

University of Minnesota Duluth - Outdoor Program
Spring Break BOUNDARY WATERS WINTER CAMPING 2019
MONDAY, MARCH 11 - THURSDAY, MARCH 14

HERE'S WHAT TO EXPECT:

We will drive up through Ely, MN, then up the Fernberg Road to Fall Lake. Then we will snowshoe/ski into the Boundary Waters to set up camp. Along the way we will learn how to camp in winter, build snow shelters, set-up tents, and enjoy the wilderness.

PRE-TRIP MEETING:

A mandatory meeting is set up for Monday, February 26th At 5:30pm to give you background and information on the trip and ensure that you have all required Gear. **Come to this meeting with all the clothing/gear you plan on bringing on the trip!** Meet at the Bagley classroom.

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 thirty below zero to thirty above.
- *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 your snowshoes or skis on before the trip so you know that everything still works and fits properly.

THE OUTDOOR PROGRAM PROVIDES:


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

YOU PROVIDE:

Bag lunch for Monday, personal camping equipment, backcountry skis or snowshoes, warm clothes, some cash for a final meal on the road.

COST:

\$158 for UMD Students/ \$298 for Others



GOALS:

- Have Fun
- Meet people that enjoy the outdoors
- Explore the BWCA in Winter
- Learn winter camping skills and winter travel
- See some incredible sights
- Get away

GENERAL INFO:
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Trip-Specific Questions:
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The Real Classroom is Outside...Get Into It!

University of Minnesota Duluth - Outdoor Program
BOUNDARY WATERS WINTER EXPEDITION
2019 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.

Monday, March 4, 5:30 pm

Mandatory Trip Meeting – Meet in Sports and Health Center lobby. Come to this meeting with all the clothing/gear you plan on bringing on the trip!

Monday, March 11, 8:00am

Depart UMD from the front of Sports and Health Center. Pack up and begin driving to Fall Lake. Bring a bag lunch for the ride. Load gear onto pulks/sleds or backpacks and ski/snowshoe into the BWCAW. Set-up camp on Ella Hall Lake (or as far along Fall as we get). Build a campfire, Stargaze, and eat a hearty, fat filled, supper

Tuesday, March 5

Eat breakfast, break camp, and ski/snowshoe until 3 or 4pm. We'll be headed east along the southern shore of Basswood. We might check out "The Witch Cedar" – a 1000-year old cedar. Maybe we'll even step foot on Canada.

Wednesday, March 6

We'll continue traveling and exploring the islands and bays of Basswood and the surrounding lakes. We'll camp somewhere near Moose Lake to set us up for an easy departure on Thursday.

Thursday, March 7

We'll eat breakfast, take down camp for the last time, and venture back to our shuttled vehicle at the Moose lake landing. We'll stop for a lunch in Ely on our way back down to Duluth.

**FUN INFORMATION
ABOUT WINTER 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.
- This is northern Minnesota, so moose, otter, 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.
- We eat well on these trips with meals. The goal will be lots of calories that help keep you warm through the night. There will always be a vegetarian option.

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University of Minnesota Duluth - Outdoor Program Winter Camping Equipment List

Try to pack all equipment into a backpack or duffel bag with room to spare. Avoid bringing several pieces of baggage. Plan your clothes so they can be worn over each other in layers so that in the coldest of weather possible at this time of year (-30 F) you are wearing nearly all your clothes. Wool or synthetic fabrics are best since they stay warm when wet. Remember, this is camping; bring durable, not dress clothes. Try on all your clothes before the trip and make sure that they all work together.

WE FURNISH:

- 1 Pulk (sled) per person- if conditions permit
- Maps & compasses
- Shovel(s)
- First Aid Kit
- Resource books and field guides
- Ground cloth
- Repair kit
- Stove(s) w/ fuel
- Matches
- Kitchen utensils
- Shelters
- Food

YOU BRING:

FOOTWEAR:

- 3 Pairs of Wool Socks: must be wool or other synthetic fibers - no cotton!
- 2 Pairs of Liner Socks: thin synthetic/wool socks
- Gaiters - Leggings worn over the top of the boot to protect from snow (Optional – but if there's a lot of snow you definitely want these)
- Waterproof Insulated camp boots – Military Extreme Cold Weather "Mouse" Boots are your best/most-affordable option, Sorels or Insulated Muck Boots could work as well. Mukluks are not ideal for the wet conditions this time of year (unless it happens to be a dry/cold/snowy March)
- Ski Boots (optional – needed if you're bringing XC skis with SNS or 3-pin bindings, rather than expedition bindings)
- Down Booties (optional)
- Vapor barrier baggies or socks & foot powder (optional)

LOWER BODY CLOTHING:

- Regular underwear - nylon shorts work - cotton is bad
- Long Underwear Bottoms (2 pairs) - mid-weight - wool, polypro, thermax, capilene.

EQUIPMENT TIPS:

- Fleece and wool are great insulators – they even work when wet.
- 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 and film
- Small closed cell pad for sitting on
- Fanny pack
- Journal
- Book

DO NOT BRING:

- Radios or walkmans (except for van ride)
- Valuables
- Recreational drugs or alcohol

NOTE:

The U.M.D. Rental Center offers winter outdoor equipment for rent. For more information, call (218) 726-6134.

GENERAL INFO:

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- Fleece Pants – synthetic or wool also acceptable – should fit over long underwear and under your shell pants with enough room to move comfortably
- Shell pants - Nylon (not waterproof) to fit over insulated pants.

UPPER BODY CLOTHING:

- Long Underwear Tops (2 pairs) – mid-weight – wool, polypro, thermax, capilene
- Fleece/Wool insulating layer – should be mid-weight fleece/synthetic/wool or a lightweight down jacket
- Down/Synthetic Insulating Layer – think “big puffy jacket” – this will be your warmest most insulating layer.
- Shell Layer - Nylon (not waterproof) is ideal. Keep in mind this layer will be what you wear around the fire and will likely get some spark holes. Wintergreen Anoraks are an example.
- Rain Jacket (if it’s going to be above freezing at all during our trip)

HAND CLOTHING:

- 2-3 pairs of liner gloves: rag wool, synthetic, not cotton (these are essential! – you really do need more than 1 pair) Nice if you can comfortably layer 2 pairs.
- “Leather Mitten Shell (Choppers) – Needs to be leather or mostly leather
- Wool Liners – need to fit inside choppers, heavy wool is best
- Insulated Leather Work Gloves (optional) – These are a really nice to have when reaching into your fire during cooking/camp tasks
- Ski Mitts (optional) – can be a nice alternative during the day while skiing

HEAD CLOTHING:

- Wool stocking hat
- Buff or face-protecting layer: balaclava works, neck gaiter if its large enough to pull over your nose
- Another Hat (optional) always nice to have 2 – one might get quite sweaty

SLEEPING GEAR:

- 2 Sleeping bags 0 F and 20 F with stuff sack – At least the outer bag should be Synthetic(fiberfill, polarguard, holofill, quallofill, etc). Inner bag can be down. These bags should be able to comfortably fit together (the outer bag needs to be significantly larger).
- or 1 Sleeping bag rated to -40 F (these are pretty rare)
- 2 Sleeping pads – closed cell foam is preferable to anything you need to blow up. 1 pad could be a half-sized pad.

www.UMDrso.org

Remember:



Questions about the packing list?

Contact:

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MISCELLANEOUS:

- Bandanna or buff
- Sunglasses and/or ski goggles
- Sunblock and lip balm w/ S.P.F. of 20 - 40
- Eating utensils - unbreakable: insulated cup, bowl, spoon (metal not recommended).
- 2-Water bottles (1 qt.) - wide mouth nalgene plastic – one could be an insulated bottle/thermos (hydroflask)
- Toiletries: toothbrush & paste, glasses, contacts, etc..(contact solution will need to be on a necklace held close to your body so it doesn't freeze)
- Pocket knife (optional)
- Stuff sacks - to organize items in your pack
- Headlamp or flashlight with extra batteries (batteries die fast in the cold – bring lots)

PACKING:

- 1 Medium Sized Day-Pack – 25-30 liters is a good size
- 1 Large Backpacking Backpack 65+ Liters (needs to be large enough to fit at least both of your sleeping bags)

Or

- 1 Large expedition Duffle

SKIING/SNOWSHOEING EQUIPMENT:

- Backcountry touring skis and Ski poles OR
- Snowshoes

