



# Flambeau River Ramble!



Live life to the fullest on one of the nation's finest canoeing rivers! The Flambeau River Ramble is the perfect introduction to white water. Whatever your paddling ability, you are sure to have fun, make life-long memories, and experience the wilderness in awe-inspiring ways in the wilderness.

On the first day, you meet your guides and learn everything you need to know, such as how to pack and what to do if your canoe tips, so that you feel prepared to take on the challenges of the week. That evening we'll do a big campfire at sunset on

our sandy beach of Lake Superior. The next morning, we drive you out to the Flambeau. You spend each day paddling down the river, setting up camp each afternoon. There are no rapids on your first day of paddling, so you have time to learn and practice your steering stroke. After the first day you start encountering some small sets of fun rapids that get progressively larger throughout the week. There is time to swim, explore, and play each afternoon before cooking dinner over the fire. You end each evening with a meaningful community conversation around the fire. Your trip culminates in a really fun set of Class II rapids called "Beaver Dam" that is right before your pickup point. You'll spend your last night sleeping under the stars on our sandy beach of Lake Superior. It's AWESOME!

## Frequently Asked Questions about the Flambeau River Trip:

**What are the bathroom facilities like?** Campsites all have sturdy outhouses.

**Is there time to swim?** Usually there is time to swim, yes! Some campsites have better swimming areas than others, so if swimming is a priority to you, let your guides know so they can shoot for those sites.

**How long do you paddle each day?** It varies day by day. Usually you'll paddle for somewhere between 2 and 5 hours in a day, including lots of breaks for snacks, rest, and using the bathroom. There are campsites every few miles along the river, so the group has a good amount of flexibility in terms of how far they want to paddle each day. If you paddle really far one day, it probably means that you get more time to rest, play, and swim on the next day.



# 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 licensed medical personnel, is required to attend this trip.**

A copy of an after-visit summary or a sports or school physical from within 1 year of the may be substituted for the doctor's signature form. Please 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 daily discussions, 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. Amnicon does not discriminate based on gender identity, sexual orientation, race, or religious identity.

## 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 if I've never been camping?

That's totally fine! LOTS of people who come on Amnicon adventures are new to camping and canoeing. Your guides are highly trained, and will teach you any skills you need to know. Come prepared to try new things, and choose to have fun no matter what. You're in good hands!

## 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. We'll bring bug spray. 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
- 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
- 1 warm sweater \* (Wool or Synthetic Fleece 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. 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 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. This is one of the ways we'll challenge ourselves, and intentionally focus on building connections with the 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 us.

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