



Fall Colors Canoe Adventure!



Take a break from everyday life and discover just how rich the natural world can be. The Boundary Waters Canoe Area Wilderness is beautiful and soul-filling. On this long weekend, you'll enjoy paddling your canoe on beautiful waterways, exploring pristine woodlands, and digging deep into life with your fellow travelers. There's nothing else quite like it.

The trip begins bright and early with breakfast on Friday at Amnicon! You'll meet your travel companions, do some packing & orientation, and then we'll drive you to the BWCAW. If you'd like

to arrive on Thursday evening, you're welcome to stay at Amnicon the night before the trip to help make Friday easier. Each day you'll paddle to a new campsite through peaceful waters, abundant wildlife, and stunning views. Each day starts with a morning devotion, and ends with a meaningful community conversation around the fire. By the end of the weekend you'll feel a renewed vigor for life, a deeper appreciation for the natural world, and have some lifelong friends and memories to bring home.

Frequently Asked Questions about the trip:

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 having no walls means they usually don't smell too bad.

Is there any portaging?

We've chosen a route that won't have too many portages, but there will be some. Everyone in the group will pitch in to help carry gear from lake to lake.



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.

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

What are the guides like?

Our highly trained wilderness guides are amazing people who will handle all the logistics of the trip so you can have the best experience possible. They are mature people who are chosen for their love of people and the wilderness. They'll cook, navigate, teach any necessary skills, and lead morning and evening devotions. We do not discriminate in our hiring based on gender identity, sexual preferences, racial background, or religious beliefs.

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?

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. Please see the packing list below to make sure you are prepared to come.

Are the bugs bad?

It really depends! Typically there are fewer mosquitos and biting flies in the fall, but there are more ticks. We'll bring some bug spray to share, and you're welcome to bring your own as well. But your attitude towards the bugs will make a bigger impact on your experience with them than bug spray will. We recommend choosing at the beginning of your trip to not let the bugs ruin your trip.

Can I be reached on the trip?

In an emergency, people can call the camp at (715)-364-2602 to reach you. Remember that you 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:** Must be signed by a licensed medical professional. A copy of a physical from within 1 year of the trip may be substituted for the DR signature.
- **Medications:** In original bottles, with dosage and expiration date information. A pill organizer may be brought in addition to original bottles.
- 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, contact solution, feminine hygiene products, etc.)
- 1 t-shirt or tank top
- 1 long-sleeved shirt
- 1 light-weight sweater
- 1 or 2 warm sweaters or fleeces * (Wool or Synthetic only. No cotton sweatshirts!)
- 1 pair pants, quick drying
- 1 pair warm pants, fleece or similar
- 2 pairs *wool* socks
- Brimmed hat for sun
- Warm stocking hat
- Water bottle (32 oz. with screw-on top) *
- Headlamp/Flashlight
- Dry shoes (see note below)

Optional Items:

- 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 starred 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 you want a dry pair of footwear while at campsites. Nights 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.
- 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
- 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