

2019 Freshmen Outdoor Trip: Sea Kayaking the Apostle Islands



The Apostle Islands are a beautiful series of islands that spread out into Lake Superior at the northern end of Wisconsin. In your sea kayak, you can explore secluded beaches, sea caves, cliffs and old growth forests with newfound friends.

HERE'S WHAT TO EXPECT:

We will begin our journey learning the skills of kayaking in the shallow beach waters of the mainland in the Apostle Islands National Lakeshore near Bayfield, WI. Then, we will load all of our gear into kayaks and head out to the islands to camp, learn about Lake Superior, each other, and life at UMD. Everyone will be involved with paddling, camp set-up, cooking, cleaning, and hiking.

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* – We'll be paddling up to 10 miles in a day. Be prepared to be physically active.

THE OUTDOOR PROGRAM PROVIDES:

We provide all group gear, food, quality paddling equipment, transportation, and expert instruction.

GOALS:

- Have Fun
- Meet other freshmen, students, and staff
- Transition into UMD
- Explore the Apostle Islands
- Learn sea kayaking skills
- Learn more about UMD

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!

Sea Kayaking the Apostle Islands 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 – we will divide into groups, load equipment and head out to Little Sand Bay. Load gear into boats & paddle out to the Oak Island campsite. Set-up camp and enjoy.

Tuesday, August 20

Rise and shine! Day trip to the Manitou Fish Camp, an old-time commercial fishing camp, and explore the caves of Manitou Island. Learn about the life in the islands and geology of the area. Stay at Oak Island. Beach combing, hiking, and swimming all could be a part of this day.

Wednesday, August 21

Eat breakfast then load gear into boats and paddle to Sand Island. En-route, stop at Raspberry Island Lighthouse, check out old shipwrecks, or hike old quarries and explore.

Thursday, August 22

Paddle to the boat launch, take out and load equipment into the trailer and van. Drive back 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 KAYAKING WITH THE OUTDOOR PROGRAM IN THE APOSTLES:

- There are 22 islands in the Apostle Islands
- Numerous sunken ships dot the region. We will paddle over the Fedora and the Ottawa.
- Kayaks are great boats to use on Lake Superior because they are very sea-worthy and water tight.
- Some of the Apostle Islands have old growth forests, while others have been farmed or have had sandstone quarries.
- The water in some of the sheltered bays can get fairly warm, even up to 65 degrees.
- We eat well on these trips with meals ranging from stir-fry to Mexican night. There will always be a vegetarian option.

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Email: rsop@d.umn.edu

University of Minnesota Duluth – Recreational Sports Outdoor Program

Sea Kayaking the Apostle Islands 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. During the coldest possible weather, you may be wearing nearly all of your layers. Your gear will be re-packed into dry bags in each kayak.

WE PROVIDE:

Double Sea Kayaks	Maps for the group
Wetsuits	Paddling Jackets
Paddles	First Aid kit
Dry bags for each participant	Life jackets
VHF Radio	
Tents	Toilet tissue
Spare rope	Kitchen and cookware
Each meal while on the trail	All transportation from UMD

YOU NEED TO BRING (avoid cotton):

- Sleeping pad (closed cell foam or self-inflating style)
- Sleeping bag (rated to 20 degrees F) in a stuff sack
- Swim suit
- 1 Pair pants (wool, nylon, 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 sandals which will get wet (if you use sandals, make sure they have closed toes)
- 3 Pair underwear
- 4 Pair wool socks
- 1 Small towel
- 1 Long sleeved shirt,
- 2 T-shirts
- 1 Pair shorts and 1 swimsuit
- 1 Heavy sweater
- 1 Lightweight jacket
- Toiletries: Toothbrush/paste, Soap in plastic bag
- Sunglasses with safety strap
- Gloves or mittens and a winter hat
- Pocket knife
- Sunscreen lotion
- Baseball style or wide-brim hat for sun protection
- Insect repellent
- Spare prescription glasses with safety strap
- Unbreakable eating utensils (plate, cup, bowl, k,f,s)
- Flashlight/headlamp w/ fresh batteries
- 1 quart water bottle
- Optional: Paddling gloves

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.
- Old tennis shoes are fine for using in the kayak. Wear wool socks inside them. Bring wetsuit booties if you have them.
- Long underwear should be a synthetic material, not cotton
- Everyone will be wearing wetsuits while kayaking. They are great for keeping you warm. If there is a wind blowing, a nylon shell is very helpful.

EXTRAS YOU CAN BRING:

Camera, Journal, Pencil, book to read, field guides, personal map

DO NOT BRING:

- Cell phones or other electronics
- Cosmetics
- Junk food
- Recreational drugs, alcohol, or tobacco

If you have equipment questions, contact us

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