

## **CREX MEADOWS TRIP - Field Interpretive Methods 2009: April 17-18**

### ITINERARY:

Friday 4pm Depart from the north side of SpHC (bus parking lane). Landscape interpretation as we travel - Stop at Pattison State Park - geology intro/review  
6:30 Arrive Norway Point along the St. Croix River for camping - set up camp & cook dinner (note: all facilities are closed - we will bring water)  
8pm "Frogging" exploration - get in van and drive to a local wetland and explore the diversity of frogs - capture and identify by sight and sound (need flashlights/headlamps)

Saturday 6am Leave to go birding - Drive into Crex Meadows Wildlife Area - start by looking for sharptail grouse dancing ground  
9am Breakfast Back at camp  
Break camp  
Hike the interpretive trail near camp  
Drive to a few sites  
Separate out as individuals and observe quietly.  
Small groups explore sites  
Noon Lunch at the interpretive center  
2pm Depart for Duluth  
4pm Back in Duluth

TRANSPORTATION: we will be using a van & trailer to haul equipment

FOOD: instructors will plan and buy - we all share the cost

### EQUIPMENT LIST

Plan your clothing items so they can be worn over each other in layers. During the coldest possible weather (it may get down to the upper 20's for a temp at night), you may be wearing nearly all of your layers. Wool is one of the best for: socks, sweater, cap, and even pants. Remember that this is camping; bring durable, not dress clothes. We will be car camping where we will hike in about 50 yards to the campsite. There is no running water. You will need to pack items into a backpack, Duluth pack, large duffel,...

### INSTRUCTORS WILL GET:

First Aid kit                      Matches                      Kitchen and cookware                      Water

### YOU BRING:

Tents	Toilet tissue
Broad brimmed hat for sun protection	Long underwear
1 Pair shoes	Sunglasses
1 Pair rubber boots or waders	Underwear
2 Pair wool socks	1 Small towel
1 Pair pants (loose fitting wool or light cotton)	Toothbrush/paste
1 Long sleeved shirts	Soap in plastic bag
Sleeping pad (closed cell or Therma-rest)	Comb or brush
Sleeping bag ( to 10 <sup>0</sup> F) in stuff sacs w/ plastic liners	1 quart plastic water bottle
Headlamp/flashlight with fresh batteries	
1 Heavy sweater	1 warm jacket
2 Piece rainsuit of durable material	T-shirt
Unbreakable eating utensils (plate, cup, bowl, k,f,s)	Hand lens
Winter hat	Gloves or mittens
Field guides	Binoculars

EXTRAS:                      Camera, Journal, Pencil,

DO NOT BRING:                      Radios, Tape players, Recreational drugs, Alcohol

NOTE: The RSOP Rental Center rents a variety of equipment (including sleeping bags, pads, raingear, etc). Please anticipate your needs and reserve equipment early.