

## 2019 Freshmen Outdoor Trip: Stand Up Paddleboarding the North Shore



Experience the North Shore in a whole new way! Discover hidden inland lakes, paddle scenic rivers, and tour the coastline of Lake Superior's North Shore. Learn the skills necessary to have a safe and fun water adventure. When we are not on the lake, get ready to enjoy campfire stories, hike legendary trails, and make new friends.

### HERE'S WHAT TO EXPECT:

We will begin our journey by driving up the North Shore to our base-campsite at Tettagouche State Park, unload all of our gear, and then work on getting ready to learn about stand-up-paddleboarding. Days will be spent exploring, paddling, hiking, and enjoying newfound friends. Each night we will return to camp for dinner and a campfire. Everyone will be involved with camp set up, cooking, cleaning and paddling.

### 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* – Paddleboarding is a strenuous activity. Please plan on being physically active.

### THE OUTDOOR PROGRAM PROVIDES:

We provide all group camping gear, food, transportation, stand-up-paddleboarding equipment, and expert instruction.

### GOALS:

- Have fun
- Meet other freshmen, students, and staff
- Transition into UMD
- Explore wild areas of Lake Superior's North Shore.
- Build stand-up-paddleboarding skills

### 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](mailto:rsop@d.umn.edu)  
[www.umdrsop.org](http://www.umdrsop.org)

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

## University of Minnesota Duluth – Recreational Sports Outdoor Program

# SUP 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 does not permit us to be on the water our options include hiking along the Superior Hiking Trail and exploring other unique highlights of the North Shore.

**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 equipment. Drive up the North Shore, set up camp at the Tettagouche State Park group site, gear up and go over the basics of SUP paddling on the water at the mouth of the Baptism River. Then back our campsite to enjoy dinner and a campfire!

### Tuesday, August 20

Rise and shine. Eat breakfast, then load gear and our lunch into the van and drive up along HWY 7 to explore some beautiful inland lakes just outside of the Boundary Waters. We'll spend the day inland lake paddling and enjoy lunch before heading south to paddle a scenic section of the Baptism River. In the evening, we'll all pitch in to cook our dinner, wash the dishes and then enjoy some entertaining campfire stories before bed at the group campsite.

### Wednesday, August 21

Wake up, eat breakfast. We'll spend the day stand-up-paddleboard touring Lake Superior's spectacular coastline including the iconic Palisade Head. Later in the day we'll take an afternoon hike within the park.

### 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 paddling on Lake Superior's coastline around Split Rock Lighthouse or hike together along 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 – Barbeque and campfire in Bagley Nature Area. Share your stories with other trip participants. WELCOME TO UMD!

### FUN INFORMATION ABOUT OUR TRIP

- Everyone loves the North Shore! The rugged geology make for a spectacular backdrop for the beauty of the area. The rock actually formed when the North American continent began to tear apart, over a billion years ago.
- Lake Superior is amazing. The cold waters (yes, we'll be wearing wet suits when on the water) are so clear, that you can see the bottom easily in many areas. Maybe even shipwrecks, if we paddle near Split Rock.
- The forests in the area have seen many changes through the years, from forest fires and logging to planting and re-growth of pines, aspen, birch, and maple.
- We eat well on these trips with meals ranging from Mexican night to Italian spaghetti. There will always be a vegetarian option.

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Email: [rsop@d.umn.edu](mailto:rsop@d.umn.edu)

## Stand Up Paddleboarding

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:

Stand Up Paddleboards	Maps for the group
Wetsuits	Paddling Jackets
Paddles	First Aid kit
Life jackets	
Tents	Toilet tissue
Spare rope	Kitchen and cookware
Each meal while on the trail	All transportation from UMD

### YOU NEED TO BRING:

Try to avoid cotton clothing – if it gets wet, it is very cold and takes a long time to dry.

- Sleeping pad (closed cell foam or self-inflating style)
- Sleeping bag (rated to 20 degrees F) in a stuff sack
- 1 Pair pants (wool, nylon, or light cotton)
- Swim suit
- 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 close-toed sandals which will get wet
- 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

### RENTAL:

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

### DO NOT BRING:

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

### If you have equipment questions, contact us

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