



Get outside your comfort zone with

# Voyageur Canoeing

in the Apostle Islands!



The Apostle Islands are heralded for their mythic beauty, and we are the only people who can take you there in a 35-foot-long Montreal canoe. This awesome adventure offers a unique community-building experience, as you are all literally in the same boat together, paddling from island to island, singing songs and playing games to keep paddling in time. You will feel your soul come alive as you stare out over the biggest lake in the world, watching the sun set in brilliant colors before gathering around a campfire to dig deep into life with your companions. There is no other experience quite like it.

The trip begins at Amnicon with orientation and preparation, so that you will be fully equipped to have a successful experience. The next morning, we'll drive you out to the Islands and the real adventure begins. For the next 4 nights/5 days, your group will explore Lake Superior and the Apostle Islands on one of our Montreal canoes. Each day you'll paddle together, set up camp, enjoying good food and company along the way. There is time throughout the week to play, relax, swim, hike, and explore sea caves, light houses, and stone quarries. At the end of the week, we'll drive you back to Amnicon to debrief and shower before heading home.

## Frequently Asked Questions about the Apostle Island's Trip

**Which islands do we camp on?** Typically we visit Basswood, Oak, Stockton, and Sand Islands. However, this can differ from trip to trip as your exact route is determined via lottery with the National Park Service. No matter what route, fun and adventure will follow!

**What are the bathroom facilities like?** Campsites and boat landings all have outhouses.

**Is it safe to travel in a canoe on Lake Superior?** Amnicon fully appreciates the risks of this kind of travel and we respect that "The Lake is the Boss." Our Montreal canoes are very stable, and have never been unintentionally swamped. Our wilderness guides are certified in Wilderness Water Safety, Wilderness First Aid, and CPR. They are trained in how to navigate on open water, and how to respond to various weather situations. We WILL NOT TRAVEL if there is a small-craft advisory. For this reason, there is a small chance that a group might get wind-bound on an island and not be able to get back to the mainland on their scheduled return date. We send extra food in case this happens, and recommend that trip participants not schedule any major plans (like flights or weddings) for the day after their trip.



# What to Expect at Amnicon

## Health and Safety:

Safety is our primary concern. All Amnicon guides hold certifications in Wilderness First Aid, Wilderness Water Safety, CPR, & Mental Health First Aid. Close working relationships and communication are maintained with the authorities in the areas we travel. Amnicon is accredited by the American Camping Association. As a general rule, campers should be in average health and be prepared to be physically active during the trip. Please contact us if you have specific health concerns or if you wonder if this trip is right for you or your child.

**A completed health form, signed by a guardian and by licensed medical personnel, is required to attend this trip.** This form also serves as our contact and permission form. In the unlikely event of hospitalization, a doctor's visit, or if a camper is unable to complete the trip, a camp director will notify the emergency contact person listed on the camper's health form.

## COVID Precautions:

Amnicon successfully ran wilderness adventure trips in 2020 & 2021 with zero instances of COVID transmission. While there is no way to completely eliminate all risk, we are confident that we can reduce the risk of COVID transmission to an acceptable level. Following the guidelines of the CDC, the ACA, and the WI Dept of Health, we are taking a multi-layered approach to COVID prevention:

- Cohort Model – *all trip participants within a group come from the same geographical region, and will not inter-mingle with other groups during their trip.*
- Staying Outdoors – *All group activities will take place outdoors, including orientation trainings, and meal settings. ACA research showed that camps who conducted all group activities outdoors had zero instances of COVID transmission.*
- Masks – *On the rare occasions when we do have to go indoors (like to access the showers at the end of the week) we'll all wear cloth face coverings.*

## Your guides:

Two Amnicon guides will be with you for your entire time at camp. The guides will teach you wilderness skills, take care of first aid and safety needs, lead daily devotions, and become an important part of your group. Amnicon staff are carefully chosen for their experience, maturity, and love of people. They receive almost three weeks of intensive training on the skills needed to make your trip safe and fun.

## How is the food?

Good food is a priority for us! We have a trail menu that adapts lots of the foods you are used to at home: pancakes, pasta, brats and lots more. There are plenty of tasty snacks, too! If you have specific dietary needs please let us know so we can be prepared with good food for you, too.

## What is the weather like?

Lake Superior greatly affects NW WI daily weather. Be prepared for a variety of weather conditions including heat, cold, wind, rain, or sun. Good raingear and warm clothes will be important to your enjoyment of the trip if the weather turns chilly or wet.

## A word about bugs:

Many people ask us "are the bugs bad?" The answer: sometimes. Bring bug repellent if you're concerned. Our region is home to deer ticks, and there is a risk of tick-borne illnesses. Most can be easily treated if detected early, so your guides will teach you about 'tick-checks' and symptoms to watch for. We've found that the thing that makes the biggest difference in your experience with the bugs is your attitude. We recommend choosing at the beginning of your trip that the bugs aren't important enough to ruin your experience.

## Can I contact my kid at camp?

In an emergency, call the camp at (715)-364-2602. Remember that campers will be in the wilderness, and may not be reachable except in an emergency.

# Adventure Trip Packing List

## Packing Guidelines:

- **AVOID COTTON!!!**
  - Cotton takes a long to dry, and keeps you cold while wet
  - Instead, choose synthetic or wool items, which can keep you warm while wet
- **Pack Minimally but Smartly** You have to carry what you bring!
  - Think comfort, function, & necessity. Each item of clothing is a tool you can use to help you for various weather situations.
  - Don't worry about fashion
- **Gear:**
  - Amnicon provides food and gear like PFDs, paddles, Duluth Packs, etc.
  - If you have favorite gear of your own, feel free to bring it! You can use it if your guides deem it appropriate.

## Required Items:

- **Health Form:** Signed by a guardian (or the participant if over 18) and a licensed medical professional. A copy of a recent physical may be substituted for the Dr signature
- **Medications:** In original bottles, with dosage and expiration date information
- Sleeping Bag, rated to at least 35°F \*
- Rain gear- jacket and pants \*
- Wet shoes (see note below) \*
- 2 cloth face coverings

## Highly Recommended Items:

- Personal hygiene items (toothbrush, toothpaste, feminine hygiene products, etc.)
- 2 t-shirts/tank tops
- 1 long-sleeved shirt
- 1 warm sweater or fleece \* (Wool or Synthetic only. No cotton sweatshirts!)
- 2 pair pants (Quick drying pants are best.)
- 2 pairs *wool* socks
- Underwear
- Brimmed hat for sun
- Warm stocking hat for chilly nights
- Water bottle (32 oz. or more with screw-on top) \*
- Headlamp/Flashlight
- Dry shoes (see note below)

## Optional Items:

- 1 or 2 pairs of shorts
- Swimsuit
- Small daypack or fanny pack
- Camping towel (chamois, sarong)
- Sleeping pad \*
- Sunglasses
- Card game, journal, or book to read (wrapped in plastic!)
- Camera (wrapped in plastic!) \*
- Fishing gear (small, collapsible, must have WI license if over 16)

\* We have some loaners of these items available. Thrift stores are a great way to find trail clothes if you don't have something. Don't worry about brands, just the guidelines above.

## A Note on Footwear

We enforce a "Wet Foot Policy", which means we protect our boats by only loading & unloading while they are floating in the water. We also require shoes while swimming. This means the one pair of shoes is GUARANTEED to get wet. We recommend bringing one pair of "wet shoes" and one pair of "dry shoes" for use in the campsite. All shoes must strap securely to feet. Flip flops are prohibited.

- **Wet Shoes:**
  - Sports sandals (Teva, Keen, Chaco, etc...) work well, and may dry quickly enough to serve as both wet and dry shoes
  - Water shoes or thin canvas sneakers also work well
  - Crocs are not recommended. Flip flops are prohibited.
- **Dry Shoes:**
  - Not required but highly recommended if the camper wants a dry pair of footwear while at campsites. Nights can get cold, so having warm dry feet is a big help.
  - Sport sandals, tennis shoes, or hiking boots work well. Flip flops are prohibited.

## For use in-base, or before/after the trip

- Clean clothes for the car ride home
- Toiletries to shower at camp after the trip
- Money for the camp store (t-shirts, water bottles, stickers, etc.)

## What NOT to bring to camp

- Electronics: We do not allow personal electronics (cell phones, tablets, etc) on trail. Digital cameras are permitted. If you wish to bring a camera, please put it in a waterproof bag. It is your own responsibility.
- Precious Items, Clothes, or Anything you don't want to get dirty or wet! Amnicon is not responsible for any personal property that is lost, damaged, or stolen both at Amnicon and while on the trip. This includes vehicles used to transport campers to Amnicon.
- Glass/Metal containers
- Personal food or snacks, unless previously permitted by a Director
- Fireworks, alcohol, illegal substances, or weapons. Any individual in possession of or using alcohol, illegal substances, or misusing drugs will be asked to leave the trip and Amnicon. Amnicon reserves the right to search personal possessions for alcohol, drugs, and weapons.
- Pets or sporting equipment. A fishing pole may be brought, but campers must arrange all necessary pieces, storage, and licenses.

## Packing Questions?

We want to make sure that you have the most successful trip possible! If you have any questions about what to bring or need recommendations, please feel free to contact us.

**Phone:** 715-364-2602, **Email:** info@amnicon.org