

BASE CAMP

ADULT PROGRAM CATALOG



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WELCOME TO BASE CAMP!

Northern Star Council's Base Camp is an experiential education facility offering a unique year-round environment for visitors to engage in team building activities, rock climbing, high ropes courses, archery, and more. We are conveniently located in the heart of the Twin Cities just east of the Minneapolis-St. Paul International Airport at the intersection of MN Highways 55, 62, and 5. Visitors to Base Camp can also arrive by light rail, with the Fort Snelling station just blocks away. We are located next to some of the best outdoor areas in the Twin Cities including Historic Fort Snelling, Fort Snelling State Park, Coldwater Spring Restoration Project, Minnehaha Falls, and Minnesota Valley National Wildlife Refuge!

Groups of any size are welcome at Base Camp. We are a group reservation facility, so arrangements must be made prior to arrival. No matter the weather, we are open year-round for everyone in the community—all you need is a reservation.

A portion of your adult program fee is used as a donation to help support our youth-serving mission:

Connect all young people to interactive experiences that build healthy, contributing citizens of character and leaders for life.

This catalog will help you plan your Base Camp adventure and understand our activity fees and reservation process. In Base Camp's first five years of operation, nearly 200,000 people have attended Base Camp! So what are you waiting for? Mark a visit to Base Camp on your calendar and let your adventure begin!

LARGE GROUPS/FULL FACILITY RENTALS

If you are looking for the perfect venue for your special event, Base Camp offers full building rentals! Your rental can last from four hours for a lunch meeting up to a full weekend for a corporate retreat or special event. Our convenient location off of highway 62/55 - near the airport and light rail blue line - makes us central to the Twin Cities area and easily accessible for out of town visitors.

Reservations

Reservations for the full facility can be made up to 11 months in advance, but in order to give your group the best experience we can not accept reservations within 14 days of a requested date.

Amenities

Base Camp can be set up in almost any way you can imagine. We realize that takes a lot of supplies and materials, so to help here are the items we have available:

- Projector
- Projector screen
- TV Cart with speakers
- Large monitor cart without speakers
- Speaker podium
- Seating for 160
- Complimentary parking
- Hand held and lapel wireless microphones
- 16 six-foot rectangular tables
- 20 seventy two-inch round tables

If there's something else you need, we'd be happy to help you find and rent additional equipment.

All full facility rentals include one of our lead guides to help coordinate, organize, or answer any questions you may have. If you'd like additional staffing, please make a note on your [Facility Request Form](#) and we'll follow-up.

MAKING A PROGRAM RESERVATION

At Base Camp there are program opportunities for all group types and sizes. Feel free to complete the following worksheet before exploring the programs to help you plan your visit:

- We would like to visit for _____ to _____ hours.
- Our group will have _____ to _____ participants.
- We are prepared to pay \$_____ to \$_____ per participant.

Now you are prepared to explore our programs and find the right one for your group!

Once you have identified a program you like, **you must fill out an *Adult Program Request Form***. This form can be found on our website (www.explorebasecamp.org/forms). It can also be picked up by either visiting Base Camp or one of Northern Star Council's Service Centers.

Other Important Information:

- **To qualify for the Non-profit adult price, an ST3 form is required.**
- **If your group exceeds the maximum number of participants for a program,** contact our Program Director at 612-767-0052 to figure out a program that will work for you.
- **Multiple programs can operate simultaneously.** Feel free to request multiple programs to accommodate larger groups or a diverse interest of participants. Please use a separate ***Adult Program Request Form*** for each program.
- **Programs can take place 6am-10pm,** seven days a week (except for major holidays). Program requests outside of these times may carry an additional fee.



CORE ADVENTURES AT BASE CAMP

<u>Activity</u>	<u>Description</u>
<p>Archery</p>	<p>Archery at Base Camp is a blast! Our 15-yard indoor archery range has five stations, making it a great activity for year-round adventures. Adults and youth in kindergarten or older find our most popular activity both challenging and fun. Don't worry, even if you've never picked up a bow before, it's a skill you can learn and be successful at quickly. We provide all the bows and arrows you'll need, but you can also use your own equipment with approval from one of our lead guides.</p>
<p>Cycling</p>	<p>With the best urban biking trails in our back yard, Base Camp is a great starting point to see some amazing sites in Minneapolis, St. Paul, Mendota Heights, and Fort Snelling. Adults and youth, in 7th grade or older, begin with a basic safety and maintenance course before using Base Camp's bikes and helmets to go on a five to ten mile bike trip with one of our guides. Your group chooses the destination - whether it's Minnehaha Falls, the Mississippi River Parkway, Fort Snelling State Park, or someplace else, you will have a memorable cycling adventure.</p>
<p>High Ropes</p>	<p>Nervous about heights? No problem! Our guides have plenty of experience helping thousands of people overcome their fear of heights. Because of the physical and behavioral maturity required, you must be in 7th grade or older to participate in our ropes course. <i>Harnesses and helmets are included, but you can use your own equipment if you bring your proof of purchase date and get it inspected by a Base Camp lead guide.</i></p> <p>Our indoor course operates year-round and contains three levels of challenging elements. Once you climb one of our five ascents, you can head across an aerial obstacle course. Most obstacles, like the cargo net and single-line traverse, are 16 feet high. For an added challenge, our 30-foot outdoor course adds problems only mother</p>
<p>Lego Mindstorms® Robotics</p>	<p>The future is now, and it has robots! For adults and youth in 4th grade or older, Base Camp's robotics program provides a great opportunity to test your STEM skills. With the help of our experienced guides, you'll use Lego Mindstorms® robotics kits to design, build, and program your very own robot to complete simple tasks. <i>If you can't get enough of our robotics program, our Lego Mindstorms® kits are also available to rent for \$15/week. Just fill out an Adult Program Request Form, indicate you'd like to check out one of our kits, and send the form to basecamp@northernstarbsa.org.</i></p>
<p>Rock Climbing</p>	<p>Using a climbing rope that can hold more than 5000 pounds, Base Camp guides belay participants and protect them from falling. If your group has the time and wants an added team building challenge, our guides can also provide belay training to adults and youth in 6th grade or older. <i>Harnesses and helmets are included, but you can use your own equipment if you bring your proof of purchase date and get it inspected by a Base Camp lead guide.</i> Climbers must wear closed toed shoes.</p> <p>Our indoor climbing wall is the centerpiece of Base Camp and simulates the natural rock face of the St. Croix River bluffs near Taylors Falls. Try one of 16 routes between 24 and 32 feet high. Our outdoor wall provides a physical and mental challenge to climbers of all ages and abilities.</p>
<p>Space Shuttle Program</p>	<p>Are you John Glenn or Han Solo? With Base Camp's space shuttle program, the choice is yours. Our shuttle cockpit is one of only eight in the country and the only one in the Midwest! You can't pilot this rocket on your own, though. Small groups of seventh graders all the way up to adults will benefit from the team building and problem solving lessons learned in our 3/4 scaled replica of a space shuttle cockpit. Worried about motion sickness? Good news! Our space shuttle cockpit doesn't move. The take-off and landing simulations can be abstract, stressful, and challenging, but through practice you can improve your group's communication and support for each other.</p>

ADD-ON ADVENTURES AT BASE CAMP

<u>Activity</u>	<u>Description</u>
Belay Training (1 Hour)	Want to add another element of trust and team work to your ropes or climbing program? Our guides will teach your group how to safely belay each other. No experience is necessary to learn how to belay, but you must be in 7th grade or older to belay. If everyone finishes the belay training early, you can get started early on your climbing or high ropes program.
Team Building (1, 2 or 3 Hours)	Team building activities go by a lot of names - ice breakers, initiatives, and low ropes course activities. At Base Camp our team building games range from simple problems to complex challenges that require groups to work together to succeed. With over 75 activities in their back pocket, our guides have plenty of engaging ways to create team building experiences that focus on planning, self-awareness, personal disclosure, communication, cooperation, leadership, or other outcomes your group may want. You may have just come together as a group and are looking to kick start your performance or you may have been working together for years and are looking to discover a personal connection. Whatever your background, our staff will facilitate an experience through guided discovery by choosing activities based on your group's strengths and weaknesses. We'll also tailor the challenge of your team building program to meet the needs of both adults and youth in Kindergarten or older.



CORE ADVENTURES

Program	Program Length (Hours)	Minimum Participants	Maximum Participants	Program Fee/ Participant (Non-Profit)	Program Fee/ Participant (Corporate)	Program Code
Archery	1	10	20	\$13	\$18	KA1-20
Space Shuttle	1	6	6	\$25	\$35	7S1-6
High Ropes	2	10	18	\$25	\$35	7R2-18
Rock Climbing	2	10	60	\$22	\$30	KC2-60
Team Building	2	10	70	\$16	\$23	KT2-70
Robotics	2.5	10	20	\$18	\$25	4L2.5-20
Cycling	3	10	20	\$20	\$28	7CY3-20
Outdoor Skills	5	10	60	\$29	\$40	1OS5-60



ADD-ON ADVENTURES

Program	Additional Program Length (Hours)	Program Fee/ Participant (Non-Profit)	Program Fee/ Participant (Corporate)
Team Building	1	\$5	\$8
Team Building	2	\$11	\$15
Team Building	3	\$16	\$23
Belay Training	1	\$7	\$10

COMBINATION ADVENTURES

Program	Program Length (Hours)	Minimum Participants	Maximum Participants	Program Fee/ Participant (Non-Profit)	Program Fee/ Participant (Corporate)	Program Code
Shuttle & Archery	2	6	12	\$27	\$38	7SA2-12
Archery & Climbing	2.5	10	50	\$27	\$38	KAC2.5-50
Shuttle & Climbing	2.5	6	18	\$31	\$43	7SC2.5-18
Shuttle & Ropes	3	6	18	\$40	\$55	7SR3-18
Ropes & Archery	3	10	30	\$31	\$43	7RA3-30
Ropes & Climbing	3	10	30	\$38	\$53	7RC3-30
Robotics & Archery	4	10	30	\$25	\$35	4LA4-30
Robotics & Climbing	4	10	30	\$34	\$48	4LC4-30
Shuttle & Cycling	4	6	12	\$34	\$48	7SCY4-12
Shuttle & Robotics	4	6	24	\$34	\$48	7SL4-24
Cycling & Archery	4	10	20	\$29	\$40	7CYA4-20
Cycling & Climbing	4	10	30	\$34	\$48	7CYC4-30
Ropes & Cycling	5	10	30	\$40	\$55	7RCY5-30



DEPOSIT, PAYMENT & CANCELLATION POLICY

Reservations

Reservations for adult programs may be made up to 6 months in advance of requested program date. Reservations for adult programs must also be made at least 14 days ahead of requested program date.

Deposits

A deposit of 50% per person is required upon making reservation, based on estimated number of participants. Checks (made payable to Northern Star Council) or credit card payments (VISA, MasterCard, Discover) are accepted. This deposit is nonrefundable if a lesser number of participants attend the scheduled program. It is transferrable to another date if rescheduled at least 3 weeks in advance.

If the confirmed number of participants changes at any time, please let Base Camp know by calling 612-767-0042. If the confirmed number of participants is lowered more than 1 week ahead of the scheduled program the deposit will be adjusted.

Remaining Payments

Remaining balance is due upon arrival at Base Camp by credit card, cash or Check.

Cancellations

Scheduled programs cancelled at least 3 weeks in advance can transfer their deposit to a new date. Scheduled programs cancelled less than 3 weeks in advance will forfeit any deposits paid.

Base Camp Severe Weather Policy

Decisions for official Base Camp closing will be made by the Base Camp Director or Base Camp Program Director.

When Base Camp is officially closed, fees will either be transferred to another date within the calendar year or refunded.

*If Base Camp does not officially close, the Base Camp Director or Program Director may approve transferring fees paid by a group to another date if the group leader determines conditions to be unsafe for their activity AND if they notify Base Camp (before start of event) that they will not be able to attend Base Camp. This can be accomplished by calling the Base Camp on-site phone **612-767-0054** (leave a message if no answer) or email to basecamp@northernstarbsa.org. Typical reasons for this situation include heavy snowfall, slippery road conditions and extremely cold weather. Requests for fee transfers must be submitted in writing.*

Information and questions regarding current weather conditions for Base Camp Programs will be available at 651-254-9134 (December-March).

Directions available at www.explorebasecamp.org/location.aspx

Base Camp is owned & operated by Northern Star Council, BSA

Base Camp

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