

ROCK RIDGE SUMMER CAMP PARENT GUIDE 2026

IT IS OUR MISSION TO SHARE THE GOSPEL OF JESUS WITH CHILDREN AND YOUTH
THROUGH RELATIONSHIPS AND FUN CAMP EXPERIENCES.



Check-in & Check-out

**CHECK IN AT CAMP SHAMINEAU IN MOTLEY ON
SUNDAY BY 5:30 PM**

**CHECK-OUT WILL BE AT 11:30AM ON FRIDAY IN THE
BALLFIELD AT CAMP SHAMINEAU.**

****OUR BUS LEAVES FOR ROCK RIDGE AT 6 PM****

- If your child requires medication or has mail to be given through the week, you will hand it over to our Rock Ridge staff.
- The Rock Ridge bus will leave promptly at 6PM from Camp Shamineau and should arrive at Rock Ridge in Ely, MN at 10:30pm. There will be one stop along the way.
- If it is closer for you to meet us at the Rock Ridge property, you can email chad@shamineau.org one week prior to camp to make arrangements.
- No supper will be served the night of check-in, please have your camper eat before they arrive. Snacks may be brought on the bus.
- Campers will only be released to someone listed on their account as an approved person to pick up the child.

ZIP LINE

HIGH ROPES COURSE

LOW ROPES

TEAM GAMES

CANOEING

PADDLE BOARDS

HAMMOCK CITY

OVERNIGHT TRIPS

SAUNA BY THE LAKE

NIGHT GAMES

CAMPFIRE CHAPELS

ROPE SWING

SUMMER CAMP FAQ's

HOW MANY CAMPERS WILL BE IN THE CABIN WITH MY CHILD?

Typical cabin size is 10 campers, some trips are capped at 7-8 campers per group. Cabin assignments are made 10 days before each camp session, and we don't disclose cabin names to campers beforehand. Please refrain from making online cabin mate changes within 10 days of your camp session. If needed, call for last-minute changes; however, these changes may not be guaranteed.

WILL MY CHILD NEED CASH FOR ANYTHING?

During the week campers can go to the camp store and buy snacks or Camp Shamineau souvenirs and clothing items. The store features T-shirts (from \$10-\$15), sweatshirts (from \$25-\$40) and much more! The camp store will be open for you during both check-in and check-out times.

Campers are responsible to keep track of their own spending money.

- All activity and meal costs are covered in the registration price.
- Camper t-shirts will be given out during the week. This is included in the registration price.
- A cabin picture will be emailed out free of charge at the end of the session.

HOW DO YOU HANDLE SEVERE WEATHER?

With summertime always comes the possibility of severe weather. Our directors monitor the weather constantly during any weather alerts, and the St Louis County Sheriff's department is always in direct contact with us at those times as well. Counselors are trained in procedures of safety in case of severe weather.

HOW DO YOU HANDLE WATERFRONT ACTIVITIES?

All campers are allowed to swim in the shallow areas and those who wish to swim in the deeper sections will be individually tested. They must pass this test to swim in the deep water. Certified lifeguards supervise all swimmers and waterfront activities. Lifejackets are provided by Camp Shamineau for all necessary activities.

HOW DO YOU HANDLE HOMESICKNESS?

Preventing homesickness begins at home with you! While at camp, we'll support campers through any feelings, but here are some helpful tips:

- Encourage your child to bring a good friend; supportive friends can be a great help.
- Consider an overnight stay before camp to gauge readiness.
- Send cheerful, frequent letters!
- If your child experiences significant homesickness, a staff member will reach out to discuss the situation.



HOW DO YOU HANDLE MY CHILD'S HEALTH NEEDS?

We take every precaution to ensure the health and safety of each camper. Your child's health is our staff's main concern. Campers are welcome to see a nurse at any time. We want to keep campers healthy and happy, so they can have a great week of camp! Should your child require off-camp care, every attempt will be made to contact you first.

- Each camper is required to submit the completed medical information form. If you register online this form is part of your registration process. For paper registrations you will need to fill out the paper form.
- We do have "over the counter" meds in stock so please do not send any ibuprofen, acetaminophen, benadryl type products with your camper.
- Clinics and emergency room care are located within 15 miles of camp in Ely and some of our staff are First Responders.
- Camp Shamineau carries secondary medical coverage on campers. Medical bills resulting from injury while at camp must first be submitted to the camper's personal medical insurer.

Medications

Please bring meds in original containers. All medication (prescriptions, vitamins) must be turned in to the nurse during check-in and will be administered as scheduled. Campers with inhalers should bring two, one to keep in their cabin and one to leave with the Camp Nurse. Bring an anaphylactic kit for severe allergies. Medications can be picked up in the ballfield on check out day from Rock Ridge staff.

Special Dietary Needs – Camp Shamineau caters to the following dietary needs:

- **Gluten Allergies:** The Rock Ridge kitchen offers gluten-friendly options at every meal. Please note, gluten friendly meals are prepared in areas that also prepare non-gluten free meals. (For example: A gluten-free pizza will be cooked in the same oven as a non-gluten free pizza.)
- A limited selection of gluten-free options (individually wrapped products produced by a certified gluten free company) will also be available at the kitchen service counter. These may include muffins, cookies, and dessert bars.
- **Nut Allergies:** The kitchen is not a nut free space but we can make accommodations for campers with nut allergies. If your camper has a nut allergy we would want you to contact our staff, chad@shamineau.org, to talk through the possibilities. Due to the isolation of our location campers with severe nut allergies should attend Camp Shamineau at our Motley site as they have closer access to emergency health care.
- **Other Food Allergies:** Lactose-free milk will be available at the kitchen service counter. For all other allergies, please contact the kitchen to discuss available options at Chad@shamineau.org.
- **Other Notes:** Food storage space is available for guests who wish to bring their own food. Unfortunately, the kitchen may not be able to accommodate all special diets.

Poison Ivy

Let your campers know that Poison Ivy grows abundantly in our area. Help them learn to identify it and encourage them to stay on well-traveled paths. Campers should always wash well after being in areas of possible poison ivy contact or use an alcohol-based waterless hand sanitizer.

HOW DO I CONTACT MY CAMPER DURING THE WEEK?

NO TO PHONES AND VISITORS

Phones

At Camp Shamineau campers are only permitted to make or receive phone calls in emergency situations. Please do not send cell phones to camp. Campers will not be allowed to keep cell phones. Parents are requested to call for campers only in case of an emergency. After 5:00 PM an answering machine will provide an emergency number. This after-hours phone is a limited use phone for emergencies.

Rock Ridge Direct Phone Number (Chad): 218-504-5241

Visitors

For security reasons visitors are not allowed during the camp week.

YES to CAMPER EMAILS AND MAIL

Camper Emails

- To send an email to your camper go to the website www.shamineau.org. then click "send an email to a summer camper". Emails will be printed off each morning at 9:00 AM. Due to system constraints campers will not be able to respond to your emails and the office staff will not be able to reply to emails directed to your camper. We also request that you don't send multiple emails each day.

Mail

- If you're sending mail, allow 3-4 days for delivery. Many parents bring letters during camper drop-off; we'll store and deliver them. Label them with your child's name and drop them at check-in. Please don't bring or send packages.

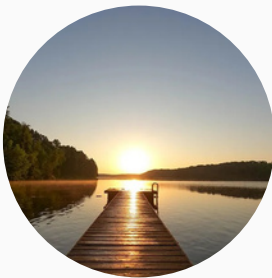
HOW DO I USE MY FAMILY ACCOUNT?

To log into your family account go to www.shamineau.org, click on My Account and enter your username and password. If you forget your username and password give us a call and we can help you.

- To make changes to your camper's health form or medication list, click on your camper's name then scroll down and click on the "My Forms" or "Medications" options and make any changes.
- To make changes to your reservation, click on the actual reservation.
- To add a cabin mate or check on the cabin mates listed, click on their reservation and then "Additional Information – cabin mates".
- To add an approved pickup person, click on "Pickup Authorization" and make your changes.
- Balance is due 2 weeks prior to your camp session and can be taken care of on your account under "Make a Payment".

Cancellation Policy: If you cancel, you'll receive a full refund. Please call us promptly as we may have a waiting list.

OUR MAIN PRIORITIES



Authentic Community & Being Known

At Rock Ridge, we cultivate a close-knit, Christ-centered community where campers are truly known and valued. Through small-group settings, intentional relationships, and shared experiences, we create a space where campers feel seen, heard, and encouraged in their faith journey.



Purposeful Adventure in the Wilderness

Adventure is at the heart of Rock Ridge, but every experience is designed with purpose. Whether canoeing through the Boundary Waters, hiking rugged trails, or gathering around a campfire, each activity fosters personal growth, teamwork, and a deeper connection with God's creation.



Trained Wilderness Staff & Gospel-Centered Experiences

Our staff are passionate, highly trained, and equipped to lead campers safely through transformative wilderness adventures. More than just guides, they are mentors who share the Gospel through both words and actions, helping campers discover and deepen their faith in Jesus.

CAMP SHAMINEAU

PHONE: 218-575-2240

AFTER HOURS ROCK RIDGE PHONE (CHAD): 218-504-5241

CHECK-IN/OUT LOCATION: 2345 RIDGE RD. MOTLEY MN 56466

ROCK RIDGE LOCATION: 2851 CAMP EASTON RD, ELY, MN 55731

SUMMER CAMP OFFICE HOURS:

MONDAY – FRIDAY 8:30 AM – 4:30 PM, CLOSED SATURDAY, OPEN SUNDAY 1:00- 7:00 PM

