

**University of Minnesota Duluth
Recreational Sports Outdoor Program
BOUNDARY WATERS CANOE AREA CAMPING & ICE
FISHING WEEKEND 2008
Friday, February 15 leave at 2pm
Sunday, February 17 return 5pm**

The trout are bitin' and we want you to join us in catching them and enjoying the spectacular Boundary Waters Canoe Area Wilderness in winter!

HERE'S WHAT TO EXPECT:

We will drive up the North Shore to Grand Marais, then turn inland up the Gunflint Trail to our starting point. Throughout the trip we will learn how to camp in winter, build snow shelters, set-up tents, trout fish and enjoy the company of others and the wilderness.

PRE-TRIP MEETING:

A mandatory meeting is set up for Wednesday, February 13 at 5:30pm, to give you background and information on the trip and proper gear to bring. Meet in the lobby of the Sports and Health Center.

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 below zero to the twenties.
- *Schedule* – attached is an itinerary of what we will be doing.
- *Health & Liability Form* – complete these forms and return them within one day.
- *Recommended Training*- get your snowshoes or skis on before the trip so you know that everything still works and fits properly.

THE OUTDOOR PROGRAM PROVIDES:

We provide all group gear, transportation, food, fishing gear, and guidance.

YOU PROVIDE:

Bag supper for Friday, personal equipment, fishing license w/ trout stamp, fishing gear (if you have it), backcountry skis (if you have them) or snowshoes

COST:

\$57 for UMD Students/ \$101 for Others
Register By: 2pm, February 14



GOALS:

- Have Fun
- Meet people that enjoy the outdoors
- Explore the BWCAW
- Learn winter camping and trout fishing skills
- See some incredible sights
- Get away

EXPLORE MORE WITH THE OUTDOOR PROGRAM:

- Sledding Competition Feb. 23
- Stream Ski Local Rivers- Feb. 24
- Night Snowshoe- Feb. 27

GENERAL INFO:

Phone: (218)726-7128

Fax: (218) 726-6767

Email: rsop@d.umn.edu

www.umdrsop.org

The Real Classroom is Outside...Get Into It!

University of Minnesota Duluth Recreational Sports Outdoor Program

BOUNDARY WATERS WINTER CAMPING & ICE FISHING WEEKEND

2008 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.

Wednesday, February 13

5:30 pm - Mandatory Trip Meeting – Meet in Sports and Health Center lobby

Friday, February 15

2:00pm – Depart UMD from the front of Sports and Health Center. Drive to Grand Marais & check-in at the Ranger Station.

Drive up the Gunflint Trail to our secret destination (the exact site is dependent upon conditions and whether the fish are biting or not). Bring a bag supper or purchase at a fast food restaurant en-route.

Load gear onto pulks/sleds or backpacks and ski/snowshoe into the BWCAW. Set-up camp. Build a campfire. Star gaze. Call for wolves. Enjoy.

Saturday, February 16

8:00am- Wake up, eat a hearty breakfast.

Full day of ice fishing and exploring. Trek to nearby lakes and try to catch some fish.

Have a shore lunch of fresh trout?

Return to camp and enjoy the evening.

Sunday, February 17

8:00am- Wake up, eat breakfast, break camp,

Ski/snowshoe exploration on the way out.

Eat lunch on trail.

Pack up van and depart for Duluth. Have closing discussion, and pass out evaluations.

6:00pm- Arrive at UMD campus, unload, say goodbye.

FUN INFORMATION ABOUT WINTER IN THE BOUNDARY WATERS:

- The Boundary Waters Canoe Area is a designated Wilderness. This means we travel and camp in a way that attempts to “leave no trace”. Everything we bring in, we bring out with us, including garbage.
- We will get our water from lakes.
- This is northern Minnesota, so moose, otter, and wolf sign are definitely possible.
- The forests along the way have seen many changes through the years, from forest fires and logging to planting and re-growth of pines, aspen, birch, and maple.
- We eat well on these trips with meals. The goal will be lots of calories that help keep you warm through the night. There will always be a vegetarian option.

GENERAL INFO:

Phone: (218)726-7128

Fax: (218) 726-6767

Email: rsop@d.umn.edu

www.umdrsop.org

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

University of Minnesota Duluth - Outdoor Program

Winter Camping Equipment List

Try to pack all equipment into your backpack with room to spare. Avoid bringing several pieces of baggage. Plan your clothes so they can be worn over each other in layers so that in the coldest of weather possible at this time of year (-30 0 F) you are wearing nearly all your clothes. Wool or synthetic fabrics are best since they stay warm when wet. Remember, this is camping; bring durable, not dress clothes.

WE FURNISH:

- 1 Pulk (sled) - if conditions permit
- Shovel(s)
- Resource books and field guides
- Repair kit
- Ski wax kit
- Kitchen utensils
- Food
- Maps & compasses
- First Aid Kit
- Ground cloth
- Stove(s) w/ fuel
- Matches
- Tents

YOU BRING:

FOOTWEAR:

- 4 to 6 Pairs Socks: must be wool or other synthetic fibers - no cotton!
- Gaiters - Leggings worn over the top of the boot to protect from snow.
- Insulated camp boots (1 pr) - ie. sorels, iceman, mukluks, etc.
- Ski boots (1 pr) - Should fit comfortably with two pairs of heavy socks. Proper fit is very important.
- Vapor barrier baggies or socks & foot powder (optional)
- Polypropylene sock liners - help keep feet dry

LOWER BODY CLOTHING:

- Regular underwear - nylon shorts work - cotton is bad
- Long underwear - mid-weight - wool, polypro, thermax, capilene.
- Wool pants (2 pr: 1 light, 1 heavy) - Should be roomy enough for freedom of movement and layering. Pile or other synthetic wool are acceptable.
- Wind pants - Nylon (not waterproof) to fit over wool or pile pants.

UPPER BODY CLOTHING:

- Winter coat - covers other layers loosely - for inactive evenings
- Insulation layers: You will have two insulation layers that should fit comfortably over each other. Combinations of the following are acceptable:

- Wool sweater - must extend below the hips
- Light wool shirt
- Pile sweater or jacket
- Long underwear top - wool, polypro, thermax, capilene
- Vest - synthetic, not down, is recommended

HAND CLOTHING:

- "Choppers" or other mittens (2 pr) - shell with wool or pile liners are best
- Polypro glove liners - keep hands dry and can be used for manipulation of items without direct skin contact.

HEAD CLOTHING:

- Wool stocking hat - balaclava is also good
- Scarf or neck gaiter - should be wool
- Insulated hood

EQUIPMENT TIPS:

- Fleece and wool are great insulators – they even work when wet.
- Long underwear should be a synthetic material, not cotton. If you don't have any, most outdoor stores have appropriate supplies.
- Wool socks work best because they are durable and warm.

EXTRAS YOU CAN BRING:

- Camera and film
- Head lamp or flashlight with spare bulb and batteries
- Small closed cell pad for sitting on
- Fanny pack
- Journal

DO NOT BRING:

- Radios or walkmans (except for van ride)
- Valuables
- Recreational drugs or alcohol

NOTE:

The U.M.D. Kirby Games and Outing Center rents a variety of winter outdoor equipment. For more information, call (218) 726-8734.

GENERAL INFO:

Phone: (218)726-7128

Fax: (218) 726-6767

Email: rsop@d.umn.edu

www.UMDrso.org

SLEEPING GEAR:

- Sleeping bag with rating down to -30 F - Synthetic is recommended (fiberfill, polarguard, holofill, quallofill, etc).
- Sleeping pad - must be closed cell or "therma-rest" type - necessary for insulation between sleeping bag and ground.
- Sleeping bag stuff sac
- Ground cloth - waterproof nylon sheet that goes between sleeping bag and ground to prevent moisture absorption.

MISCELLANEOUS:

- Bandanna
- Sunglasses - good quality is necessary - side shields are necessary for mountain activities.
- Sunblock and lip balm w/ S.P.F. of 20 - 40
- Eating utensils - unbreakable: insulated cup, bowl, spoon.
- Water bottle (1 qt.) - wide mouth nalgene plastic
- Candles - 2 plumber's candles to light snow shelter (optional)
- Toiletries: toothbrush & paste, etc.
- Pocket knife

BACKPACK AND OTHER PACKS:

- Frame pack - Internal frame packs are best because they keep weight close to the body. External frame packs create less stability. Should provide enough space for more than just your personal gear.
- Day pack - for day outings.
- Lash straps - to tie gear onto packs
- Stuff sacks - to organize items in your pack

SKIING/SNOWSHOEING EQUIPMENT:

- Backcountry touring skis and Ski poles OR
- Snowshoes with a large surface area

