



Get outside your comfort zone on the

River Heroes Service Adventure



Enjoy a wilderness adventure and service experience rolled into one! The Namekagon/St. Croix Riverway is noted for being one of the most scenic waterways in the state of Wisconsin. You will become intimately familiar with its clear waters, lush banks, and comfortable campsites as you paddle, camp, and care for this precious ecosystem!

Along your route, you'll stop to clean up trash and build firewood piles at every campsite. Your hard work will bless the critters who call this place home, and the fellow travelers who have also come here to experience real peace. You'll live the call to care for God's creation.

The week begins at Amnicon, where you have a day of preparation and orientation to learn everything you need to know, such as how to pack and what to do if your canoe tips. We do a big campfire on our sandy beach of Lake Superior that night. The next morning, we drive you out to the Namekagon. You spend each day paddling down the river, setting up camp each afternoon. There is time to swim, explore, and play before cooking dinner over the fire. You end each evening with a meaningful community conversation around the fire. At the end of your trip, we'll pick you up and bring you back to Amnicon. You'll spend your last night sleeping under the stars on our sandy beach of Lake Superior. It's AWESOME!

Frequently Asked Questions about River Heroes:

What are the bathroom facilities like? Campsites have pit toilets that are often referred to as "Ranger Boxes". They are down a path and out of view of the campsite. It's like sitting on a toilet seat without any walls. It might be a little weird your first time, but once you get used to it, the view is quite nice! And no walls means they usually don't smell bad. Every few miles along the river there are boat landings that have concrete outhouses.

Is there any portaging? Nope! That's one of the perks of paddling down a river.

Is there time for swimming? Usually there is ample time to swim on this trip. Campsites are located every ½ - 1 mile along the river, which means each group has a lot of flexibility in terms of how far they want to paddle each day and how much free time they want to have.



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 throughout the pandemic 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.*

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 listed
- Sleeping Bag, rated to at least 35°F *
- Rain gear- jacket and pants *
- Wet shoes (see note below) *

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!) *

* 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.

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, MP3 players, 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.

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.

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