

Apostle Islands Sea Kayak Overnight

September 20-21, 2008



HERE'S WHAT TO EXPECT:

The freedom and excitement that Lake Superior sea kayaking offers is something we're thrilled to share with you! As a participant you will be actively involved and learning about equipment, paddling techniques, navigation, on-water safety, and camping from sea kayaks. The itinerary will allow time to explore the natural features and cultural history of the Apostle Islands.

WHO:

This trip is suited for beginner skill levels. Paddlers will be using single and tandem kayaks.

WHERE:

Meet your instructors at the Trail Head in the Sport and Health Center lobby, 7pm Friday September 19 for a pre-trip meeting. The trip begins the next day early in the morning. We will base camp at Darymple Campground in Bayfield, Wisconsin, and circumnavigate Sand Island on Saturday. On Sunday, we will paddle either the sea caves near Meyer's Landing, or the shipwrecks near Red Cliff.

COST:

\$70 UMD Students / \$35 Kayak and Canoe Club Members.

Explore More with RSOP:

Kayaking in the Pool

Kayak at Glensheen Estate

Halloween Paddle

Paddling the BWCAW

Climbing and Bouldering Duluth

Climb Devil's Tower

Backpack the Porcupines

Halloween Orienteering Comp

Apple Cidering

Cat Fishing

Snowshoe Building

General Information and Registration

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The Real Classroom is outside...Get into It!

Sea Kayaking the Apostle Islands Equipment List

On this trip the weather may vary from hot and sunny with a high of 70 degrees to cold, rainy, and windy and 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.

WE PROVIDE:

Sea Kayak	Maps for the group
Wetsuits	Paddling Jackets
Paddles	Dry bags for gear
Life jackets	VHF Radio
Tents	Matches
Toilet tissue	Spare rope
Kitchen and cookware	First Aid kit

YOU NEED TO BRING:

Heavy duty garbage bags
Sleeping pad (closed cell foam or Therma-rest style)
Sleeping bag (rated to 20 degrees F) in a stuff sack
1 Pair pants (wool, nylon, supplex, or light cotton)
2 Piece rain-suit of durable material
1 Pair light tennis shoes for camp use
1 Pair long underwear (no cotton)
1 Pair shoes or boots which will get wet
3 Pair underwear
4 Pair wool socks
1 Small towel
1 Long sleeved shirt, 2 T-shirts
1 Pair shorts and 1 swimsuit
1 Heavy sweater
1 Lightweight jacket
Toiletries: Toothbrush/paste, Soap in plastic bag
Sunglasses with safety strap
Gloves or mittens, and a winter hat
Pocket knife
Sunscreen lotion
Baseball style or wide-brim hat for sun protection
Insect repellent
Spare prescription glasses with safety strap
Unbreakable eating utensils (plate, cup, bowl, k,f,s)
Flashlight w/ fresh batteries
1 quart unbreakable plastic water bottle
Optional: Paddling gloves

EQUIPMENT TIPS:

- Fleece and wool are great insulators – they even work when wet.
- Quality rain gear really helps you enjoy inclement weather.
- Old tennis shoes are fine for using in the kayak. Wear wool socks inside them. Bring wet-suit booties if you have them.
- Long underwear should be a synthetic material, not cotton
- Everyone will be wearing wetsuits while kayaking. They are great for keeping you warm. 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:

- Radios
- Cosmetics
- Junk food
- Recreational drugs or alcohol.

