University of Minnesota Duluth – Recreational Sports Outdoor Program

River Wave Riding in Manitoba, Canada

The Winnipeg River at Sturgeon Falls offers large glassy waves that can be surfed using a variety of equipment. We will bring Stand-Up Paddleboards, Surfboards, Whitewater Kayaks and Canoes or Sea Kayaks. This place permanently alters your view of surfing waves and accelerates your skill development. Head north to discover what 50,000 cfs can do for you!

HERE’S WHAT TO EXPECT:
Fall colors are turning and it’s time to surf river waves in the Whiteshell Provincial Park. On Friday we will drive the RSOP van eight hours north to Nutimik Lake Campground. Two days will be spent working on our river wave surfing skills and two nights will offer relaxing conversation around the campfire with new friends. We will break camp Sunday morning, hit the waves for the day before driving back in the late afternoon which allows us to return to Duluth around midnight. The residual stoke from this trip will provide plenty of energy for Monday morning classes. Wandering thoughts and a permanent grin may require explanation upon your return.

WHEN:
Depart - Friday, September 14, 2018 at 2pm*
Return - Midnight - Sunday, September 16, 2018

Mandatory 40-minute Pre-Trip Meeting:
Wednesday, September 12th 5-6pm in SpHC 153H

* Trip departs from Randy Carlson’s home near campus to allow for easy loading and free parking.

PREPARATION:
• **Passport** – you must have one to cross the border.
  http://gocanada.about.com/od/canadatraveloverview/qt/uscitizenborder.htm
• **Equipment** – attached is an equipment list that includes what we provide and what you need to obtain. Follow this list closely to have an enjoyable fall camping experience.
• **Health & Liability Form** – complete these forms and return them during the Pre-Trip Meeting.
• **Group size** – limited to 6 participants and 4 instructors
• **Trip Leader** – Randy Carlson, call (218) 726-6177 or E-mail rcarlso6@d.umn.edu for more information

THE OUTDOOR PROGRAM PROVIDES:
All group camping gear, quality paddling and surfing equipment, transportation, food and expert instruction.

COST: $70 for UMD Students Only, must be UMD RSOP Surf Member or Kayak and Canoe Club Member.

The Real Classroom is Outside…Get Into It!
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:**
- Boards, Kayaks & Canoes
- Paddling Accessories
- Wetsuits & Neo Accessories
- Tents
- Toilet tissue
- Kitchen and cookware
- Each meal while at camp
- All transportation from UMD
- Tarps
- Spare rope
- First Aid kit
- Matches
- Saw
- Firewood
- Dry bags
- Water jugs

**YOU NEED TO BRING:**
- Money for food on the road
- Heavy duty garbage bags
- Sleeping pad (closed cell foam or Therma-rest style)
- Sleeping bag (rated to 20 degrees F) in a stuff sack
- 2 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 may get wet in the canoe
- 2 Pair underwear
- 3 Pair wool socks
- 1 Long sleeved shirt
- 2 T-shirts
- 1 Pair shorts and 1 swimsuit
- 1 Heavy sweater
- 1 warm jacket
- Toiletries: small towel, 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 water bottle

**RENTAL:**
If you don’t have some of the major items, you can rent from the new UMD RSOP Rental Center. Call 218-726-6134. Open Mon. 9am to 6pm, Tues.- Fri. 11am to 6pm.

**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

If you have equipment questions, contact us
Phone: (218)726-7128
Fax: (218) 726-7188
Email: rsop@d.umn.edu
www.umdrsop.org