



# Whitewater Canoeing

on the Brule River!



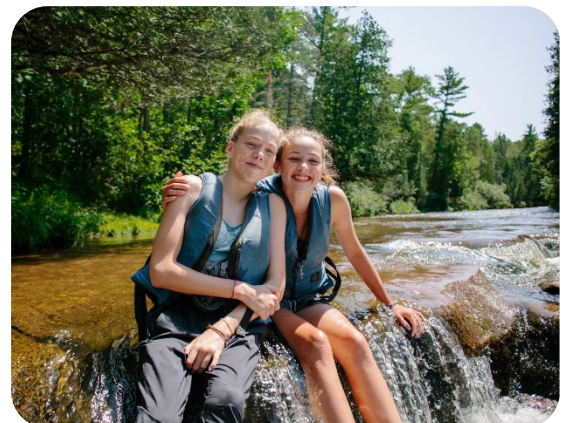
The Brule River is one of Wisconsin's finest whitewater rivers. This river contains a variety of canoeing experiences, from a relaxed meandering stream to set after set of whitewater rapids. Your travels will take you from the tranquil waters of Stones Bridge through the thrilling rapids of Copper Range to the sandy shores at the mouth of the Brule on Lake Superior. Whether exploding through a standing wave or watching your friends build skills and confidence, the Brule River is fun, exciting and full of wonder.

We want to equip and prepare you to have a successful trip, so we spend a whole day in base at the beginning of the week learning how to navigate white water, what to do if you canoe tips, and how to perform all the steering strokes properly. Your first day on the river brings a variety of paddling experiences, including wide flat stretches and a few fun sets of rapids. Your second day on the river is called "Meadows Day," a shorter day of paddling through narrow, winding sections of the river. The third day on the river is called "Ledges Day" where you encounter two long sets of Class II rapids with multiple ledges. We'll portage gear around the ledges so you can shoot them in empty canoes. The fourth day brings you to the mouth of the Brule River on the South Shore of Lake Superior. You feel triumphant as you see the river open up to The Lake, knowing you have completed the entire river. Each day will end with setting up camp alongside the Brule, eating dinners cooked over an open fire, and intentional community-focused discussions underneath a wild sky. You will enjoy every moment and return home with a sense of accomplishment.

## Frequently Asked Questions about the Brule River Trip:

**What are the campsites like?** The first two nights on the river we stay at State Parks along the river. They are well maintained, although they are popular with car campers. We try to choose campsites that are more private and closer to the river. The third night on trail, we camp at a small town campground that feels like sleeping in a wide field beside the river.

**Is there time for swimming?** Maybe. We all love to swim, but the Brule River tends to require more paddling, so there isn't as much time to swim. If swimming is a priority for you, let your guides know, and they'll do what they can.



# What to Expect at Camp 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 by licensed medical personnel, is required to attend this trip.** Please be sure to either submit this form in advance, or bring it with you when you come.

## 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 games and activities, 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. We try to hire as diverse a staff as possible, and do not discriminate based on gender identity, sexual orientation, race, 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?

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 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, 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
- 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 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 dry feet 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. This is one of the many ways we'll challenge ourselves, and connect deeply with the other people on the trip. Digital cameras ARE permitted and encouraged. 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.

## 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 Amnicon directly.

**Phone:** 715-364-2602, **Email:** [info@amnicon.org](mailto:info@amnicon.org)