

# KOWAKAN ADVENTURES

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We are incredibly excited you have decided to join us this summer!

Imagine loons calling, the rising sun burning mist off of a mirror-still lake at daybreak, paddling and swimming in crystal-clear waters with an evening campfire under a star-studded sky (and if you're lucky, spectacular northern lights shooting overhead). A trip into the Boundary Waters Canoe Area Wilderness (BWCAW) is an unforgettable opportunity to find adventure, experience stillness and deepen your relationships with others and with God. Paddling among great red and white pines, tamarack bogs and white paper birches in this home to moose and eastern timber wolves, KoWaKan Adventures' (KWK) staff are equipped with the skills and equipment to support you during your BWCAW experience.

In order to ensure you have a great trip, you will need to do a few things to prepare. This packet contains several items that will help with this process. Let's take a look at what's inside:

## HEALTH FORM

This form is mandatory.

Please make sure you have the right one: *(Local church health forms may be used if required, but a completed health history form is required for each camper and leader on trip)*

Campers over 18 your form is titled, "Adult Health History"

Campers under 18 your form is titled, "Camper's Health History"

Complete this form and return it to your group leader as soon as possible

*Group leaders- make sure you have signed health forms for each participant. For campers under 18 – if you have had a physical in the past two years please indicate the doctor's name, contact information, and the date of the exam on the front of the form (you do not need to complete the physician's exam side of the form). For those under 18, if you have not had a physical in the past two years you will need to have one and have the doctor complete the physician's exam form. **Note:** Physical exams for school and sports are ok.*

## THE COVENANT AGREEMENT

We are asking you to abide by a set of expectations outlined in our covenant.

Please review and sign this document as you will be held to these standards while on your adventure.

## THINGS YOU SHOULD KNOW and a PACKING LIST

These sheets include detailed information about what you can expect and how you can prepare for your trip.

We look forward to meeting and paddling with you. In fact, we're already preparing for your arrival (so hurry and fill out these forms, mail them in and come see us all ready)! Please contact us with questions or if you would like more information. You can reach us at: 612-230-CAMP (2267) [/nstar@campminnesota.org/](mailto:nstar@campminnesota.org) or visit <http://www.nstaradventures.com/>.

Sincerely,  
KoWaKan Staff

