

# **Apostle Islands Sea Kayak Overnight**



**Friday, August 30th, 2pm - Sunday, September 1st, 6pm**

## **HERE'S WHAT TO EXPECT:**

We will camp on islands with sand beaches along Lake Superior's South Shore, stargaze, swim and hike with new friends. Our experienced leaders will introduce you to equipment, safety and paddling techniques. As a participant you will be actively involved and learning about equipment, paddling techniques, navigation, on-water safety, and camping from sea kayaks.

## **WHO:**

This trip is suited for beginner skill levels. Paddlers will be using single and tandem kayaks.

## **WHERE/WHEN**

**A PRE-TRIP MEETING IS SCHEDULED FOR  
THURSDAY, AUGUST 29TH AT 5:30PM, IN SPHC 153**

We will camp on the mainland Friday night and then paddle to an island Saturday for an island camp-out. We will return to UMD Sunday by 6pm.

## **COST:**

\$78 UMD Students Only.

## **Explore More with RSOP:**

Kayaking in the Pool

Paddle Building

LNT Training

Paddling the BWCAW

Climbing and Bouldering Duluth

Climb Shovel Point

Backpack the Porcupines

Halloween Orienteering Comp

Apple Cidering

Fly Fishing for Bass

Snowshoe Building

## **General Information and Registration**

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Fax: (218) 726-6767

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

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

**The Real Classroom is outside...Get into It!**

## Sea Kayaking the Apostle Islands Equipment List

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:

Sea Kayak	Maps for the group
Wetsuits	Paddling Jackets
Paddles	Dry bags for gear
Life jackets	VHF Radio
Tents	Matches
Toilet tissue	Spare rope
Kitchen and cookware	First Aid kit

### YOU NEED TO BRING:

Heavy duty garbage bags  
Sleeping pad (closed cell foam or Therma-rest style)  
Sleeping bag (rated to 20 degrees F) in a stuff sack  
1 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 will get wet  
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  
Optional: Paddling gloves

### EQUIPMENT TIPS:

- Fleece and wool are great insulators – they even work when wet.
- Quality rain gear really helps you enjoy inclement weather.
- Old tennis shoes are fine for using in the kayak. Wear wool socks inside them. Bring wet-suit booties if you have them.
- Long underwear should be a synthetic material, not cotton
- Everyone will be wearing wetsuits while kayaking. They are great for keeping you warm. If there is a wind blowing, a nylon shell is very helpful.

### EXTRAS YOU CAN BRING:

Camera, Journal, Pencil, book to read, field guides, personal map

### DO NOT BRING:

- Radios
- Cosmetics
- Junk food
- Recreational drugs or alcohol.

