

Deerfoot Lodge Program Information for the Medical Professional

Campers at Deerfoot Lodge live in an active wilderness setting. At the main camp, campers live and sleep in wilderness conditions, without electricity and showers, and may have to walk a long distance to their cabins on uneven ground.. Strenuous activities may include hiking up steep mountains with backpacks, distance running and swimming, as well as various athletic activities. Bathing takes place in the lake, often early in the morning. Weather conditions can be extreme with temperatures ranging from the low 40s to high 90s. Severe storms, high winds, intense sunlight, and prolonged rain are all possible.

All Campers take at least one overnight backpacking or canoeing trip each week. Physical demands on the camper may include carrying a backpack for miles over uneven terrain such as rocks, boulders, fallen logs, mud and slippery surfaces as well as ascending and descending steep mountain slopes. Campers may also go on canoe trips that require paddling loaded canoes and lifting and carrying boats over uneven terrain. While participating on out of camp trips, campers will sleep outdoors, experience physically demanding days, setup camp and cook over stoves or open fires, and use wilderness water sources which are either filtered or disinfected.

Campers on extended trips may live in the conditions described above for up to 11 days. On the advanced Guide Trip (for campers 17 or 18 years old), participants may fast without food for up to three days.

Wilderness trips operate in remote areas where evacuation to modern medical facilities can take up to 24 hours and two way communication is limited or non-existent.

Deerfoot Lodge is not a rehabilitation program. We are not the place to quit smoking, drinking or drugs, or to work through behavioral or psychological problems.

Any recent injury or surgery that involves a camper's back, legs, knee or feet may need serious consideration regarding whether the camper will be able to fully participate in our programing. The ability to have full participation is needed in order to be a camper. If there is any question, please call the Health Director or Director prior to the camper's arrival.