Apostle Islands
Sea Kayaking Weekend
September 2-4, 2016

HERE’S WHAT TO EXPECT:
The Apostle Island National Lakeshore is a beautiful string of islands on Lake Superior’s South Shore. Our experienced leaders will introduce you to equipment, safety and paddling techniques. They will also share stories about voyageurs, shipwrecks and island living. We will camp on the mainland and take day trips to explore islands, lighthouses and sea caves where you will lounge on secluded sand beaches, stargaze, and swim with new friends.

WHEN:
Mandatory Pre-Trip Meeting: TBD
Depart: Friday, September 2, 2pm
Return: Sunday, September 4, 6pm
Register by: Noon, August 31

THE OUTDOOR PROGRAM PROVIDES:
All group gear, food while on the trail, transportation, and skill instruction.

YOU PROVIDE:
Personal camping gear (See equipment list. Gear is available for rent through RSOP).

COST:
UMD Students: $76 UMD Students only

Explore More with RSOP:
Kayaking in the Pool
Paddle Building
LNT Training
Paddling the BWCAW
Climbing and Bouldering Duluth
Climb Shovel Point
Backpack the Porcupines
Halloween Bouldering Comp
Apple Cidering
Fly Fishing for Bass
Snowshoe Building

GENERAL INFO:
Phone: (218)726-7128
Fax: (218) 726-7676
Email: rsop@d.umn.edu
www.umdrsop.org
Sea Kayak the Apostles Weekend
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.

We Provide

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Sea Kayak</td>
<td>Maps for the group</td>
</tr>
<tr>
<td>Wetsuits</td>
<td>Paddling Jackets</td>
</tr>
<tr>
<td>Paddles</td>
<td>Dry bags for gear</td>
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<tr>
<td>Life jackets</td>
<td>VHF Radio</td>
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<tr>
<td>Tents</td>
<td>Matches</td>
</tr>
<tr>
<td>Toilet tissue</td>
<td>Spare rope</td>
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<tr>
<td>Kitchen and cookware</td>
<td>First Aid kit</td>
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</tbody>
</table>

You Need To Bring

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Sleeping pad (closed cell foam or Therma-rest style)</td>
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<tr>
<td>Sleeping bag (rated to 20 degrees F) in a stuff sack</td>
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<tr>
<td>1 Pair pants (wool, nylon, supplex, or light cotton)</td>
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<tr>
<td>2 Piece rain-suit of durable material</td>
<td></td>
</tr>
<tr>
<td>1 Pair light tennis shoes for camp use</td>
<td></td>
</tr>
<tr>
<td>1 Pair long underwear (no cotton)</td>
<td></td>
</tr>
<tr>
<td>1 Pair shoes or boots which will get wet</td>
<td></td>
</tr>
<tr>
<td>3 Pair underwear</td>
<td></td>
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<tr>
<td>4 Pair wool socks</td>
<td></td>
</tr>
<tr>
<td>1 Small towel</td>
<td></td>
</tr>
<tr>
<td>1 Long sleeved shirt, 2 T-shirts</td>
<td></td>
</tr>
<tr>
<td>1 Pair shorts and 1 swimsuit</td>
<td></td>
</tr>
<tr>
<td>1 Heavy sweater</td>
<td></td>
</tr>
<tr>
<td>1 Lightweight jacket</td>
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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 repellant
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
Optional: Paddling gloves

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:
• Radios
• Cosmetics
• Junk food
• Recreational drugs or alcohol.

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