 a.m. and park your car in the short-term parking lot. You may have to take the tram to the Transit Center to meet your son at 11 a.m. The Transit Center only allows buses to enter the lot, so you will not be able to drive your car directly to the Minneapolis Shuttle.

REGISTRATION & FEES

To sign up for this shuttle service, log into your [Parent Account](#), select the Camper Travel form, click the bus icon, and choose the Minneapolis Shuttle option.

The Minneapolis Shuttle fee is \$90 for a one-way trip, including breakfast. This fee will be automatically charged to your account at the end of your son's session.

INDEPENDENT TRAVEL

FIRST SESSION CAMPERS: SATURDAY, JULY 13

SECOND SESSION CAMPERS: SUNDAY, AUGUST 11

If you are traveling home with your son, please pick him up between 9 and 10 a.m. You will meet him at our mainland landing, the Foundation House—located at 2124 County Road 137, International Falls 56649. If you have to pick him up earlier, please contact us.

REGISTRATION

To register for this option, log into your [Parent Account](#), select the Camper Travel form, click the car icon, and complete the driver and departure information.

CHAPTER 7

LODGING OPTIONS

If you are planning to visit International Falls, we recommend booking your accommodation early. Rainy Lake can be quite the summer hotspot! Below is a list of popular lodging options.

HOTELS & RESORTS

THUNDERBIRD LODGE

2170 County Road 139
International Falls, MN 56649
thunderbirdrainylake.com
(218) 286-3151

TARA'S WHARF

2065 Spruce Street Landing
Ranier, MN 56668
taraswharf.com
(218) 286-5699

SHA SHA RESORT

1664 Highway 11 East
International Falls, MN 56649
shashaonrainylake.com
(218) 286-3241

ISLAND VIEW LODGE

1817 Highway 11 East
International Falls, MN 56649
gotorainylake.com
(218) 286-3511

HILLTOP LODGE

2002 2nd Avenue
International Falls, MN 56649
hilltoplodgeifalls.com
(218) 283-2505

DAYS INN

2331 US Highway 53 South
International Falls, MN 56649
daysinn.com
(218) 283-9441

CANTILEVER HOTEL

2078 Spruce Street
Ranier, MN 56668
cantileverdistillery.com
(218) 540-1932

AMERICAS BEST VALUE INN

2326 US-53
International Falls, MN 56649
redlion.com/americas-best-value-inn
(218) 283-8811

AMERICINN BY WYNDHAM

1500 MN-11
International Falls, MN 56649
americinn.com
(218) 209-2487

COBBLESTONE HOTEL & SUITES

1 Memorial Dr.
International Falls, MN 56649
staycobblestone.com
(218) 324-4660

CAMPING

VOYAGEURS NATIONAL PARK

360 Highway 11 East
International Falls, MN 56649
nps.gov/voya/index.htm
(218) 283-6600

RAINY LAKE RV

2967 Highway 11 East
International Falls, MN 56649
rainylakerv.com
(218) 288-1130

RAINY LAKE HOUSEBOATS

2031 County Road 102
International Falls, MN 56649
rainylakehouseboats.com
(800) 554-9188

CHAPTER 8

COMMUNICATION

Although Kooch-i-ching is on an island, we're still just a call, letter, or email away. The director, along with your son's counselor and trip leader, will contact you periodically throughout the summer. Our summer office staff can always be reached at (218) 986-7741.

COMMUNICATION WITH OUR STAFF

If your son is flying to camp or riding the Minneapolis Shuttle, you will receive a phone call when he arrives. You will also receive an email when he leaves and returns from his trip.

COMMUNICATION WITH YOUR SON

Campers are encouraged to write letters home. Stamps can be purchased from the camp store, but we recommend that you send your son to camp with stationery and stamps of his own.

We also encourage you to send letters to your son and to urge friends and other family members to do the same. Receiving a handwritten letter from home is a rare and special experience these days. Campers are not allowed to call home unless given permission by the director.

Letters should be sent to:

[Your Son's Name]

c/o Kooch-i-ching

P.O. Box 271

International Falls, MN 56649

CARE PACKAGES

Parents may send only one care package no bigger than a shoebox per four-week session. If you send one, we recommend it arrives while they are out on their trip. All packaging materials should be recyclable or biodegradable. Please, no packing peanuts!

Care packages should be sent to:

[Your Son's Name]

c/o Kooch-i-ching

2124 County Road 137

International Falls, MN 56649

PHOTOS

Our photographer does his best to post photos every Tuesday and Saturday by noon. The link to the [Photo Gallery](#) is on our website under Parent Resources. Use the password 'photos4kooch'. We will email when the first photos are posted.

ILLNESS & INJURY

Our infirmary is open 24 hours a day and is always staffed by at least one medical professional. Campers are welcome to stop in at any time to receive treatment for ailments or injuries. All campers take part in a health screening upon arrival.

MEDICATIONS

All medications, including vitamins, are kept in the infirmary, with the exception of inhalers and EpiPens. Prescription medications are administered by our medical staff at the appropriate times. The infirmary is stocked with a wide variety of over-the-counter medications, so please do not send these to camp with your son. Our medical staff administers non-prescription medications as needed according to package instructions and your son's height and weight. Our medical staff will only administer prescription medications ordered by a physician and sent to camp in the original bottle with the label intact. All medications, including vitamins, should be clearly labeled and instructions for taking them included in the Health History form in your [Parent Account](#).

ILLNESS & INJURY

Camp Kooch-i-ching follows a 24-hour rule for illness and injury. If your son has an illness or injury that persists for longer than 24 hours, he will be seen by a doctor at camp or in International Falls. In the event of a serious illness or injury, at camp or on a trip, the director and/or a medical professional will contact you by phone as soon as possible to explain your son's condition. If your son is exposed to a contagious disease prior to camp, please contact us to discuss the best course of action.

INSURANCE

As part of your tuition fee, your son is covered under an excess or secondary accident insurance program while at camp and during supervised camp activities. This policy is in excess of, or secondary to, any medical, dental, sickness, and life insurance coverage carried on your child. The excess accident-only (no sickness) coverage will pay only after your insurance company pays and only up to the policy's maximum benefit. If a camper is sick when he arrives at camp, becomes sick at camp, or has a pre-existing medical condition, these are not covered under this policy. Any treatment and related expenses will be billed to your account.

The expense of an emergency evacuation of a camper from a trip due to an accident will be covered up to the policy limit. Emergency evacuation due to sickness will be billed to the parents and is not covered by camp. Camp Kooch-i-ching recommends that families contact their insurance company regarding sickness and evacuation insurance coverage. Please contact us for full coverage terms and details; above are only policy highlights and do not change or modify the policy.

Through arrangements with the hospital and clinic in International Falls, the hospital/clinic will file the insurance claims with your insurance carrier as the primary payee and with our insurance as the secondary. For them to do this, you must upload a copy of the front and back of your current insurance card using the Insurance Authorization form in your [Parent Account](#).

CHAPTER 10

CAMP RULES

Please review these rules with your son before he arrives at Camp Kooch-i-ching. Violating them could lead to his dismissal.

SWIMMING

Campers are not permitted to go swimming alone. Swimming only takes place under proper supervision.

LEAVING A GROUP

Campers are not permitted to leave a group without notifying a staff member. This applies at camp and on trips.

PFDS

All campers must wear a PFD (personal flotation device) while on the water during canoe trips and at camp while on motorboats, sailboats, canoes or paddleboards, and while water skiing or wakeboarding.

LAWS

All campers must comply with the laws of Minnesota, the United States, and Canada.

PROHIBITED ITEMS

Campers are prohibited from using, possessing, or distributing tobacco, drugs, or alcohol. This includes all forms of tobacco and vape products.

ELECTRONICS

Once arriving at camp, campers are not permitted to have cell phones, portable gaming systems, audio systems, e-readers, and other electronics, with the exception of digital cameras. Electronics that are brought to camp will be collected and stored for safekeeping. Camp Kooch-i-ching is not responsible for lost or damaged electronics.

BEHAVIOR

Campers should not act in any manner that could cause physical or psychological harm to others.

PACKING LIST

Below you will find descriptions of every item your son needs to thrive at Kooch-i-ching. Take note of what gear he already has and what you will need to acquire. Most items can be purchased online, or at stores such as REI, Cabela's/Bass Pro, L.L. Bean and The Container Store (for your son's trunk). Once everything is ready to pack, be sure to label each piece of clothing and gear with your son's name. We recommend sticker labels, such as Mabel's Labels. Your camper can help! Items marked with an asterisk are available for purchase in the camp store.

LUGGAGE

TRUNK (1)

A trunk or footlocker will function as your son's closet at camp. It should be less than 16 inches tall so that it fits under his bunk, and wheels are a plus. A sturdy trunk made of wood, metal, or plastic will last for many years.

DUFFEL BAG (1)

A large duffel bag will hold your son's bedding, plus anything that doesn't fit in his trunk.

DAYPACK (1)

A small backpack will help your son keep track of his possessions while moving around the island. You never know when he might need that friction fire kit!

BEDDING

TWIN-SIZE FITTED SHEET (2)

Your son will need two fitted sheets so that one can be used while the other is being washed.

TWIN-SIZE FLAT SHEET (2)

As with the fitted sheets, having two flat sheets ensures that one is always clean.

BLANKET (2)

Even during the summer, it can be very cold at night. A heavy blanket is a must, especially during First Session. Hudson Bay-style wool blankets are a camp favorite. Fleece blankets, though soft, aren't always warm enough.

PILLOW (1)

Somehow, pillows are one of the most common items that campers forget to pack. Don't send your son to camp without one!

PILLOWCASE (2)

As with the sheets, having two pillowcases ensures that one is always clean.

TOWEL (2)

We do a lot of swimming at Kooch-i-ching and, believe it or not, most campers shower every day. It's nice to dry off afterward!

LAUNDRY BAG (2)*

It's important that your son bring two laundry bags, both clearly labeled with his name. While one load is in the laundry, he can use the other to store dirty clothes.

TOILETRIES

TOILETRY BAG (1)

To keep track of his toiletries, we recommend that your son bring a toiletry bag or shower caddy.

TOOTHBRUSH (1)*

Everyone at Kooch-i-ching needs a toothbrush to keep those pearly whites clean, both in camp and on trips.

TOOTHPASTE (1)*

Though his trip leader will pack toothpaste for the trip, your son should have his own tube to use at camp.

FLOSS (1)

Don't forget to send some floss with your son. His dentist will thank you!

SHAMPOO (1)

Make sure your son packs a bottle of shampoo. Hair has a way of getting dirty on Deer Island.

SOAP OR BODYWASH (1)*

Though any brand of soap or body wash will do, Dr. Bronner's is a favorite among Kooch-i-ching staff members.

SUNSCREEN (1)*

While on the island, your son will need his own bottle of sunscreen with UV protection. His trip leader will provide sunscreen on the trip.

BUG SPRAY (1)*

It can get pretty buggy at night. Though camp will provide bug spray for trips, it's nice to have on the island as well.

LIP BALM (1)*

The combination of sun and wind can dry out lips quickly. Chapstick with SPF protection makes life more comfortable on trips.

SHAVING ARTICLES (AS NEEDED)

Though some older campers like to go for the woodsman look during the summer, others may want a good trim. A razor and shaving cream will do the job.

IN-CAMP CLOTHING

UNDERWEAR (6-8 PAIRS)

We recommend at least a week's worth of boxers or briefs—you don't want your son to run out before his laundry is finished!

SOCKS (6-8 PAIRS)

Socks get lost more often than you'd think, so don't forget to label each pair. Athletic socks work well on the island.

T-SHIRT (8-10)*

The T-shirt is THE shirt at Kooch-i-ching. The camp store has a great selection, too.

COLLARED SHIRT (1)

Dress for success! We ask that our campers wear collared shirts while traveling to camp.

ATHLETIC SHORTS (2-4 PAIRS)

Athletic shorts are a must for ballfield games and warm days. Since they tend to get dirty, dark colors are preferred.

KHAKI OR QUICK-DRY PANTS (1-2 PAIRS)

For trips, at least one pair of your son's pants should be of the quick-drying variety—khakis or lightweight Carhartts, for example.

JEANS OR WORK PANTS (1)

Jeans or Carhartt-style work pants are good to have at camp—especially for projects and woodsmanship.

FLANNEL SHIRT (1-2)

A sturdy flannel shirt adds an extra layer of warmth and provides protection from the sun and mosquitoes.

FLEECE (1)*

A warm synthetic fleece is essential for cold days at camp and on trips.

SWEATSHIRT (1)*

A comfy cotton sweatshirt is great for cool days on the island, but it shouldn't be used on trips.

SWIMSUIT (2)

There's nothing quite like taking a plunge into the back bay on a hot afternoon!

ATHLETIC SHOES (1 PAIR)

Cross-trainers, running shoes or tennis shoes make great all-purpose footwear at camp.

SANDALS OR WATER SHOES (1 PAIR)

A sturdy pair of sandals or water shoes are nice to have at camp—and are essential on trips. We don't recommend Crocs or flip-flops because they can't be tightened.

BASEBALL CAP OR BRIMMED HAT (1)*

Every camper needs a hat to protect him from the sun on his trip.

TRIP GEAR

SYNTHETIC UNDERWEAR (OPTIONAL)

Synthetic underwear dries faster than boxers or briefs, and tears less easily, making it ideal for trips.

LONG UNDERWEAR (OPTIONAL)

Though it's not essential, a set of long underwear is nice to have on cold days and for sleeping.

WOOL SOCKS (2-4 PAIRS)*

Because they stay warm even when wet, wool socks are critical on trips.

SYNTHETIC T-SHIRT (1)*

Synthetic T-shirts dry faster than cotton ones and retain more heat when wet.

RAIN JACKET (1)*

It rains at least once on most trips, so a high-quality, lightweight rain jacket is a must-have item.

RAIN PANTS (OPTIONAL)

Though they're not essential, rain pants make rainy days a whole lot more comfortable!

WOOL HAT (1)*

A wool hat will go a long way toward keeping your son warm when the weather turns cool.

BANDANA OR BUFF (1)*

A bandana, BUFF, or other lightweight neckwear is great for sun protection, bug protection, and as a headband or handkerchief.

BOOTS (1 PAIR)

A good pair of boots provides ankle support on portages and around the campsite. Some campers prefer heavy waterproof boots; others prefer lightweight boots without waterproofing. To avoid blisters, make sure your son breaks them in before camp.

BELT (1)

Every camper needs a belt for his trip, even if his pants have an elastic waistband, as elastic can stretch and wear out.

SLEEPING BAG (1)

A good sleeping bag can be expensive, but it's absolutely essential. We recommend a three-season synthetic bag rated to 10°F or 20°F. Mummy or modified mummy bags are ideal; they're warm, lightweight and pack small.

DRY SACK (1)*

A properly sealed 25–35-liter dry sack will keep your son's sleeping bag, spare clothes and other possessions completely dry on trips. A high-quality dry sack will last for many years.

JOURNAL OR NOTEBOOK (1)*

Keeping a journal on a trip is a great way to reflect on a long day in the wilderness—and ensure that those memories last a lifetime!

MISCELLANEOUS

32-OUNCE WATER BOTTLE (1)*

Hydrate! A sturdy water bottle is essential for camp living, and on all Kooch-i-ching trips. A 32-ounce wide-mouth Nalgene is ideal.

HEADLAMP WITH EXTRA BATTERIES (1)

If your son ever has to use the bathroom at night, he'll need a headlamp to see where he's going! Because they will also be used on trips, headlamps should be lightweight and powered by disposable batteries.

STATIONERY AND STAMPS*

Campers are required to send letters home on Wednesdays and Sundays, so having a set of stationery and stamps is important. For younger campers, pre-addressing the envelopes to friends and family will make the process easier.

BOOKS

Whether during rest hour at camp or after dinner on a trip, it's nice to have a good book to read. Your son can also check out books from our camp library.

POCKETKNIFE (1)

A small pocketknife or multi-tool will find countless uses at camp, whether for fishing, crafts, woodsmanship or whittling during down time. Do not pack in carry-on luggage.

SUNGLASSES (1 PAIR)

Sunglasses are great to have in the canoe, especially when the morning sun is reflecting off the lake. We recommend attaching Croakies or Chums to prevent them from getting lost or broken, but accidents do happen, so please send an inexpensive pair.

WATCH (1)

An inexpensive waterproof digital watch will help your son keep track of the time during morning classes and throughout the day.

OPTIONAL

BASEBALL GLOVE

There's nothing quite like a pick-up game of baseball or softball at Poplar Park. If your son has his own glove, he is welcome to bring it to camp.

BUG NET

Face-covering bug nets are optional—but recommended for older campers whose trips are farther north where the mosquitoes and black flies are more populous.

CLIMBING SHOES

If your son is serious about climbing, or plans to go on a climbing trip, he should bring his own pair of climbing shoes to camp.

COMPASS

Kooch-i-ching has compasses available for use, but those interested in map reading, orienteering and open-water navigation should bring their own.

PLAYING CARDS

Games such as cribbage, euchre and gin are Kooch-i-ching favorites. A deck of cards is great to have during down time.

DISPOSABLE CAMERA*

A disposable camera is a great way to capture daily life on the island and exciting moments on trips. A waterproof one is even better.

FISHING ROD AND TACKLE

For those who love to fish, an inexpensive spin-casting kit is perfect for camp. Lures for walleye, pike and bass are good to have in the tackle box. You'd be surprised how many fish are caught right off the dock!

TENNIS RACKET

The Kooch-i-ching tennis courts are open 24/7. And although we provide rackets for tennis class, serious players may want to bring their own. Game on.

MAILING ADDRESSES

LETTERS

[Your Son's Name]
c/o Kooch-i-ching
P.O. Box 271
International Falls, MN 56649

LUGGAGE & PACKAGES

[Your Son's Name]
c/o Kooch-i-ching
2124 County Road 137
International Falls, MN 56649

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