

Apostle Islands Sea Kayaking



Pick Your Dates, 2010

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 all skill levels. Paddlers will be using a combination of single and tandem kayaks.

WHERE:

Meet your instructors at the Little Sand Bay Visitor Center, Apostle Islands National Lakeshore

COST:

\$450/person/(2-3 people)

\$425/person/(4-6 people)

ITINERARY:

As a participant, your abilities and expectations must be appropriate for the following generalized conditions:

1. Lake Superior's water temperature is in the forties this time of year except for the shallow bays where water is warmed by the sun. A farmer john wetsuit and various poly-nylon layers, and a lifejacket will be worn at all times. Weather and unforeseen group situations can create the need to alter our on-water activities. Flexibility in attitude, schedule, and route is very important to help insure a positive experience for everyone.

2. In general, paddling will be postponed when wave conditions exceed three feet and/or fog creates visibility under 1/4 mile. No paddling will occur in severe weather conditions involving air to ground lightning strikes. Everyone should plan to be on the water for six to eight hours a day unless

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General Information and Registration

Phone: (218) 726-7128

Fax: (218) 726-6767

Email rsop@d.umn.edu

Website www.umdrsop.org

Sea Kayaking Information

Call Pat Kohlin at 218-726-8801

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

the weather requires us to be on the water longer.

3. Land based activities and campsites take place on islands. Camp set-up, cooking, dish washing and other activities are done as a group with each person contributing. Toilet facilities are located at each camp.

Please read through the material in this packet carefully. All Participants must complete the UMD Health Form and Liability Waiver. Please fill out and sign and return to UMD.

APOSTLE ISLAND NATIONAL LAKESHORE ITINERARY (Samples)

Option 1

Day one, 9am

Meet the UMD instructors at Little Sand Bay. Introductions, how to dress for kayaking, equipment, paddles wet exit, stroke instruction rescue instruction, packing for sea kayak tripping, navigation and rules of the nautical road. Camp on mainland at Town Of Russell site first night.

Day two

Load kayaks, launch, cross to Sand Island and explore the sea caves. Set up camp, hike to the lighthouse, and cook dinner.

Day three

Paddle to York and Raspberry Islands, explore the lighthouse on Raspberry. Return and camp on Sand Island.

Day four

Break Camp, cross to Little Sand Bay, unload kayaks, sort gear and load boats and gear in the vans and trailers. Participants depart for home by 3:00pm.

If Severe Weather Prevents Crossing to an Island and Base Camp is on the Mainland

Day one, 9am

Meet the UMD instructors at Little Sand Bay. Introductions, how to dress for kayaking, equipment, paddles wet exit, stroke instruction, rescue instruction, navigation and rules of the nautical road. Set up camp, eat, sleep.

Day two

Drive to Red Cliff, unload boats from trailer, and

paddle to the shipwrecks. Cross to Basswood Island, eat lunch, navigation exercise. Paddle along the shore of Basswood, cross back to the Red Cliff Marina. Load boats onto trailer and drive to the camp ground at Little Sand Bay. Unload boats, eat dinner, explore bay on foot.

Day three

Drive to Meyer's Landing. Paddle along the sea caves, lunch break on sandy beach with navigation exercise. Paddle to Little Sand Bay. Secure boats on the beach, eat dinner, sleep.

Day four

Break Camp, paddle to York Island and back. Load boats onto trailer. Participants depart for home by 3:00pm

EQUIPMENT

Equipment We Provide: Sea kayaks and accessories as needed. Group food, cooking kits, tarps and misc. camp equipment.

YOU BRING

- ___ Zip-lock bags or nylon stuff sacs for containing items, may use garbage bag liner
- ___ 2 piece rain suit (no ponchos)
- ___ 1 pr. light wool or fleece pants
- ___ Polypropylene, thermax, capilene silk, or cool max long underwear (NO COTTON!)
- ___ Fleece jacket
- ___ Wool sweater
- ___ 1 pr. Long pants
- ___ 2 Short sleeved shirt
- ___ Long sleeved shirt
- ___ Underwear
- ___ Bandanna
- ___ 3 pair wool socks
- ___ Shorts or swimsuit
- ___ Towel
- ___ Hat with bill
- ___ Wool hat and mittens (for spring and fall trips)
- ___ Glasses retainer strap required, contacts are ok, although care may be difficult
- ___ Tents & rain fly
- ___ Sleeping bag in compression stuff sac with plastic liner (sufficient warmth for expected conditions) must pack smaller than 12" diameter x 20" long
- ___ Sleeping pad (closed cell or therma rest)

- ___ Unbreakable eating utensils (plate, cup, bowl, spoon, knife, fork)
- ___ Water bottle (1 qt min., 2 qts is better)
- ___ Pocket knife
- ___ Flashlight w/ fresh batteries
- ___ Day or fanny pack
- ___ Sunglasses + glasses strap
- ___ Chapstick
- ___ Sunscreen (SPF 30 minimum)
- ___ Insect repellent
- ___ Toiletries
- ___ Shoes; light tennis, or hiking for on land activities and sandals (submersible) or neoprene booties for kayaking and swimming).
- ___ Dish soap and scrubbies
- ___ First aid kit
- ___ Water filter

OPTIONAL

- ___ Camera and Film
- ___ Journal
- ___ Playing cards
- ___ Binoculars
- ___ Guide books
- ___ Book to read