2016 Transfer Student Outdoor Trip:
Camp Adventure Sampler

Near Duluth on a sandy beach lake is Camp Miller, our home-base for the trip. We’ll stay in cabins at night and spend our days sampling great activities that include: canoeing, high ropes course, hiking, climbing, sailing, swimming, stand up paddleboarding, horseback riding, range activities, bouldering, camp crafts, fishing, nature exploration, and relaxing.

HERE’S WHAT TO EXPECT:
We will begin our journey by traveling to Sturgeon Lake, MN to our camp. The week will be spent exploring the area, participating in great adventures, and making new friends.

WHEN:
9am Monday, August 22 – Thursday, August 25, 2016
Pre-trip meeting Sunday, August 21, 5pm (meet in the lobby of the UMD Sports and Health Center)

WHERE:
We will be departing from the lobby of the Sports and Health Center at 9am on August 22.

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 21 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 – Depending upon the activities you choose to participate in, be prepared for long paddles, some portaging, and full days of climbing and hiking.

THE OUTDOOR PROGRAM PROVIDES:
We provide all group gear, quality paddling and rock climbing equipment, transportation, meals and expert instruction.

GOALS:
• Have Fun
• Meet other transfer students, student leaders, and UMD staff
• Transition into UMD
• Explore and discover the beauty of the BWCAW
• Learn a variety of skills
• Work as a group to be safe and treat the natural environment with respect

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
www.umdrsop.org

The Real Classroom is Outside…Get Into It!
Camp Adventure Sampler 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.

Note: You will be on your own to get dinner on Sunday evening and breakfast on Monday morning. Please plan accordingly. The UMD resident dining hall is NOT open. The UMD food court will have limited hours.

Sunday, August 21
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 the UMD Sports and Health Center 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 22
9am – Meet in the Sports and Health Center lobby – load people and equipment onto the bus. Drive to Camp Miller. After an orientation to camp, our day will be spent with waterfront fun, team building, hiking, exploring, and time to move into the cabins. A night around the campfire will cap off our day.

Tuesday, August 23
Our morning begins with a sunrise hike, followed by breakfast in the dining hall. Then select two half-day activities: Horseback riding, high ropes course, climbing wall & range activities, or hiking. We’ll return to camp for dinner in the dining hall, activities and stories from our day.

Wednesday, August 24
Select a full-day activity: Canoeing the Kettle River or hiking and bouldering Robinson Park/Banning State Park. We’ll return to camp for dinner in the dining hall, activities and stories from our day. Evening activities, reports of our day and a sauna.

Thursday, August 25
For our last day, we’ll start with a Sunrise Paddle, then pick 2 morning activities from fishing, ropes course, and climbing. After lunch, a quick activity, then pack up gear and load the bus. Drive back to Duluth, unload equipment and clean-up.

FUN INFORMATION ABOUT THIS TRIP:
• Camp Miller is one of the most historic camps in the U.S. with very cool old buildings and old growth forest.
• The old growth forest is made of huge white and red pine trees – the classic northwoods forest.
• This camp is close to many opportunities for great adventures.
• Everyone will be staying in rustic cabins. A great way to enjoy the outdoor activities without roughing it (yes, there is showers and running water).
• Many of the days might be capped off with a sauna and a jump into the lake. So refreshing!!

GENERAL INFO:
Phone: (218)726-7128
Email: rsop@d.umn.edu
University of Minnesota Duluth – Recreational Sports Outdoor Program

Camp Adventure Sampler 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 when doing activities. During the coldest possible weather, you may be wearing nearly all of your layers. We will be staying in cabins at night, but outside most of the days.

WE PROVIDE:
- All activity equipment
- Cabins for sleeping
- Meals
- All transportation from UMD

YOU NEED TO BRING:
- Backpack or duffel bag to carry all of your gear
- Sleeping bag in a stuff sack – warmer bag (20 degree) for sleeping on the dock
- Sleeping Pad (optional) – for sleeping on the dock
- Small pillow (optional)
- 2 Piece rain-suit of durable material
- 1 Pair light shoes for in camp (slip-ons are nice for outhouse visits). If you bring sandals, make sure they are closed toe.
- 1 Pair hiking shoes or boots
- 1 Pair Closed Toed Shoes you can swim in.
- 2 Pair pants (wool, nylon, or light cotton)
- 1 Pair long underwear (top and bottom – synthetic material)
- 3 Pair socks (at least 1 pair wool)
- 1 Towel
- 2 Long sleeved shirts
- 2 T-shirts
- 1 Pair shorts
- 1 swimsuit
- 1 Heavy sweater or fleece pullover
- 1 Lightweight jacket
- Toiletries: Toothbrush/paste, Soap in plastic bag
- Sunglasses
- Gloves or mittens and a fleece or wool knit hat
- Pocket knife
- Sunscreen lotion
- Baseball style or wide-brim hat for sun protection
- Insect repellant (optional)
- Flashlight or headlamp with fresh batteries
- 1 quart water bottle
- Day pack for hiking
- Optional: a favorite quote or short reading about wilderness

RENTAL:
Our Rental Center has many items including sleeping bags & pads, rain gear. Call the Rental Center at 218-726-6134 to reserve equipment. Rental details are found at umdhrsop.org/rental

EQUIPMENT TIPS:
- It could be cold. Even though we have cabins, we will be outside and active most of the time. Plan accordingly.
- 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.

EXTRAS YOU CAN BRING:
Camera, journal, book to read, field guides, personal map, spare glasses, fishing gear (and license)

DO NOT BRING:
- Cell phones or other electronics
- Tobacco
- Cosmetics
- Valuables
- Recreational drugs or alcohol.

If you have equipment questions, contact us
Phone: (218)726-7128
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