HERE’S WHAT TO EXPECT:
The freedom and excitement that Lake Superior sea kayaking offers is something we’re thrilled to share with you! As a participant you will be actively involved and learning about equipment, paddling techniques, navigation, on-water safety, and camping from sea kayaks. The itinerary will allow time to explore the natural features and cultural history of the Apostle Islands.

WHO:
This trip is suited for all skill levels. Paddlers will be using a combination of single and tandem kayaks.

WHERE:
Meet your instructors at the Little Sand Bay Visitor Center, Apostle Islands National Lakeshore or Red Cliff Casino.

COST:
$450/person/(2-3 people)
$425/person/(4-6 people)

ITINERARY:
As a participant, your abilities and expectations must be appropriate for the following generalized conditions:

1. Lake Superior’s water temperature is in the fouties this time of year except for the shallow bays where water is warmed by the sun. A farmer john wetsuit and various poly-nylon layers, and a lifejacket will be worn at all times. Weather and unforeseen group situations can create the need to alter our on-water activities. Flexibility in attitude, schedule, and route is very important to help insure a positive experience for everyone.

2. In general, paddling will be postponed when wave conditions exceed three feet and/or fog creates visibility under 1/4 mile. No paddling will occur in severe weather conditions involving air to ground lightning strikes. Everyone should plan to be on the water for six to eight hours a day unless

Explore More with RSOP:
• Whitewater Kayak Courses
• Whitewater Canoe Courses
• Rock Climbing on Minnesota’s North Shore
• Rock Climbing Wall
• American Canoe Association Instructor Certification Workshops
• Climbing Instructor Certification and Training Workshops
• Summer Youth Adventure Camps

General Information and Registration
Phone: (218) 726-7128
Fax: (218) 726-6767
Email rsop@d.umn.edu
Website www.umdrsop.org

Sea Kayaking Information
Call Pat Kohlin at 218-726-8801

The Real Classroom is outside...Get into It!
the weather requires us to be on the water longer.

3. Land based activities and campsites take place on islands. Camp set-up, cooking, dish washing and other activities are done as a group with each person contributing. Toilet facilities are located at each camp.

Please read through the material in this packet carefully. All Participants must complete the UMD Health Form and Liability Waiver. Please fill out and sign and return to UMD.

APOSTLE ISLAND NATIONAL LAKE SHORE
ITINERARY (Samples)
Option 1
Day one, 9am
Meet the UMD instructors at Little Sand Bay. Introductions, how to dress for kayaking, equipment, paddles wet exit, stroke instruction rescue instruction, packing for sea kayak tripping, navigation and rules of the nautical road. Camp on mainland at Town Of Russell site first night.

Day two
Load kayaks, launch, cross to Sand Island and explore the sea caves. Set up camp, hike to the lighthouse, and cook dinner.

Day three
Paddle to York and Raspberry Islands, explore the lighthouse on Raspberry. Return and camp on Sand Island.

Day four
Break Camp, cross to Little Sand Bay, unload kayaks, sort gear and load boats and gear in the vans and trailers. Participants depart for home by 3:00pm.

If Severe Weather Prevents Crossing to an Island and Base Camp is on the Mainland
Day one, 9am
Meet the UMD instructors at Little Sand Bay. Introductions, how to dress for kayaking, equipment, paddles wet exit, stroke instruction rescue instruction, navigation and rules of the nautical road. Set up camp, eat, sleep.

Day two
Drive to Red Cliff, unload boats from trailer, and paddle to the shipwrecks. Cross to Basswood Island, eat lunch, navigation exercise. Paddle along the shore of Basswood, cross back to the Red Cliff Marina. Load boats onto trailer and drive to the camp ground at Little Sand Bay. Unload boats, eat dinner, explore bay on foot.

Day three
Drive to Meyer’s Landing. Paddle along the sea caves, lunch break on sandy beach with navigation exercise. Paddle to Little Sand Bay. Secure boats on the beach, eat dinner, sleep.

Day four
Break Camp, paddle to York Island and back. Load boats onto trailer. Participants depart for home by 3:00pm.

EQUIPMENT
WE PROVIDE:
Double Sea Kayaks	Maps for the group
Single ea Kayaks	Wetsuits
Paddling Jackets	Toilet tissue
Paddles	Dry bags for gear
Life jackets	VHF Radio
Tents	Matches
Kitchen and cookware	First Aid kit
Each meal while on the trail	Spare rope

YOU BRING
___ Zip-lock bags or nylon stuff sacs for containing items, may use garbage bag liner
___ 2 piece rain suit (no ponchos)
___ 1 pr. light wool or fleece pants
___ Polypropylene, thermax, capilene silk, or cool max long underwear (NO COTTON!)
___ Fleece jacket
___ Wool sweater
___ 1 pr. Long pants
___ 2 Short sleeved shirt
___ Long sleeved shirt
___ Underwear
___ Bandanna
___ 3 pair wool socks
___ Shorts or swimsuit
___ Towel
___ Hat with bill
___ Wool hat and mittens (for spring and fall trips)
___ Glasses retainer strap required, contacts are ok, although care may be difficult
Sleeping bag in compression stuff sac with plastic liner (sufficient warmth for expected conditions) must pack smaller than 12” diameter x 20” long
Sleeping pad (closed cell or therma rest)
Unbreakable eating utensils (plate, cup, bowl, spoon, knife, fork)
Water bottle (1 qt min., 2 qts is better)
Pocket knife
Flashlight w/ fresh batteries
Day or fanny pack
Sunglasses + glasses strap
Chapstick
Sunscreen (SPF 30 minimum)
Insect repellant
Toiletries
Shoes; light tennis, or hiking for on land activities and sandals (submersible) or neoprene booties for kayaking and swimming).

OPTIONAL
Camera and Film
Journal
Playing cards
Binoculars
Guide books
Book to read

RENTAL:
Our Rental Center has many items including sleeping bags & pads, rain gear. Call the Rental Center at 218-726-6134 to reserve equipment.

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:
- MP3 Players
- Cell phones
- Cosmetics
- Junk food
- Recreational drugs, alcohol, or tobacco