“One of the best contexts for discovery is experiential learning. This is a type of learning that requires action, reflection, and an undetermined result. In a word, spiritual formation requires adventure. “
-Greg Robinson, *Adventure and the Way of Jesus*

“When we venture forth, we set out on a path that ultimately leads us to where we need to go in order to become what we’re meant to be. “
-Kerry Walters, *Soul Wilderness: A desert spirituality*
Dear student,

The world is quickly changing, but at Mink Lake, not much has changed at all; a simple place dedicated to providing significant experiences for people seeking perspective and life leadership.

At Coldwater we want to personally extend to you our invitation to join us at Mink Lake Wilderness Camp for a summer experience you will remember for a lifetime! You will have significant opportunities to lead and gain direct experience strengthening your abilities as a leader and team contributor. Nothing in life replaces direct experience which will be your greatest advantage and produce valuable learning.

As a participant in an Coldwater outdoor program, we endeavor to give you this highest opportunity…to be involved. As a leader, you will make choices that impact your peers and work with them to overcome the obstacles before you. You will weigh-in on the groups direction and on how to travel. You will have the opportunity to reflect on your gifts and talents as a leader and on the importance of the Christian faith in light of your present circumstances.

Whether you are coming to us as a graduate of an outdoor leadership program or as a high school student looking for an introduction to the wilderness classroom, we will be thrilled to have you in our programs and look forward to getting to know you!

Please consider us as an option for your next step in leadership.

Sincerely yours,

Kevin Sutton
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Our Mission and Vision
Coldwater Foundation is a faith and leadership development organization serving people with experiences that promote life change and maturity. We are committed to building a culture of young people equipped, empowered, and inspired to live and life serving God and serving others.

Our Approach
Coldwater Foundation desires to see transformation in people and communities. We equip participants to be problem solvers, to explore their strengths in leadership, to challenge themselves, and to value the importance of teamwork. We do this by carefully crafting our programs using strategies of experiential learning. Whether scouting a set of rapids, helping a leader of the day navigate a large lake, or equipping a group of students to plan a community service project, we believe in the importance of getting a student as directly involved as possible in their adventure. It is their involvement that leads to authentic growth.

Our Instructors
Our trips are led by experienced Coldwater wilderness instructors. They are trained in outdoor leadership, first-aid (Wilderness First Responder certification), experiential learning, small group facilitation, spiritual formation, and discipleship. Our leaders are mature Christians with high moral character, passionate about youth development, and committed to best practices in outdoor leadership.

What is Included in Each Coldwater Wilderness Experience?
- Care for each participant throughout their stay with us
- Group gear including packs, canoes, and shelters
- Lodging and meals provided throughout experience
- Significant opportunities to lead
- Our sincere interest in each student’s learning
- Outdoor education provided by trained instructors
- Relationships formed with Coldwater staff and peers
- Post-trip celebration and service opportunities
Custom Trips
Interested in a Coldwater experience but our dates or locations do not work for you? We will work with you to design and facilitate a custom wilderness trip or retreat for your group.
Email us at info@coldwaterfoundation.org to get things started!

Volunteer & Work Opportunities
Every summer Coldwater relies on volunteers to help make our summer programs possible. If you like to cook, mow the lawn, build or repair buildings and docks, or help with maintenance, we would love to have you join us! Visit our website or email us at info@coldwaterfoundation.org to learn more about volunteer opportunities.
We have summer staff positions available. Visit our website for more information and to apply: www.coldwaterfoundation.org

Student Fundraiser
Would you like to participate in a Coldwater experience but are held back by finances? We are committed to removing as many barriers as possible to help make our programs available to you. Thanks to our partner Fika Coffee, a local artisanal coffee roaster out of Grand Marais, MN, students can sell 12oz bags of our special Coldwater Blend to raise money for their experience. Read more about the Fika Fundraiser online at www.coldwaterfoundation.org or email info@coldwaterfoundation.org for a student sponsorship application.

“Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.”
Ephesians 4:14-15
Mink Lake Wilderness Camp

Mink Lake Wilderness Camp on the Gunflint Trail in northern Minnesota is Coldwater’s campus for student ministry and leadership development. Mink Lake is a true wilderness outpost and an exceptional base camp for all of our operations. MLWC has a long and rich history in outdoor ministry, and we are grateful to continue its legacy and to steward this place for the coming years.

Mink Lake Wilderness Camp...
- Located in the heart of the Superior National Forest
- Surrounded by Boundary Water Canoe Area Lakes
- Historic lodge, 5 heated log cabins that sleep 12, camp sauna and high & low ropes courses

Mink Lake Wilderness Camp is an incredible resource that allows you to explore numerous lakes, miles of trails and the endless beauty of our backyard.
WILDERNESS LEADERSHIP EXPEDITION
Equipping Leaders, Serving Communities, Strengthening Faith.
WLE is designed for people who want to explore leadership, community, spiritual formation and service to others through the challenges and risks of the wilderness classroom. During WLE you will travel through rugged and beautiful course areas. Spiritual formation, backcountry skill development and daily opportunities to lead are core to this program. Within a community of peers, you will spend time thinking about God’s restorative mission in the world, your personal direction, and incarnational community living. WLE will let you explore using your gifts, education, passions, and career choices to make a Kingdom impact. Come join us on this wilderness adventure!

Date: May 26-June 9  
Location: Mink Lake Wilderness Camp/BWCAW  
Program Fee: $890  
Register Today. www.coldwaterfoundation.org
“The key is students in the applied setting leading real groups. That is what sets this internship apart. Some programs have months of training but you really never lead real people on trips. You just lead your co-staff members/students. Coldwater has found a way to let students lead trips for clients or guests and not just each other.”

-Dr. Greg Robinson, Outdoor Leadership Ministries Program, John Brown University
Wilderness Leader Internship is a summer immersion program for college aged leaders, focused on developing ministry capabilities as a Christian educator, mentor, and wilderness instructor. As a Wilderness Leader Intern, you will discover and experience first-hand what it is to teach and lead in the wilderness classroom!

Interns will join our leadership team and be equipped to bring about lasting change in wilderness course participants. Students are not chosen on a “first come, first served” basis, but are selected through an application process. Selected students will have all course fees covered (with exception of Wilderness First Responder Certification) and will receive a $1500 stipend following their field experiences. There are 6 funded Intern positions.

**Date:** May 13-August 3  
**Location:** Mink Lake Wilderness Camp  
**Compensation:** $1500 + Room & Board  
**Apply Today:** www.coldwaterfoundation.org

**What will the Internship encompass? Leaders will:**

- Participate in our 16-day *Wilderness Leadership Expedition*: our cornerstone leadership course for wilderness leaders
- Receive significant opportunities to practice leadership and actually lead in our outdoor programs
- Learn the various important roles of outdoor leadership in our Wilderness Instructor Training seminar
- Engage in rigorous peer teaching, role playing & interaction involving wilderness skill instruction
- Study the Biblical foundations of Christ-centered leadership.
- Express a personal “lived theology” of leadership, with a focus on mentoring and discipleship
- Receive training and practice in facilitating guided reflection
- Participate in a healthy, vibrant Christian community at Mink Lake Wilderness Camp
- Gain a Wilderness First Responder certification (valid for 3 years)
- Receive room and board at Mink Lake for the duration of the program
The Wilderness First Responder course provides comprehensive instruction in backcountry medicine. Our WFR course, offered on-site at Mink Lake Wilderness Camp, is facilitated by Stonehearth Open Learning Opportunities (SOLO), an outdoor leadership and backcountry medicine training school. Students will gain extensive, hands-on instruction from certified SOLO educators on topics such as Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies and Survival Skills, Soft Tissue Injuries, and Medical Emergencies. Course includes both a comprehensive written exam and comprehensive practical skill assessment. WFR certifications are valid for three years. Contact SOLO for recertification information. For more information on other Coldwater Foundation programs, contact us at info@coldwaterfoundation.org.

**Dates:** May 14-23  
**Location:** Mink Lake Wilderness Camp  
**Cost:** $TBD (SOLO WFR Fee, CPR, room and board)  
**Register Today.** www.coldwaterfoundation.org
A Wilderness Sabbath.

Restore is a wilderness trip for college students and young adults seeking rest and a change of pace following the hectic schedule and chaos of the academic year. This soul-cleansing experience will provide an opportunity for spiritual renewal, reflection, and fellowship with others. Paddle in pristine lakes of the Boundary Waters Canoe Area Wilderness. Journal and reflect under the iconic white pines and along rocky shores. Come and join us in this true wilderness experience.

**Dates:** May 14-23  
**Location:** Mink Lake Wilderness Camp  
**Trip Fee:** $390  
**Register Today.** [www.coldwaterfoundation.org](http://www.coldwaterfoundation.org)
SERVICE TEAM

Register Today. www.coldwaterfoundation.org
Service Team is a community service experience designed for high school students to integrate their faith and work with God's restorative mission for the world. Students will participate in hands-on service and leadership opportunities rooted in the biblical ethic of care for self, others, and place. Service Team members will be mentored by Coldwater staff, and together will be part of the Coldwater summer ministry. Our goal is for each student to mature in his or her Christian faith. Students will have regular times of discussion, Bible-study, and practice in the spiritual disciplines. This program teaches a strong service-ethic and measurable employability skills. A week-long wilderness canoe trip completes this unique summer of service.

The work you and your team do will include welcoming guest groups to Mink Lake Wilderness Camp, helping to serve meals, taking care of the lodge, and learning to care for and maintain our base camp.

Through a focus on service, our hope is for each student to encounter God in a fresh way, grow in appreciation for His creation, and see the value of the work of their hands.

**Dates:** June 11-August 3  
**Location:** Mink Lake Wilderness Camp  
**Cost:** $1,200 (funding options available)  
**Apply Today.** [www.coldwaterfoundation.org](http://www.coldwaterfoundation.org)
A wilderness experience for high school students with a strong emphasis on leadership development and spiritual formation.

The Compass experience invites you to explore a deeper commitment to your faith and community, and to challenge yourself with the risks and choices involved in a remote backcountry adventure. Compass takes you into the Boundary Waters Canoe Area and is a true wilderness experience. You will encounter problems to solve and experiences that push you outside your physical, mental, and spiritual comfort zones. As a young leader, you will practice leadership, grow in responsibility to your team, and develop new friendships. You will paddle through pristine lakes, navigate wilderness waterways, lead with a map and compass, and build a solid sleeping shelter. You will spend time around a campfire, sharing stories with your team, and keeping a journal will help you to reflect on your Compass adventure.

**Dates**: 5-Day: July 17-22 | 9-Day: July 24-Aug 2  
**Location**: Mink Lake Wilderness Camp  
**Trip Fee**: 5-Day: $325 | 9-Day: $585  
**Register Today.** [www.coldwaterfoundation.org](http://www.coldwaterfoundation.org)
MEN’S & WOMEN’S RETREATS

Schedule Today. www.coldwaterfoundation.org
Coldwater has been leading mens and womens experiences both in the Boundary Waters & Mink Lake Wilderness Camp for for nearly 10 years. Mink Lake Wilderness Camp, is especially equipped to serve your adult group with experiences that will be a welcome change of pace to everyday life. Experiences like these renew and restore us.

Adult experiences offer three important opportunities:
1) We unplug. One of the greatest gifts you receive from an experience like this is simply to get off the grid for a few days and to have basic quiet and solitude.
2) We enjoy. There is something deep inside us that loves to be outside in God’s creation. You will absolutely LOVE the peace and beauty of the outdoors! We will also enjoy the company of each other. You will forge some new friendships and enjoy old ones.
3) We connect. One of our chief goals on a trip like this is to connect with God in a meaningful way. It may be as you paddle, watch a sunset, laugh around a fire, or spend time in intentional prayer. Regardless of how, we expect that you will have time to see, smell, taste and touch the goodness of God all around you.

While these are important broad themes, all of our programs are adaptive. We would enjoy working with you to build an experience that directly serves your group. Whether this means adapting the schedule, trip goals, curriculum or physical medium of the trip, we are eager to facilitate an experience uniquely suited to your needs!

Please contact us for further conversation about how a Coldwater experience will impact your group!

Contact us to customize your experience and reserve your space at Mink Lake Wilderness Camp, northern Minnesota.
info@coldwaterfoundation.org
Learn More.
www.coldwaterfoundation.org
SNOWCAMP is a five-day winter leadership retreat located at beautiful Mink Lake Wilderness Camp, home of Coldwater Foundation. This retreat is a fun introduction to all things winter — winter snow sports, winter trekking, and winter camping. Our time will be balanced between intentional conversations, devotionals, and times of worship spent inside along with daily activities, snowshoeing, broomball, shelter building and even a full night spent outside!

Check our website for upcoming Snowcamp dates. Location: Mink Lake Wilderness Camp Trip Fee: $100 Register Today. www.coldwaterfoundation.org
“Mink Lake has served our No Boundaries Camping Adventure for many years. It’s been home to our BWCA camp, serving persons with intellectual and developmental disabilities. This year we returned to Mink’s shores, save for one amazing difference-The Coldwater Foundation.

We always employ some amazing and caring counselors, with various backgrounds in human services, to support our friends at camp. What we couldn’t have anticipated was the unbelievable support that Coldwater afforded us. Their patience, hard work, and care for our friends, was paramount to our success. The myriad of goals achieved would not have been possible without the selfless and quality support of the Coldwater staff. We all went home champions of the north woods and our smiles were wide.

Thanks Coldwater for continuing the stewardship of a place dear to us and thanks for the heartwarming welcome back to Mink! -Daniel Cashman

“I can honestly say his experience at Coldwater was life-changing. He came home with more self-confidence, self-worth, a heart for serving others and a positive attitude. He loved the opportunity to become a leader at Coldwater - and he has exhibited a sense of leadership at home. Also, he developed a renewed excitement for the outdoors! He LOVED his experience backpacking and canoeing and has expressed a desire to continue this activity [a little difficult to do in Houston]. He also came home with an interest in becoming more healthy with food & exercise! I am truly thankful to your family and staff for hosting my son for service week and providing such a wonderful wilderness experience.” -Parent of a Coldwater Participant
“This summer God confirmed that this ministry is something I am passionate about, something that is worth me investing my time in, and where I know I can have a significant impact. He created this feeling in me of being absolutely and completely vulnerable. I realized just how insignificant I was, and yet God loved me, and I would be lost if I didn’t remember this. This new vulnerability led to deeper feelings of trust, independence, and competence that I experienced this summer. God really challenged me and refueled my passion for the Coldwater ministry.” -High School Student