

University of Minnesota Duluth - Recreational Sports Outdoor Program

Backpacking on the Superior Hiking Trail

FRIDAY, APRIL 29 - SUNDAY, MAY 1, 2011

Come and check out a great trail that runs right through Duluth. We will travel up the north Shore see Lake Superior and backpack for a weekend getaway from the city.

HERE'S WHAT TO EXPECT:

We will meet on Friday afternoon and make the beautiful drive up the north shore. Saturday we will explore some of the surrounding area and continue down the trail to our next campsite. Then on Sunday we will hike to our vehicle and head back to Duluth.

WHEN:

Trip Dates: Depart 3:00pm on Friday, April 29
Return 6:00pm on Sunday, May 1

Mandatory Pre-Trip Meeting:
Wednesday, April 27 at 5:30 pm
(meet at the "Trailhead" in the SpHC Lobby)

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 60's to the 30's and there could be wind and rain.
- *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 outside at least twice for an hour walk with your backpack. (Check out Chester Bowl)

THE OUTDOOR PROGRAM PROVIDES:

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

COST:

\$64 for UMD Students/ \$110 for Others

Register By:

Noon, April 27



GOALS:

- Have Fun
- Meet other people that enjoy the outdoors
- Explore the Superior Hiking Trail
- Learn backpacking skills
- See some incredible sights

EXPLORE MORE WITH THE UMD OUTDOOR PROGRAM:

- Camp Baking, May 4 from 4-6pm
- Check out our website for upcoming programs!

GENERAL INFO:

Phone: (218) 726-7128
Email: rsop@d.umn.edu
www.UMDrso.org

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

University of Minnesota Duluth - Recreational Sports Outdoor Program

SPRING BACKPACKING ON THE SUPERIOR HIKING TRAIL

2011 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, April 27

5:30 pm - Mandatory pre-trip meeting. Meet in the Sports and Health Center Lobby.

Friday, April 29

3:00pm – Depart UMD from the front of Sports and Health Center. Drive to the Superior Hiking Trail near Silver Bay. Hike approximately 2 miles to our first campsite at Penn Creek. Set up camp, eat dinner, and do some stargazing.

Saturday, April 30

8:00am- Wake up, break camp, and eat breakfast.
9:30am Head out on trail and hike 7-8 miles along the Superior Hiking Trail.
Eat lunch on trail. Learn and practice navigation skills.
5:00pm- Arrive at the Raven Rock campsite, set up camp, eat dinner, campfire, discuss how the day went and plans for Sunday.

Sunday, May 1

7:00am- Wake up, break camp, eat breakfast
9:00am- Hike 3-4 miles along the Superior Hiking Trail to Tettegouche State park
Eat lunch on trail.
2:00pm- Pack up van and depart for Duluth. Have closing discussion, and pass out evaluations.
6:00pm- Arrive at UMD campus, unload, put away group gear, say goodbye.

FUN INFORMATION ABOUT THE SUPERIOR HIKING TRAIL

On the Superior Hiking Trail we will be using "leave no trace" practices. This means that we travel and camp in a way that will not harm the environment in anyway. Everything we bring in, we bring out with us, including garbage.

- We will get our water from lakes and rivers using water filters to remove possible bacteria.
- We may see a variety of animals waking from long their long winter naps or returning from wintering grounds.
- Plan on the possibility of frost while on this trip. Past years have even seen snow flurries. This means no biting insects!
- Plan on plenty of fun in one of the most beautiful hiking areas in the Midwest.

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Spring Backpacking on the SHT
Equipment List

On this trip the weather may vary from nice and sunny to cold, wet, snowy and windy. It could get below freezing at night so you must be prepared for anything. Plan your clothing items so they can be worn over each other in layers.

WE PROVIDE:

Maps for the group	Tarps
First Aid kit	Tents
Matches	Toilet tissue
Kitchen and cookware	Stoves
Food	
All transportation to and from UMD	

YOU NEED TO BRING:

- Backpack- Internal or External frame, large enough to hold all of the items listed below plus a portion of the group gear/food
- Broken-in Boots- durable with heavy soles and ankle support
- 1 pair light shoes for in camp
- Heavy duty garbage bags- for keeping clothes dry in your pack
- Sleeping pad (closed cell foam or Thermo-rest style)
- Sleeping bag (rated to 20 degrees F) in a stuff sack w/ plastic liner
- Toiletries- NO MAKEUP
- 1 Bandanna/ small towel
- 1 Pair pants (wool, nylon, supplex, or light cotton)
- 2 Piece rain-suit/poncho- durable material
- 1 Pair long underwear (no cotton) top and bottom
- Underwear
- 4 Pair wool socks- with thin polypro liners if possible
- 1 Long sleeved shirt
- 1-2 T-shirts
- 1 Wool sweater or Fleece
- 1 warm jacket
- 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)
- Small flashlight w/ fresh batteries
- 2 1-quart unbreakable plastic water bottles (or Camelbak®)
- Hat

RENTAL:

If you don't have some of the major items (i.e. backpack), you can rent from the Outdoor Program Rental Center.

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, pen/pencil

DO NOT BRING:

- Radios or walkmans
- Tobacco
- Cosmetics
- Valuables
- Recreational drugs or alcohol
- Extra weight

If you have equipment questions, contact us

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