



## **Packing List and Trip Information for Itasca State Park Camp & Canoe Adventure – Open World Learning (8<sup>th</sup> Grade) - September 29 – October 2, 2015**

This packing list is meant to help you decide what to bring and how to pack for your trip. You may not use all of the items on this list but you must be prepared for a wide variety of conditions. Please bring all of the items on the list and any other optional clothing and equipment you choose.

It is best to bring your gear to your meeting place in a small duffel bag or soft-sided suitcase. Space is limited so pack selectively. Delicate items such as medications or cameras should be packed in waterproof containers or zip lock bags. To keep your gear organized, consider using plastic zip lock bags, stuff sacks or pillowcases.

### **CLOTHING, OUTERWEAR AND GEAR:**

- Waterproof Jacket & Pants – Must be sturdy to withstand wilderness conditions.
- Pants – 1 pair quick drying nylon or other synthetic is best.
- Insulating Tops – 1 Heavy sweater or fleece jacket, 1 lighter top made of fleece or wool.
- Long Sleeve Shirt – Lightweight shirt for protection from bugs and sun.
- T-shirts – 2- 3 Cotton or quick drying synthetic if you have them.
- Long Underwear – 1 Pair of tops and bottoms made of polypropylene or other synthetic. No cotton.
- Shorts – 1-2 pair of shorts. At least one pair should be made of quick drying nylon. Can double as swimsuit.
- Swimsuit
- Underwear – Enough underwear to keep you happy.
- Wet-Shoes – One pair of durable, **closed-toed shoes** to be worn while canoeing– Keens are good.

- \_\_\_ Camp Shoes – One pair of shoes to be used when off the water around camp. They will likely get dirty.
- \_\_\_ Socks – 2-3 Pair of wool or polypropylene are best, cotton will not keep you warm if wet.
- \_\_\_ Sun Hat and Warm Hat – One to protect from rain and sun. One warm stocking cap for cool weather.
- \_\_\_ Sleeping Bag – 3-season synthetic fill sleeping bag with nylon stuff sack. No cotton or flannel bags.
- \_\_\_ Ground Pad – Ensolite ground pad or Therm-a-Rest inflatable type.
- \_\_\_ Water Bottle – Plastic or metal water bottle or canteen.
- \_\_\_ Flashlight or Headlamp – Bring extra batteries. Keep it small and light.
- \_\_\_ Sunglasses – A sports strap to hold them on is helpful.
- \_\_\_ Small Day Pack or Dry Bag – A small day pack or dry bag to hold items you'll want during the day.
- \_\_\_ Toiletries – Toothbrush, toothpaste, soap, etc.
- \_\_\_ Sunscreen & Lip balm – Make sure it is at least 15 SPF.
- \_\_\_ Medications – If losing your meds would cause you great discomfort, consider bringing a second set and giving one to your trip leader as a backup.
- \_\_\_ Insect Repellent – Avoid using aerosol cans.
- \_\_\_ Bandanas – 2-3 Bandanas used for a variety of things including marking your bags, washing up, etc.

## **OPTIONAL CLOTHING AND EQUIPMENT:**

- Money – You are responsible for meals, maps, souvenirs, etc. while on the road.
- Gloves – One pair of lightweight wool or synthetic.
- Fishing Pole – Collapsible poles and small tackle boxes are best. Don't forget your Minnesota fishing license.
- Diary/Book
- Camera – Store in padded, waterproof/plastic bag or container.
- Several Plastic Bags – They always come in handy, especially to organize your gear.
- Towel – Small and synthetic is best.

**TERRAIN/ROUTE CHOICES:** Minnesota's Itasca State Park is located in a classic Northwoods environment. Enjoy mature forests of old growth pine and birch surrounding clear, pristine lakes. Itasca State Park offers a wide range of daily activity options that are perfect for youth vacations. Hiking trails vary from very easy to moderately difficult.

**TYPE OF TRAVEL/DISTANCE:** An average day's activities consist of hiking, canoeing and exploring the immediate area. You will travel in 24-foot Voyageur canoes, which hold 6-10 paddlers. They are safe and stable boats, designed specifically for big water. Canoe outings are typically 1-3 hours long. Paddling instruction will be provided by Wilderness Inquiry guides – this trip is designed for beginners!

**WEATHER:** Temperatures in the summer range from 40 F to 95 F. Rainfall can vary and you should expect the possibility of rain.

**YOUR GROUP:** The group size will range from between 40-60 8<sup>th</sup> grade students from Open World Learning + 5-10 adult staff from Open World Learning, plus 4-6 Wilderness Inquiry professional guides. Our trips are cooperative in nature. WI staff will assist you in whatever areas you need, however most people pitch in where they can. Part of the adventure involves learning about daily camp activities.

**ACCOMMODATIONS:** At night you will sleep in a comfortable Eureka tent. Typically, there are 3 people (same gender) per 4 person tent. The Elk Lake Camp has a hand pump for water, toilets, and a screened shelter building.

**MEALS:** We pride ourselves on providing ingredients that are delicious, healthy and kid-friendly. Expect tacos, burritos, hotdogs, fresh vegetables, and plenty of fruit and snacks. If you have special dietary restrictions, be sure to list them on your registration.

**EQUIPMENT AND CLOTHING:** If you are new to outdoor camping adventures, you need not spend a lot of money on gear. Wilderness Inquiry will provide all necessary gear. All you need to provide is your personal gear, such as clothing and a sleeping bag. Please refer to the packing list above. If you need to borrow personal gear, please notify your teacher at Open World Learning, as this can usually be arranged.

**IN CASE OF EMERGENCY:** If your family needs to reach you for an emergency message, they should contact Wilderness Inquiry at (612) 676-9400. If outside of office hours, our voicemail system forwards the caller to an on-call staff member.

**PROGRAM GOALS:** Wilderness Inquiry has a number of program goals that guide and direct our trips. Please review the following list in order to understand your trip more thoroughly.

- **Safety:** We are very safety conscious. We will ask you to observe some safety policies, such as wearing close-toed shoes and your life jacket while on the water. Our staff will discuss this at the beginning of the trip.
- **Recreation and Wilderness Appreciation:** We want you to enjoy yourself on your trip and enhance your appreciation of the outdoors. This trip is for your benefit, but do not look at it as a passive vacation. Your muscles will be sore at least once during the experience!
- **Personal Growth and Skill Development:** During each trip, there are numerous opportunities to develop new skills and, possibly, new perspectives on life.

**PROGRAM PHILOSOPHY:** In addition to the goals listed above, you should be aware of a few important philosophical positions that guide our program.

- **Cooperation vs. Competition:** The goal is for all of us to work together towards common goals, utilizing individual strengths and compensating for individual weaknesses.
- **Group Focus:** The emphasis on WI trips is on the group rather than the individual. Individual needs and interests are not neglected, but activities and discussions are oriented toward fostering positive group interaction.
- **Leave No Trace:** We encourage the preservation and conservation of the wilderness environment. In order to protect the areas we visit, we use Leave No Trace camping and traveling techniques on all of our trips.

## **PLANNED ITINERARY**

**Tuesday, September 29:** Meet Open World Learning staff in the morning and travel by bus to the Elk Lake campsite in Itasca State Park. Participants will learn how to set up camp, go over safety procedures, and begin to explore the park. Have fun assisting in the preparation of healthy meals. After dinner you'll get to know your trip mates better and make s'mores around the campfire.

**Wednesday, September 30:** After breakfast, drive down to the outlet of Lake Itasca and step across the headwaters of the Mighty Mississippi River. After lunch, learn about canoeing and go for a paddle on Elk Lake. Swim before dinner. In the evening, attend an entertaining State Park interpretive program on the early explorers.

**Thursday, October 1:** Day three is filled with options: a day-long canoe trip from Elk Lake to Lake Itasca. Or a tour of historic Douglas Lodge, a visit to the fire tower, or taking a hike through the pines.

**Friday, October 2:** Spend the morning relaxing and breaking down camp. Enjoy one last hike or paddle and say goodbye to your Wilderness Inquiry trip leaders. Depart by bus with Open World Learning staff in the late morning, with arrival in the Twin Cities scheduled for the mid afternoon.