



# Outpost: Boundary Waters Expedition

## Camper & Parent Information

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### Destination

Boundary Waters Canoe Area Wilderness (BWCAW) - Ely, Minnesota entry point

### Dates

Tuesday, July 7 - Friday, July 17, (11 days)

### Rate

\$2625. This includes airfare, all meals, permit fees, group gear and equipment, staffing expenses, and all lodging and transportation. This rate does not include any spending money, which campers may want for snacks, last-minute personal gear, gifts, or keepsakes.

**Check-in:** 4 P.M. Tuesday, July 7th at Glisson

**Check-out:** 12 P.M. Friday, July 17th at Glisson

### Transportation

Travel arrangements for our group have already been made, and the costs are included in the program fees. We will be flying United Airlines, and the first flight will depart from Atlanta Hartsfield-Jackson Airport at 10:55 AM Thursday, July 9th. The group will fly into Duluth and complete the day of travel with a 2-hour van ride to our base camp near Ely, MN. The full flight schedule is as follows:

Day	Flight	Locations	Departure/Arrival
<i>Leaving Atlanta:</i> Thu. July 9th	UA 241	ATL-ORD	10:55 AM - 12:05 PM
	UA 5929	ORD-DLH	12:45 - 2:13 PM
<i>Leaving Duluth:</i> Thu. July 16th	UA 5494	DLH-ORD	11:25 AM - 12:59 PM
	UA 2479	ORD-ATL	2:05 - 4:58 PM



## **Staff & Leadership**

The Boundary Waters Expedition will be led by two Outpost staff members highly trained and experienced in wilderness environments, backcountry trip leading, and canoeing in open water. Every counselor holds American Red Cross Lifeguard, CPR, and Wilderness First Aid certifications, and at least one Boundary Waters trip leader must be a Wilderness First Responder. Our group will be partnering with Kowakan Adventures, a United Methodist organization that guides and outfits trips in the Boundary Waters. KoWaKan will be our base camp, and they will provide transportation, trip support, and gear for the wilderness portion of the trip.

Permits allow a maximum of nine people per group to travel together inside the Boundary Waters Canoe Area. With two staff members and six campers, this means we will be operating with a minimum ratio of 1 staff for every 3 campers. This is an ideal size for a small group experience, and it will encourage participants to open up and grow closer with one another during the trip.

## **Health & Safety**

Parts of this trip may be physically demanding. While in the BWCAW, campers will be sleeping in tents, paddling a canoe for several hours on most days, portaging over rough terrain with heavy packs full of gear, and setting up camp and cooking meals together on a daily basis. The group will camp only at designated campsites maintained by the U.S. Forest Service.

Weather in the wilderness can be unpredictable, but the average temperature range for the Ely, MN area in July is between 56 °F and 78 °F. Average rainfall is 3.72" over 8 days. Bugs, including biting flies, are prevalent during the summer months, so bug spray, long sleeves, and pants are highly recommended.

Outpost staff are certified in CPR, Wilderness First Aid, and Lifeguarding. While off-site, campers may be hours away from emergency services. Our staff will provide basic medical care as needed up to their level of training, and parents/guardians will be notified if the camper requires care beyond the level of our staff.

Each group is equipped with a medical kit fully stocked with essential first aid supplies and basic over the counter medications. Prescription medications must be checked in at the beginning of the trip and will be administered by the counselor or trip leader.



Epipens and inhalers must be checked in with our staff as well, but campers may carry them on their person if desired.

### **Communication**

There will be no regular or planned contact between campers and their parents/guardians or between camp staff and parents/guardians throughout the trip. Parents/guardians will receive a link to track the groups' flights prior to arriving at camp. In case of emergency during the trip, contact the Outpost Director, Stephen Ward, at 706-346-0089.

While in the Boundary Waters Canoe Area, our group will have access to direct and immediate communication via satellite technology. The group will be in daily contact with our partners from Kowakan Adventures at our base camp location in Ely, MN, as well as the Outpost Director on site at Glisson.

Our satellite communication device also has the ability to contact local emergency services and send a locator beacon. Parents/guardians will be contacted in the event of an emergency or if the camper requires medical care beyond the level of our staff.

### **Technology Policy**

The use of digital technology, including but not limited to cell phones, music players, and tablets, is prohibited for all camp programs, and we highly recommend that campers do not bring a phone to camp. Campers who bring a phone will be required to check it in to a staff member and will receive it back at the end of the program. The chance to unplug from devices is invaluable to the wilderness experience and allows campers to connect with their group and their surroundings in a unique way. Thanks for helping us create an environment to provide the most meaningful experience possible.

### **BWCAW Information & Highlights:**

According to the U.S. Forest Service from their online BWCAW [brochure](#):

*Great glaciers carved the physical features of what is today known as the Boundary Waters Canoe Area Wilderness (BWCAW) by scraping and gouging rock. The glaciers left behind rugged cliffs and crags, canyons, gentle hills, towering rock formations, rocky shores, sandy beaches, and thousands of lakes and streams interspersed with islands and surrounded by forest. The BWCAW is*



*a unique area located in the northern third of the Superior National Forest in northeastern Minnesota. Over a million acres in size, it extends nearly 150 miles along the International Boundary adjacent to Canada's Quetico and La Verendrye Provincial Parks, bordered on the west by Voyageurs National Park with Grand Portage Monument to the east. The BWCAW contains over 1200 miles of canoe routes, 12 hiking trails, and over 2000 designated campsites. This area was set aside in 1926 to preserve its primitive character and made a part of the National Wilderness Preservation System in 1964... The BWCAW allows visitors to canoe, portage, and camp in the spirit of those travelers that came before them centuries ago.*

Some Boundary Waters highlights for this trip may include:

- Beautiful scenery and wilderness experience
- Exotic wildlife
- Some of the best fishing in the world (during the best month to fish)
- Paddling across the border into Canada
- Swimming
- Native American pictographs

### **Airport Security & Baggage**

Please review airport security and carry-on regulations and the American Airlines baggage policy before the trip. Campers will be responsible for any baggage fees. The airline will charge \$30 which should be paid at the airline counter upon arrival. Most hiking backpacks will be accepted as carry on luggage, but be prepared to check it if necessary.

**\*Packing information and list will be posted soon.**