



Springtime Whitewater Excursion!



Feel your soul come alive as you conquer set after set of white water rapids! It's like riding a roller coaster that you can win. During this epic week in the wild we'll challenge ourselves and live life to the fullest.

The trip begins and ends at Amnicon's basecamp. We'll keep a close eye on weather and water levels leading up to the trip, and choose the best route for the group shortly before we head out. It's a week of paddling, camping, and digging deep into the mysteries of life around the campfire.

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! This is a challenging trip, and previous camping and paddling experience is a plus. If you come with a positive attitude about this whole nature thing, you're sure to have the trip of a lifetime.

Is there a spiritual component? We'll start and end each day with some intentional community conversations called First & Last Word. Usually we'll share a story or a poem, and invite everyone to share their thoughts about it. Everyone in the group will be respected and heard, and invited to share openly. Do you have doubts, struggles, questions? Good! This is a safe place to be real about who you are and what you believe. Have you walked with God for a while? Good! Please share that experience too, and be ready to learn from the life experiences of the other people on the trip.



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, trip participants 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.

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.

Who else is coming?

This is an adults-only trip that tends to be popular among our current and former staff, but it's open to any adult who wants to dig deep into life, and enjoy the peace of wild places. You'll be camping with some truly amazing people!

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 layers 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 be reached in an emergency?

We totally understand that it's hard to get away from the happenings of daily life. Part of the beauty and the challenge of this trip will be to leave our cell phones behind. Guides will have an emergency communication satellite device, and Directors at base camp will be on call throughout the trip. If someone needs to reach you, they can call the main Amnicon phone number 715-364-2602 . But remember that this is a wilderness trip, and we may only be able to reach you if it's truly 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:

- Medications: In original bottles, with dosage and expiration date information. Please ensure you have enough to last the duration of the trip.
- Sleeping Bag, rated to at least 15°F *
- Rain gear- jacket and pants *
- Wet shoes, must be close-toed (see note below) *

Highly Recommended Items:

- 2 baselayer shirts
- 1 pair long underwear
- 2 warm sweaters or fleeces * (Wool or Synthetic only. No cotton sweatshirts!)
- 1 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 with screw-on top) *
- Headlamp/Flashlight
- Dry shoes (see note below)
- Personal hygiene items (toothbrush, toothpaste, feminine hygiene products, etc.)

Optional Items:

- Sleeping Pad
- Small daypack or fanny pack
- Camping towel (chamois, sarong)
- Sunglasses
- Card game, journal, or book to read (wrapped in plastic!)
- Camera (wrapped in plastic!) *
- Wet suit *

* 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 sneakers 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. One of the ways we'll be challenging ourselves, and getting the most out of the experience is by leaving our cell phones behind. Guides will have satellite communications in the event of emergency, and we will be bringing cameras to commemorate the experience. But we've found that it's a rare and freeing experience to leave the phones behind, and allows everyone on the trip to be more fully invested in the experience.
- 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 discussed with 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 participants 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