

## University of Minnesota Duluth - Outdoor Program

# Freshmen Outdoor Trip: Canoeing the Boundary Waters Canoe Area



The Boundary Waters Canoe Area Wilderness is an extensive area dotted with waterways connected by portages. In this beautiful setting, you will become present-day explorers as you paddle your way in the BWCAW and learn about past explorers and voyageurs.

### HERE'S WHAT TO EXPECT:

We will begin our journey by travelling as a group up the Gunflint Trail to East Bearskin Lake where we will learn how to pack a Duluth Pack and paddle a canoe (if you already have these skills, great!). The group will then get into the wilderness and use the lakes and portage trails to explore the wonderful treasures of this area.

### WHEN:

Monday, August 31 – Thursday, September 3, 2009

### WHERE:

We will be departing from the main entrance to Lake Superior Hall at **9am on August 31**.

### 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 check in on Sunday, August 30 between 11am and 4pm and stay on campus the night before the trip. *Call the Housing Office at (218)726-8178 if you have any questions.* Bring your Housing Assignment letter.
- *Health & Liability Form* – complete these forms and return them within one week.

### 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 BWCAW
- Learn canoe camping skills
- Discover some of the rich history of the BWCAW

### EXPLORE MORE WITH THE UMD OUTDOOR PROGRAM:

The Outdoor Program offers a wide variety of programs during the school year. Get involved!

There are many other activities going on. Check out the website listed below.

### GENERAL INFO:

Phone: (218)726-7128

Fax: (218) 726-6767

Email: [rsop@d.umn.edu](mailto:rsop@d.umn.edu)

[www.umdrsop.org](http://www.umdrsop.org)

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

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## Canoeing the BWCAW 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.

### Sunday, August 30

11am- 4pm – Early Check-In for ON-CAMPUS residents at 189 Lake Superior Hall. Bring your Housing Assignment letter.

5pm – Meet in the Lobby of Lake Superior Hall to learn more about your trip as well as meet leaders and other trip participants. You should be at this meeting.

### Monday, August 31

9am – Meet in front of Lake Superior Hall's main entrance – divide into groups and load equipment. Drive up the North Shore on a charter bus to Grand Marais, then up the Gunflint Trail.

Put in at East Bearskin Lake. Load gear into Duluth Packs, load the boats and do basic canoeing skill instruction. Head out and set-up camp and enjoy the area. Learn more about early voyageurs and explorers of the area.

### Tuesday, September 1

Rise and shine. Eat breakfast. Load equipment and paddle through a variety of lakes, crossing portages to discover the beauty of the BWCAW. Relax or paddle onward to other nearby lakes.

### Wednesday, September 2

Paddle and portage to start heading back to the put-in. Set-up camp then explore the area. Look for moose. Go fishing. Have fun.

### Thursday, September 3

Enjoy the morning. Pack up belongings and paddle leisurely to the boat landing. Drive back to Duluth. Unload equipment and clean-up.

6pm – Barbeque and campfire at the top of Rock Hill. Share your stories with other trip participants. WELCOME TO UMD.

### FUN INFORMATION ABOUT CANOEING 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.
- Portaging is carrying your equipment from one lake to another on trails that have been around for hundreds of years. Some people love the break from paddling.
- We will get our water from lakes using water filters to remove possible bacteria.
- This is northern Minnesota, so moose, bear, 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 ranging from Mexican night to Italian spaghetti. There will always be a vegetarian option.

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## Canoeing the Boundary Waters Canoe Area Wilderness

### Equipment

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:

Maps for the group	Tarps
Paddles	Life jackets
Duluth Packs	First Aid kit
Tents	Matches
Toilet tissue	Spare rope
Kitchen and cookware	Each meal while on the trail
All transportation from UMD	

#### YOU NEED TO BRING:

- Heavy duty garbage bags
- Sleeping pad (closed cell foam or Thermo-rest style)
- Sleeping bag (rated to 20 degrees F) in a stuff sack
- 2 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 may get wet in the canoe
- 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

#### RENTAL:

Our Rental Center has many items including sleeping bags & pads, rain gear, etc. Call the Rental Center at 218-726-6134 to reserve equipment.

#### EQUIPMENT TIPS:

- Fleece and wool are great insulators – they even work when wet.
- Quality rain gear really helps you enjoy inclement weather.
- 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, Journal, Pencil, book to read, field guides, personal map

#### DO NOT BRING:

- MP3 Players
- Cell phones
- Tobacco
- Cosmetics
- Valuables
- Recreational drugs, alcohol, or tobacco

#### If you have equipment questions, contact us

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