South Shore Lake Superior Surf, SUP & Longboard Skateboard Trip, Michigan

The South Shore of Lake Superior offers large cliffs, sand dunes, and beaches that can be explored using a variety of equipment. Our weekend will feature several adventures on water and on land!

HERE’S WHAT TO EXPECT:
It’s time to explore one of the most beautiful areas on Lake Superior. This trip features Michigan’s Keweenaw Peninsula and many boardsport activities. On Thursday we will drive the RSOP van to the Union Bay Campground or McClain State Park Campground on the MI lakeshore. If the weather turns cold we will aim for a cabin near our surfing spots. On Friday and Saturday we will surf, SUP Tour and longboard skateboard at the locations that offer the best conditions. Our equipment will consist of SUPs, surf boards, body boards, longboard skateboards, kiteboarding gear, and skim boards. We will take in a boardsport session on Saturday and drive back toward Duluth with an ETA of around 9:00pm. Sunday is a rest day for you in Duluth and the residual stoke from this trip will provide plenty of energy for Monday morning classes.

WHEN:
- Depart - Thursday, October 25, 2018 at 9am*
- Return - Saturday, October 27, 2018 at 9pm
- Mandatory 40-minute Pre-Trip Meeting:
  - Tuesday, October 23 at 4-5pm in SpHC 153H
  - * Trip departs from Randy Carlson’s home near campus to allow for easy loading and free parking.

PREPARATION:
- 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