

# University of Minnesota Duluth - Outdoor Program

## First Year Trip: Rock Climbing Lake Superior's North Shore



The North Shore of Lake Superior has numerous locations that have fun and friendly rock climbing opportunities. We will use some of these places to develop skills, make friends, and explore the area. Hiking on forested trails and visiting spectacular overlooks will be a part of this trip.

### HERE'S WHAT TO EXPECT:

We will begin our journey by driving up the North Shore to our 'home-base' campground near Finland, MN. The group will then climb at beautiful climbing areas by day and return to camp each evening for dinner and a campfire. Everyone will be involved with camp set up, cooking, cleaning and climbing. We'll return to campus Thursday evening in time for a picnic dinner and wrap-up hosted for us by the UMD Outdoor Program.

### 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 with sun, wind and/or rain.
- *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 camping gear, food, rock climbing equipment, first aid kit, transportation, and expert instruction.

### GOALS:

- Have Fun
- Meet other freshmen, students, and staff
- Transition into UMD
- Explore and discover the beauty of the North Shore
- Learn rock climbing skills
- Work as a group to be safe and respect the natural environment

### 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.umdrops.org](http://www.umdrops.org)

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

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## First Year Trip: Rock Climb Lake Superior's North Shore 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. If the weather is rainy or stormy our options include hiking along the North Shore and climbing at UMD's indoor wall.

### 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 to go over the basics of rock climbing and belaying. Then on to our campground, set-up camp and enjoy.

### Tuesday, September 1

Rise and shine. Eat breakfast, then load gear and our lunch into the van and drive to Carlton Peak, a beautiful 'inland dome' of rock. We'll spend the day at Carlton Peak climbing rocks, rappelling and hiking to the top for spectacular views of Lake Superior. In the evening, we'll all pitch in to cook our dinner, wash the dishes and enjoy our campsite.

### Wednesday, September 2

Wake up, eat breakfast and load up again and drive to Tettegouche State Park. We'll spend the day climbing the breathtaking sea cliffs of Shovel Point.

### Thursday, September 3

After breakfast, we'll take down our camp and load the trailer for our return to campus. Today we can choose to spend the morning at our favorite climbing area or hike together on one of the North Shore's signature trails. We'll have lunch before driving back to Duluth to unload gear as a group, clean up and meet at Lake Superior Hall to walk to the Barbecue together.

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

### FUN INFORMATION ABOUT OUR TRIP:

- When climbing, we'll work as a group and take turns belaying for each other.
- Carlton Peak is a rounded dome of anorthosite rock. The company 3-M got it's start by mining anorthosite there for use in making sand paper.
- The North Shore climbing community has a local ethic of not using chalk to climb on natural rock routes.
- Shovel Point is a peninsula of rhyolite rock that juts out into Lake Superior. The trees and plants that grow on Shovel Point form a special ecosystem related to cooler temperatures of the arctic.
- When we climb on Shovel Point, we'll be suspended over the waves of Lake Superior. Climbers start at the cliff top, lower down and climb back up!

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## First Year Trip: Rock Climb Lake Superior's North Shore 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:

All climbing equipment	Coolers
Climbing guides	Folding saw
Tents	Matches
Toilet tissue	Spare rope
Kitchen and cookware	First Aid kit
Each meal while on the trail	All transportation from UMD

### YOU NEED TO BRING:

- Sleeping pad (closed cell foam or Thermo-rest style)
- Sleeping bag (rated to 20 degrees F) in a stuff sack
- 2 Pair long pants – loose & comfortable (light cotton, wool or nylon)
- 2 Piece rain-suit of durable material
- 1 Pair hiking boots/shoes
- 1 Pair light tennis shoes for camp use
- 1 Pair long underwear (top and bottom, no cotton)
- 3 Pair underwear
- 4 Pair socks (at least 1 pair should be wool)
- 1 Towel
- Swimsuit
- 1 Long sleeved shirt
- 2 T-shirts
- 1 Pair shorts
- 1 Heavy sweater
- 1 Lightweight jacket
- Toiletries: Toothbrush/paste, Soap in plastic bag
- Sunglasses with safety strap
- Gloves or mittens and a fleece or wool knit hat
- Sunscreen lotion
- Baseball style or wide-brim hat for sun protection
- Unbreakable eating utensils (plate, cup, bowl, k,f,s)
- 1 quart unbreakable plastic water bottle
- Flashlight or headlamp with fresh batteries
- Day pack for hiking
- Optional: personal climbing gear: shoes, harness, helmet

### RENTAL:

Our Rental Center has many items including sleeping bags & pads, rain gear. 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, pocket knife, camp chair, insect repellent, spare prescription glasses with safety strap, contact solution

### DO NOT BRING:

- Chalk or chalk bags
- MP3 Players
- Cell phones
- Cosmetics
- Recreational drugs, alcohol, or tobacco
- Valuables

### If you have equipment questions, contact us

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