

2019 Freshmen Outdoor Trip: Rock Climbing the North Shore



The North Shore of Lake Superior has numerous locations that have fun and friendly rock climbing opportunities. We will use some of these places to develop skills, make friends, and explore the area.

Hiking on forested trails and visiting spectacular overlooks will be a part of this trip.

HERE'S WHAT TO EXPECT:

We will begin our journey by driving up the North Shore to our 'home-base' campground near Finland, MN. The group will then climb at beautiful climbing areas by day and return to camp each evening for dinner and a campfire. Everyone will be involved with camp set up, cooking, cleaning and climbing.

For pictures of past trips, go to: www.umdrsop.org and click on "Outdoor Trips" then "Freshmen Trips".

WHEN:

9 am Monday, August 19 – Thursday, August 22, 2019

Pre-trip meeting Sunday, August 18, at 5pm (meet in Lake Superior Hall Lobby)

WHERE:

We will be departing from the main entrance to Lake Superior Hall at **9am on August 19**

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 70's to the 40's with sun, wind and/or rain.
- *Schedule* – attached is an itinerary of what we will be doing.
- *Housing* – if you have an on-campus housing assignment you will be eligible to move in on Sunday, August 18 between 11am and 4pm and stay on campus the night before the trip. *Call the Housing Office at (218)726-8178 if you have any questions.* Bring your Housing Assignment letter.
- *Health & Liability Form* – complete these forms and return them within one week.
- *Training* – Our climbing options are varied in difficulty. Please be prepared for being physically active.

THE OUTDOOR PROGRAM PROVIDES:

We provide all group camping gear, food, rock climbing equipment, first aid kits, transportation, and expert instruction.

GOALS:

- Have Fun
- Meet other freshmen, students, and staff
- Transition into UMD
- Explore and discover the beauty of the North Shore
- Learn rock climbing skills
- Work as a group to be safe and respect the natural environment

EXPLORE MORE WITH THE UMD OUTDOOR PROGRAM:

The Outdoor Program offers a wide variety of programs during the school year. Get involved!

GENERAL INFO:

Phone: (218)726-7128

Email: rsop@d.umn.edu

www.umdrsop.org

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

University of Minnesota Duluth – Recreational Sports Outdoor Program

Rock Climb Lake Superior's North Shore 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. If the weather is rainy or stormy our options include hiking along the North Shore and climbing at UMD's indoor walls.

Note: You will be on your own to get dinner on Sunday evening and breakfast on Monday morning. Please plan accordingly. The resident dining hall is NOT open. The food court will have limited hours.

Sunday, August 18

11am- 4pm – Early Move-In for ON-CAMPUS residents at 189 Lake Superior Hall. Bring your Housing Assignment letter.

5pm – Meet in the Lobby of Lake Superior Hall to learn more about your trip as well as meet leaders and other trip participants. This is a required meeting. Afterward, if you have gear reserved from the Rental Center, staff will take you there. Then we'll spend some time learning basics at our indoor climbing wall.

Monday, August 19

9am – Meet in front of Lake Superior Hall's main entrance – divide into groups and load equipment. Drive up the North Shore to go over the basics of rock climbing and belaying. We'll move on to our campground, set-up camp and enjoy.

Tuesday, August 20

- Rise and shine.
- Eat breakfast, then load gear and our lunch into the van and drive to Carlton Peak, a beautiful 'inland dome' of rock. We'll spend the day at Carlton Peak climbing rocks, rappelling and hiking to the top for spectacular views of Lake Superior. In the evening, we'll all pitch in to cook our dinner, wash the dishes and enjoy our campsite.

Wednesday, August 21

Wake up, eat breakfast and load up again. We'll spend the day climbing the breathtaking sea cliffs of Shovel Point.

Thursday, August 22

- After breakfast, we'll take down our camp and load the trailer for our return to campus.

Today we can choose to spend the morning at our favorite climbing area **or** hike together on one of the North Shore's signature trails. We'll have lunch before driving back to Duluth to unload gear as a group, clean up and meet at Lake Superior Hall to walk to the Barbecue together.

- 5pm – Barbecue and campfire in Bagley Nature Area. Share your stories with other trip participants. WELCOME TO UMD!

FUN INFORMATION ABOUT OUR TRIP:

- When climbing, we'll work as a group and take turns belaying for each other.
- Carlton Peak is a rounded dome of anorthosite rock. The company 3-M got its start by mining anorthosite there, for use in making sand paper.
- The North Shore climbing community has a local ethic of not using chalk to climb on natural rock routes.
- Shovel Point is a peninsula of rhyolite rock that juts out into Lake Superior. The trees and plants that grow on Shovel Point form a special ecosystem related to cooler temperatures of the arctic.
- When we climb on Shovel Point, we'll be suspended over the waves of Lake Superior. Climbers start at the cliff top, lower down and climb back up!

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Rock Climb Lake Superior's North Shore

Equipment

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:

All climbing equipment	Coolers
Climbing guides	Folding saw
Tents	Matches
Toilet tissue	Spare rope
Kitchen and cookware	First Aid kit
Each meal while on the trail	All transportation from UMD

YOU NEED TO BRING:

- Sleeping pad (closed cell foam or self-inflating style)
- Sleeping bag (rated to 20 degrees F) in a stuff sack
- 2 Pair long pants – loose & comfortable (light cotton, wool or nylon)
- 2 Piece rain-suit of durable material
- 1 Pair hiking boots/shoes
- 1 Pair light tennis shoes for camp use
- 1 Pair long underwear (top and bottom, no cotton)
- 3 Pair underwear
- 4 Pair socks (at least 1 pair should be wool)
- 1 Towel
- Swimsuit
- 1 Long sleeved shirt
- 2 T-shirts
- 1 Pair shorts
- 1 Heavy sweater
- 1 Lightweight jacket
- Toiletries: Toothbrush/paste, Soap in plastic bag
- Sunglasses with safety strap
- Gloves or mittens and a fleece or wool knit hat
- Sunscreen lotion
- Baseball style or wide-brim hat for sun protection
- Unbreakable eating utensils (plate, cup, bowl, k,f,s)
- 1 quart water bottle
- Flashlight or headlamp with fresh batteries
- Day pack for hiking
- Optional: personal climbing gear: shoes, harness, helmet

RENTAL:

Our Rental Center has many items including sleeping bags & pads, rain gear. Call the Rental Center at 218-726-6134 to reserve equipment. Rental details can be found at umdrsop.org/rental

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, pocket knife, camp chair, insect repellent, spare prescription glasses with safety strap, contact solution

DO NOT BRING:

- Chalk or chalk bags
- Cell phones or other electronics
- Cosmetics
- Recreational drugs, alcohol, or tobacco
- Valuables

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