University of Minnesota Duluth – Recreational Sports Outdoor Program

2020 Freshmen Outdoor Trip: Voyageur Canoeing the Apostle Islands

The Apostle Islands are a beautiful series of islands that spread out into Lake Superior at the northern end of Wisconsin. From our 35 foot long Voyageur Canoe, we’ll explore secluded beaches, sea caves, cliffs and old growth forests with newfound friends.

HERE’S WHAT TO EXPECT:
Each day we’ll paddle together, set up camp, enjoy good food and company along the way. There is time throughout the trip to play, relax, swim, hike, and explore sea caves, light houses, and stone quarries. Everyone will be involved with paddling, camp set-up, cooking, cleaning, and hiking.

For pictures of past trips, go to: www.umdrsop.org and click on “Outdoor Trips”, then “Freshmen Trips”.

WHEN:
9 am Monday, August 24 – Thursday, August 27, 2020
Pre-trip meeting Sunday, August 23, at 5pm (meet in Lake Superior Hall Lobby)

WHERE:
We will be departing from the main entrance to Lake Superior Hall at 9am on August 24

PREPARATION:
• *Equipment* – attached is an equipment list that includes what we provide and what you need to obtain. **Follow this closely:** it is based upon extensive experience. Plan on weather that could range from the low 70’s to the 40’s and windy.
• *Schedule* – attached is an itinerary of what we will be doing.
• *Housing* – if you have an on-campus housing assignment you will be eligible to move in on Sunday, August 23 between 11am and 4pm and stay on campus the night before the trip. Call the Housing Office at (218)726-8178 or email umdhouse@d.umn.edu if you have any questions. Please refer to your housing assignment email from Housing and Residence Life for housing details. Early move in on Sunday begins by checking in at the Housing and Residence Life office in Lake Superior Hall. After checking in, you may move into your assigned dorm.
• *Health & Liability Form* – complete these forms and return them within one week.
• *Training* – We’ll be paddling up to 10 miles in a day. Be prepared to be physically active.

THE OUTDOOR PROGRAM PROVIDES:
We provide all group gear, food, quality paddling equipment, transportation, and expert instruction.

GOALS:
• Have Fun
• Meet other freshmen, students, and staff
• Transition into UMD
• Explore the Apostle Islands
• Learn paddling & camping skills
• Learn more about UMD

EXPLORE MORE WITH THE UMD OUTDOOR PROGRAM:
The Outdoor Program offers a wide variety of programs during the school year. Get involved!

GENERAL INFO:
Phone: (218)726-7128
Email: rsop@d.umn.edu
www.umdrsop.org

The Real Classroom is Outside…Get Into It!
University of Minnesota Duluth – Recreational Sports Outdoor Program

Voyageur Canoeing the Apostle Islands Itinerary

This itinerary is designed to be flexible based on many factors that include: weather, skill levels, and interests. Listed are highlights of what will be seen and done.

Note: You will need to be on your own to get dinner on Sunday evening and breakfast on Monday morning. Please check with Dining Services to see what facilities are open.

Sunday, August 23
11am- 4pm – Early Move-In for ON-CAMPUS residents at 149 Lake Superior Hall. Please refer to your housing assignment email from Housing and Residence Life for housing details.

5pm – Meet in the Lobby of Lake Superior Hall to learn more about your trip as well as meet leaders and other trip participants. This is a required meeting. Afterward, if you have gear reserved from the Rental Center, staff will take you there.

Monday, August 24
9am – Meet in front of Lake Superior Hall’s main entrance – we will divide into groups, load equipment and head out to Buffalo Bay. Load gear into boats & paddle out to the Oak Island campsite. Set-up camp and enjoy.

Tuesday, August 25
Rise and shine! Paddle to Stockton Island. Learn about the life in the islands and geology of the area. Explore the stone quarry. Stay at Stockton Island. Beach combing, hiking, and swimming all could be a part of this day.

Wednesday, August 26
Eat breakfast then load gear into boats and paddle to Basswood Island. En-route, stop at Hermit Island and search for the eagles’ nest on Basswood. Hike, Relax, and Enjoy the view!

Thursday, August 27
Paddle to the boat launch, take out and load equipment into the trailer and van. Drive back to Duluth. Unload equipment and clean-up.

5pm – Barbeque and campfire in Bagley Nature Area. Share your stories with other trip participants. WELCOME TO UMD!

The Real Classroom is Outside…Get Into It!

FUN INFORMATION ABOUT THE OUTDOOR PROGRAM IN THE APOSTLES:
• There are 22 islands in the Apostle Islands
• Numerous sunken ships dot the region. We likely will paddle over the Fedora and the Ottawa.
• Voyageur Canoes have been paddled on Lake Superior since the 1600’s. They are a very stable craft, once used to transport goods during the fur trade.
• Some of the Apostle Islands have old growth forests, while others have been farmed or have had sandstone quarries.
• The water in some of the sheltered bays can get fairly warm, even up to 65 degrees.
• We eat well on these trips with meals ranging from stir-fry to Mexican night. There will always be a vegetarian option.

GENERAL INFO:
Phone: (218)726-7128
Email: rsop@d.umn.edu
On this trip the weather may vary from hot and sunny with a high of 70 degrees to cold, rainy, and windy in the 40 degree range. Plan your clothing items so they can be worn over each other in layers. During the coldest possible weather, you may be wearing nearly all of your layers. Your gear will be re-packed into dry bags.

WE PROVIDE:
- 35’ Montreal Canoe
- Paddles
- Duluth Packs for gear storage
- VHF Radio
- Tents
- Spare rope
- Each meal while on the trail
- Maps for the group
- First Aid supplies
- Life jackets
- Dry Bags
- Toilet tissue
- Kitchen and cookware
- All transportation from UMD

YOU NEED TO BRING (avoid cotton):
- Sleeping pad (closed cell foam or self-inflating style)
- Sleeping bag (rated to 20 degrees F) in a stuff sack
- 1 Pair pants (wool, nylon, or light cotton)
- Durable rain gear (jacket & pants)
- 1 Pair shoes to keep dry for use in campsites
- 1 Pair shoes or sandals which will get wet (if you use sandals, make sure they have closed toes)
- 3 Pair underwear
- 1 Pair long underwear (no cotton)
- 4 Pair wool socks
- 1 Long sleeved shirt
- 2 T-shirts
- 1 Pair shorts and 1 swimsuit
- 1 Heavy sweater (wool or fleece! No cotton!)
- 1 Lightweight jacket
- Small camp towel
- Toiletries: Toothbrush/paste, Soap in plastic bag
- Sunglasses with safety strap
- Gloves or mittens and a winter hat
- Pocket knife
- Sunscreen lotion, insect repellant
- Baseball style or wide-brim hat for sun protection
- Spare prescription glasses with safety strap
- Prescription medications, enough for the whole week
- Unbreakable eating utensils (plate, cup, bowl, k,f,s)
- Flashlight/headlamp w/ fresh batteries
- 1 quart water bottle
- Optional: Paddling gloves, bandana

RENTAL:
Our Rental Center has many items including sleeping bags & pads, rain gear. Call the Rental Center at 218-726-6134 to reserve equipment. Rental details can be found at umdhrsop.org/rental

EQUIPMENT TIPS:
- Fleece and wool are great insulators – they even work when wet.
- Quality rain gear really helps you enjoy inclement weather.
- One pair of shoes is GUARANTEED to get wet. Old sneakers or sports sandals work well for paddling shoes. Plan to bring a pair of shoes to keep dry in your pack for use in the campsites. All shoes must attach securely to your feet. Crocs & slip-ons don’t work well.
- Long underwear should be a synthetic material, not cotton
- If there is a wind blowing, a nylon shell is very helpful.

EXTRAS YOU CAN BRING:
Camera, Journal, Pencil, book to read, field guides, personal map

DO NOT BRING:
- Cell phones or other electronics
- Cosmetics
- Junk food
- Recreational drugs, alcohol, or tobacco
- Weapons or explosives

If you have equipment questions, contact us
Phone: (218)726-7128
Email: rsop@d.umn.edu