

# University of Minnesota Duluth - Outdoor Program

## First Year Trip: Northwoods Wilderness Sampler

On the edge of the Boundary Waters Canoe Area Wilderness, just off the Gunflint Trail, sits Camp Menogyn, our home-base for the week. We'll stay in cabins at night and spend our days sampling great activities that include: canoeing, hiking, rock climbing, nature exploration, and relaxing.

### HERE'S WHAT TO EXPECT:

We will begin our journey by travelling north to Grand Marais then up the Gunflint Trail to the edge of the wilderness. We will paddle a voyageur canoe with our gear to reach Camp Menogyn. The week will be spent exploring the area and making new friends.

### WHEN:

Monday, August 29 – Thursday, September 1, 2011  
Pre-trip meeting Sunday, August 28<sup>th</sup> 5p.m.

### WHERE:

We will be departing from the main entrance to Lake Superior Hall at **9am on August 29**.

### 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 28 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, quality paddling and rock climbing equipment, transportation, meals and expert instruction.

### GOALS:

- Have Fun
- Meet other freshmen, students, and staff
- Transition into UMD
- Explore and discover the beauty of the BWCAW
- Learn a variety of skills
- Work as a group to be safe and treat the natural environment with respect

### EXPLORE MORE WITH THE UMD OUTDOOR PROGRAM:

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

Check out the website listed below.

### GENERAL INFO:

Phone: (218)726-6533

(218)726-7128

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

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

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### 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 28

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 29

9am – Meet in front of Lake Superior Hall's main entrance – divide into groups and load people and equipment onto the bus. Drive up the North Shore in a charter bus to Grand Marais for a picnic lunch at Artist Point or Pincushion Mt., then up the Gunflint Trail to West Bearskin Lake (3+ total hours). Load the boats and paddle to Camp Menogyn. After an orientation to camp in the Dining Hall, our afternoon will be spent with canoe demos, hiking, exploring and time to move into the cabins. A night around the campfire will cap off our day.

#### Tuesday, August 30

Our morning begins with First Words on the Point followed by breakfast in the dining hall. Then select a full-day or two half-day activities: canoeing on Bearskin Lake or Rose Lake Falls, hiking to Caribou Rock or Honeymoon Bluff, rock climbing at Carlton Peak, natural art projects, slacklining. We'll return to camp for dinner in the dining hall, activities and stories from our day.

#### Wednesday, August 31

Once again, half-day and full-day activities: canoeing on Bearskin Lake or Watap Palisades, hiking Caribou Rock or Honeymoon Bluff, rock climbing at Carlton Peak, natural art projects, slacklining. Evening activities, reports of our day and a sauna.

#### Thursday, September 1

Pack up gear and paddle back to the bus. Drive back to the North Shore to Tettagouche State Park. Lunch, hike, and explore Shovel Point and the Baptism River. From there, we'll head to Duluth, unload equipment and clean-up.

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

#### FUN INFORMATION ABOUT THIS TRIP:

- Camp Menogyn is not reachable by roads. All visitors must take a boat to get to camp!
- The Boundary Waters Canoe Area Wilderness shares a border with the camp.
- The Stairway Portage at Rose Lake is used by hundreds of canoeists each season and leads to spectacular views of the BWCAW.
- About 30 stars are visible through the 'light pollution' of a city. Many thousands of stars are visible in the dark skies above Menogyn.
- The beauty for this trip comes from the natural settings and great activities. The fun comes from you!

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### 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 when doing activities. During the coldest possible weather, you may be wearing nearly all of your layers. We will be staying in cabins at night, but outside most of the days.

#### WE PROVIDE:

- All paddling and climbing equipment
- Cabins for sleeping
- Meals
- All transportation from UMD

#### YOU NEED TO BRING:

- Backpack or duffel bag to carry your gear
- Sleeping bag in a stuff sack
- Small pillow (optional)
- 2 Piece rain-suit of durable material
- 1 Pair light shoes for in camp (slip-ons are nice for outhouse visits)
- 1 Pair hiking shoes or boots which will get wet
- 1 Pair pants (wool, nylon, supplex, or light cotton)
- 1 Pair long underwear (top and bottom – synthetic material)
- 3 Pair underwear
- 3 Pair socks (at least 1 pair wool)
- 1 Towel
- 1 Long sleeved shirt
- 2 T-shirts
- 1 Pair shorts
- 1 swimsuit
- 1 Heavy sweater or fleece pullover
- 1 Lightweight jacket
- Toiletries: Toothbrush/paste, Soap in plastic bag
- Sunglasses
- Gloves or mittens and a fleece or wool knit hat
- Pocket knife
- Sunscreen lotion
- Baseball style or wide-brim hat for sun protection
- Insect repellent (optional)
- Flashlight or headlamp with fresh batteries
- 1 quart unbreakable plastic water bottle
- Optional: a favorite quote or short reading about wilderness

#### RENTAL:

Our Rental Center has many items including sleeping bags & pads, rain

#### EQUIPMENT TIPS:

- It could be cold. Even though we have cabins, we will be outside and active most of the time. Plan accordingly.
- 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.

#### EXTRAS YOU CAN BRING:

Camera, journal, book to read, field guides, personal map, spare glasses, fishing gear (and license)

#### DO NOT BRING:

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

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

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gear. Call the Rental Center at 218-726-6134 to reserve equipment.

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