

University of Minnesota Duluth - Outdoor Program

Kayak and Canoe Club

BWCAW Canoe Trip

The Boundary Waters Canoe Area Wilderness is an extensive area dotted with waterways connected by portages. In this beautiful setting, you will become present-day explorers as you paddle your way in the BWCAW and learn about past explorers and voyageurs.

HERE'S WHAT TO EXPECT:

Fall colors are turning and it's time to head to the Boundary Waters Canoe Area Wilderness and enter the world of the Voyageur. We will be heading up the Gunflint Trail to our put-in at West Bearskin Lake. Days spent paddling and portaging and nights spent relaxing and enjoying stories with new friends. We will paddle a short distance on Friday to set up a base camp, then on Saturday will paddle & portage empty canoes to the Height of Land Portage between North and South Lakes (this is a long and draining day, but well worth it). Sunday will be a leisure day of enjoying the morning, then packing up and returning to Duluth.

WHEN:

Trip Dates: Depart 2pm on Friday, October 3, 2008
Return 6pm on Sunday, October 5, 2008
Mandatory Pre-Trip Meeting:
Tuesday, September 30 at 7:00 pm
(meet at the Trailhead in the SpHC Lobby)

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.
- *Health & Liability Form* – complete these forms and return them within one day.

THE OUTDOOR PROGRAM PROVIDES:

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

COST:

\$70 for UMD Students (half price for active Kayak and Canoe Club Members)



GOALS:

- Have Fun
- Meet people that enjoy the outdoors
- Explore the BWCAW
- Learn canoe camping skills
- Discover some of the rich history of the BWCAW

EXPLORE MORE WITH THE UMD OUTDOOR PROGRAM:

The Outdoor Program offers a wide variety of programs during the school year. Other outings this fall that you may want to try:

- Duluth Harbor Waterfront Kayaking – Sept. 17 & 24
- Halloween Paddle – Nov. 1

GENERAL INFO:

Phone: (218)726-7128
Fax: (218) 726-7188
Email: rsop@d.umn.edu
www.umdrsop.org

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

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.

Friday, October 3

2pm – Depart UMD from the front of Sports and Health Center. Drive up the North Shore and the Gunflint Trail (pick up permit in Tofte).

Bring a bag meal or purchase at a fast food restaurant in Grand Marais.

Put-in at West Bearskin Lake. Paddle across to the portage and go into Duncan Lake to set up the base camp.

Saturday, October 4

Get up bright and early to paddle and portage to the Height of Land Portage. On the way cross the famous Stairway Portage into spectacular Rose Lake. See the palisades of Arrow Lake. Discover natural history.

Learn about the old Voyageurs at the Height of Land Portage. Then paddle back to camp along spectacular cliffs and forests that are near their peak in fall colors.

Sunday, October 5

This is a relaxing morning where we will explore Duncan Lake and pack up to head back to the put-in. Drive back to Duluth and arrive by 6pm

FUN INFORMATION ABOUT CANOEING IN THE BOUNDARY WATERS:

- The Boundary Waters Canoe Area is a designated Wilderness. This means we travel and camp in a way that attempts to “leave no trace”. Everything we bring in, we bring out with us, including garbage.
- We will get our water from lakes using water filters to remove possible bacteria.
- This is northern Minnesota, so moose, bear, and wolf sign are definitely possible.
- The forests along the way have seen many changes through the years, from forest fires and logging to planting and re-growth of pines, aspen, birch, and maple.
- Plan on the possibility for frost while on this trip. Past years have even seen snow flurries. This means no biting insects!

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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 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:

Maps for the group	Tarps
Paddles	Life jackets
Duluth Packs	First Aid kit
Tents	Matches
Toilet tissue	Spare rope
Kitchen and cookware	
Each meal while on the trail	
All transportation from UMD	

YOU NEED TO BRING:

- 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 Small towel
- 1 Long sleeved shirt
- 2 T-shirts
- 1 Pair shorts and 1 swimsuit
- 1 Heavy sweater
- 1 warm jacket
- Toiletries: 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, opened 9 to 7pm Mon to Fri.

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:

- Radios or walkmans
- Tobacco
- Cosmetics
- Valuables
- Recreational drugs or alcohol

If you have equipment questions, contact us

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