University of Minnesota Duluth – Recreational Sports Outdoor Program

Canoeing the Cloquet River
April 28-29, 2017

The Cloquet River is located in Northeastern Minnesota and is designated as a State Water Trail. It begins at Katherine lake and ends at its confluence with the St. Louis River. The river primarily runs through the Cloquet Valley State Forest, which provides primarily wooded banks and a semi-primitive experience. The section we paddle provides an excellent introductory experience to white-water canoeing. Get outside and come enjoy a spring canoe camping trip with us!

HERE’S WHAT TO EXPECT:
We will drive 30 minutes to Island Lake which is located north of Duluth. We will then set off from the Island Lake dam Friday afternoon and have a short paddle to our campsite. Saturday will consist of a day of paddling down river through beautiful scenery and beginner friendly rapids. We will take out our canoes at highway 53 and return back to Duluth Saturday evening.

WHEN:
Trip Dates: Depart 2:00pm on Friday, April 28
Return 8:00pm on Saturday, April 29
Mandatory Pre-Trip Meeting: TBD

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.
- Recommended Training - Attend Kayak/Canoe club Thursday evenings to get comfortable paddling.

THE OUTDOOR PROGRAM PROVIDES:
We provide all group gear, transportation, and guidance.

COST:
$35 for UMD Students/ $65 for Others

The Real Classroom is Outside…Get Into It!
Canoeing the Cloquet River
Itinerary 2014

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, May 1
2:00pm – Depart UMD from the front of Sports and Health Center. Drive to Island Lake Reservoir.
2:30pm- Arrive at Island Lake. Unload gear. Pack Canoes.
4:00pm- Set off and paddle to our first campsite.
6:00pm Arrive at campsite, unpack, set up camp and eat dinner.

Saturday, May 2
8:00am- Wake up, break camp, eat breakfast.
10:00am- Set off from camp and begin paddling.
2:00pm- Stop for a shore lunch and enjoy the beautiful area.
6:00pm- Arrive at highway 53. Pack up all of our gear and load up canoes on trailer.
8:00pm- Arrive back to campus. Unload all the gear from the UMD vehicle. Gear clean up. Then everyone is free to go.

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 30 degree range. Plan your clothing items so they can be worn over each other in layers. Have a pair of wet clothes for canoeing and then a pair of dry clothes for camp or if you get wet during the day.

See next page...
WE PROVIDE:
● Duluth Packs
● Maps for the group
● Tarps
● First Aid kit
● Tents
● Matches
● Toilet tissue
● Kitchen and cookware
● Stoves
● Food
● All transportation from UMD

YOU NEED TO BRING:
● Closed Toed shoes comfortable for getting in and out of the canoe
● 1 pair light shoes for in camp
● Heavy duty garbage bags- for keeping clothes dry in Duluth pack
● Sleeping pad (closed cell foam or Therma-rest style)
● Sleeping bag (rated to 30 degrees F) in a stuff sack w/ plastic liner
● Toiletries- NO MAKEUP
● 1 Pair pants (wool, nylon, supplex, or light cotton)
● 1 pair shorts
● 2 Piece rain-suit/poncho- durable material
● 1 Pair long underwear (no cotton) top and bottom
● Underwear
● 2-3 Pair wool socks- with thin polypro liners if possible
● 1 Long sleeved shirt
● 1 T-shirts
● 1 Wool sweater or Fleece
● 1 warm jacket
● 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)
● Small flashlight w/ fresh batteries or Headlamp
● 1-quart unbreakable plastic water bottles (or Camelbak®)

RENTAL:
If you don’t have some of the major items (i.e. sleeping bag, rain gear), you can rent from RSOP Rental Center. Stop by 154 SpHC or call 726-6134.

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, pen/pencil

DO NOT BRING:
● Cell Phone
● MP3 player
● Tobacco
● Cosmetics
● Valuables
● Recreational drugs or alcohol

GENERAL INFO:
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