

## University of Minnesota Duluth - Outdoor Program

# BWCAW Canoe Trip

## September 16-18, 2011

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:

Fall colors are turning and it's time to head to the Boundary Waters Canoe Area Wilderness and enter the world of the Voyageur. We will be heading up the Sawbill Trail to our put-in at Baker Lake. Days spent paddling and portaging and nights spent relaxing and enjoying stories with new friends. We will paddle a short distance on Friday to set up camp, then on Saturday will paddle & portage to explore the local lakes. Sunday will be a leisure day of enjoying the morning, then packing up and returning to Duluth.

### WHEN:

Trip Dates: Depart 2pm on Friday, September 16  
Return 6pm on Sunday, September 18  
Mandatory Pre-Trip Meeting:  
Wednesday, September 14 at 5:30 pm  
(meet in the Lobby of SpHC)

### 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 30's and windy.
- *Schedule* – attached is an itinerary of what we will be doing.
- *Health & Liability Form* – complete these forms at your pre-trip meeting.

### THE OUTDOOR PROGRAM PROVIDES:

We provide all group gear, quality paddling equipment, transportation, and expert instruction.



### GOALS:

- Have Fun
- Meet people that enjoy the outdoors
- Explore the BWCAW
- Learn canoe camping skills
- Discover some of the rich history of the BWCAW

### GENERAL INFO:

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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.

### Friday, September 17

2pm – Depart UMD from the front of Sports and Health Center. Drive up the North Shore and the Sawbill Trail (pick up permit in Tofte).

Bring a bag meal or purchase at a gas station along the way.

Put-in at Baker Lake. Paddle across to the portage to set up the base camp on either Peterson or Kelly Lake.

### Saturday, September 18

Get up bright and early to paddle and portage to the inland toward South Temperance and Cherokee Lakes. Discover Voyageur history.

### Sunday, September 19

This morning where we will work our way back to Baker Lake and pack up to head back to the put-in. Drive back to Duluth and arrive by 6pm

#### 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.
- 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.
- Plan on the possibility for frost while on this trip. Past years have even seen snow flurries. This means no biting insects!

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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 30 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, 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
- 2 Pair underwear
- 3 Pair wool socks
- 1 Small towel
- 1 Long sleeved shirt
- 2 T-shirts
- 1 Pair shorts and 1 swimsuit
- 1 Heavy sweater
- 1 warm jacket
- Toiletries: Toothbrush/paste, Soap in plastic bag
- Sunglasses with safety strap
- Gloves or mittens and a winter hat
- Pocket knife
- Spare prescription glasses with safety strap
- Unbreakable eating utensils (plate, cup, bowl, k,f,s)
- Flashlight w/ fresh batteries
- 1 quart unbreakable plastic or metal water bottle

### RENTAL:

If you don't have some of the major items, you can rent from the Rental Center in SpHC 154 – you get an additional 10% discount.

### 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:

- Tobacco
- Cosmetics
- Valuables
- Recreational drugs or alcohol
- Phones or mp3 players.

### If you have equipment questions, contact us

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