



Backcountry Canoe Quest

on the Cloquet River!



If you're craving an adventure and ready for a challenge, the Cloquet River is an exciting waterway that you'll want to explore.

The Cloquet River is a remote waterway flowing down one side of a ridge that follows Lake Superior's North Shore. Your wilderness journey will find you paddling stretches of quiet, placid water frequently broken by short, bouldery rapids. The river level fluctuates wildly based on the season and recent rainfalls. We go early enough in the season to ensure good water levels, but

this also means that you can probably expect your trip to be a little on the rainy side. Rapids can reach up to Class III, so previous white water canoeing experience will be incredibly helpful on this journey.

It's a big adventure. You'll connect deeply with your fellow travelers, and will remember this experience for years to come. We're glad to share this adventure with you!

Frequently Asked Questions:

What if I've never been camping? You're in for a big adventure! Previous camping and paddling experience is a plus, of course. If you come with a positive attitude about this whole nature thing, you're sure to have the trip of a lifetime.

What are the bathrooms like? Campsites along the river have pit toilets affectionately referred to as "Ranger Boxes". It's like an outhouse without any walls. They are down a path and out of view of the campsite. Occasionally, due to the remoteness of this wilderness location, we may also have to dig our own "cat holes" to bury human waste.



What to Expect at Camp Amnicon

Health and safety:

Safety is our primary concern. All Amnicon guides hold Lifeguard, CPR and Wilderness First Aid certifications. Close working relationships and communication are maintained with the authorities in the areas we travel (including Park Service and DNR). Amnicon is accredited by the American Camping Association and adheres to their high standards of administration, safety, program and staffing.

As a general rule, campers should be in average health or better 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.

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

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 (like allergies or a vegetarian diet) be sure to let us know so we can be prepared with good food for you, too.

What is the weather like?

Lake Superior affects daily weather a great deal. 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. Plan to 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 one 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! Mail will be distributed at the end of the week.

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, must be close-toed (see note below) *

Highly Recommended Items:

- Personal hygiene items (toothbrush, toothpaste, feminine hygiene products, etc.)
- 2 t-shirts/tank tops
- 1 long-sleeved shirt (for sun)
- 2 warm sweater or fleece * (Wool or Synthetic only. No cotton sweatshirts!)
- 2 pair pants (Quick drying pants are best.)
- 2 pairs *wool* socks
- 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 a limited supply of 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. Because this trip features white water, we require wet shoes to be close-toed. 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:** Must be closed-toed
 - Closed-Toe Sports Sandals (Keen, etc...) work well, and may dry quickly enough to serve as both wet and dry shoes, but tend to get rocks/sticks stuck in them
 - Water shoes or thin canvas sneakers also work well
 - Crocs are not permitted as white-water wet shoes.
- **Dry Shoes:**
 - Not required but HIGHLY recommended if you want 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, 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.

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