

2019 Freshmen Outdoor Trip: Northwoods Sampler



On the edge of the Boundary Waters Canoe Area Wilderness, at the end of the Gunflint Trail, sits Wilderness Canoe Base, our home-base for the week. We'll stay in cabins at night and spend our days sampling great activities that include: Canoeing, hiking, rock climbing, camp crafts, fishing, nature exploration, relaxing and so much more.

HERE'S WHAT TO EXPECT:

We will begin our journey by traveling north to Grand Marais then up the Gunflint Trail to the edge of the wilderness. The week will be spent exploring the area and making new friends.

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 and windy.
- *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* – Depending upon the activities you choose to participate in, be prepared for long paddles, some portaging, and full days of climbing and hiking.

THE OUTDOOR PROGRAM PROVIDES:

We provide all group gear, quality paddling and rock climbing equipment, transportation, meals and expert instruction.

GOALS:

- Have Fun
- Meet other freshmen, students, and staff
- Transition into UMD
- Explore and discover the beauty of the BWCAW
- Learn a variety of skills
- Work as a group to be safe and treat the natural environment with respect

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!

Northwoods Sampler 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.

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.

Monday, August 19

- 9am – Meet in front of Lake Superior Hall's main entrance – divide into groups and load people and equipment onto the charter bus.
- Drive up the North Shore in a charter bus to Grand Marais then up the Gunflint Trail to Sea Gull Lake (3 1/2 hours).
- Lunch, then an orientation to camp, canoe demos, hiking, exploring, swimming, and time to move into the cabins. A night around the campfire will cap off our day.

Tuesday, August 20

- Our morning begins with breakfast.
- Select a full-day or two half-day activities: Hiking, canoeing, climbing, fishing, crafts, blueberry picking, and more. We'll return to camp for dinner, activities and stories from our day.

Wednesday, August 21

- Once again, select a full-day or two half-day activities: Hiking, canoeing, climbing, fishing, crafts, blueberry picking, and more. Return to camp for dinner in the dining hall, activities and stories from our day. We'll have evening activities, reports of our day and a sauna.

Thursday, August 22

- Pack up gear and head back to the bus.
- Drive back to the North Shore to Tettegouche State Park for a picnic lunch..
- Lunch, hike, and explore Shovel Point and the Baptism River.
- From there, we'll head to Duluth, unload equipment and clean-up.
- 5pm – Barbeque and campfire in Bagley Nature Area. Share your stories with other trip participants. WELCOME TO UMD!

FUN INFORMATION ABOUT THIS TRIP:

- Camp Menogyn is not reachable by roads. All visitors must take a boat to get to camp!
- The Boundary Waters Canoe Area Wilderness shares a border with the camp.
- The Stairway Portage at Rose Lake is used by hundreds of canoeists each season and leads to spectacular views of the BWCAW.
- About 30 stars are visible through the 'light pollution' of a city. Many thousands of stars are visible in the dark skies above Menogyn.
- The beauty for this trip comes from the natural settings and great activities. The fun comes from you!

GENERAL INFO:

Phone: (218)726-7128

Email: rsop@d.umn.edu

University of Minnesota Duluth – Recreational Sports Outdoor Program

Northwoods Sampler 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 when doing activities. During the coldest possible weather, you may be wearing nearly all of your layers. We will be staying in cabins at night, but outside most of the days.

WE PROVIDE:

- All paddling and climbing equipment
- Cabins for sleeping
- Meals
- All transportation from UMD

YOU NEED TO BRING:

- Backpack or duffel bag to carry all of your gear
- Sleeping bag in a stuff sack – warmer bag (20 degree) for sleeping on the dock
- Sleeping Pad (optional) – for sleeping on the dock
- Small pillow (optional)
- 2 Piece rain-suit of durable material
- 1 Pair light shoes for in camp (slip-ons are nice for outhouse visits). If you bring sandals, make sure they are closed toe.
- 1 Pair hiking shoes or boots
- 1 Pair Closed Toed Shoes you can swim in.
- 2 Pair pants (wool, nylon, or light cotton)
- 1 Pair long underwear (top and bottom – synthetic material)
- 3 Pair underwear
- 3 Pair socks (at least 1 pair wool)
- 1 Towel
- 2 Long sleeved shirts
- 2 T-shirts
- 1 Pair shorts
- 1 swimsuit
- 1 Heavy sweater or fleece pullover
- 1 Lightweight jacket
- Toiletries: Toothbrush/paste, Soap in plastic bag, feminine hygiene
- Sunglasses
- Gloves or mittens and a fleece or wool knit hat
- Pocket knife
- Sunscreen lotion
- Baseball style or wide-brim hat for sun protection
- Insect repellent (optional)
- Flashlight or headlamp with fresh batteries
- 1 quart water bottle
- Day pack for hiking
- Optional: a favorite quote or short reading about wilderness

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:

- It could be cold. Even though we have cabins, we will be outside and active most of the time. Plan accordingly.
- 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.

EXTRAS YOU CAN BRING:

Camera, journal, book to read, field guides, personal map, spare glasses, fishing gear (and license)

DO NOT BRING:

- Cell phones or other electronics
- Tobacco
- Cosmetics
- Valuables
- Recreational drugs or alcohol.

If you have equipment questions, contact us

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