

The Woods Project

Apostle Islands Kayak Adventure

What to Expect?

TYPE OF TRAVEL/DISTANCE: You will travel in tandem sea kayaks, which hold 2 or 3 people plus all necessary gear. An average day's travel consists of 2-6 paddling hours, depending on weather conditions.

ACCOMMODATIONS: You will enjoy our [Little Sand Bay Base Camp](#), as well as National Park Service campsites out on the islands. At our Little Sand Bay Base Camp, you will sleep on inflatable sleeping pads and sleeping bags in a tent that is set up on a wooden platform. Typically, there are 2-3 people per 4-person platform tent, and each campsite also includes private composting toilets (no flush) bathrooms. While camping on the islands, you will sleep on inflatable sleeping pads and sleeping bags. Typically, there are 2 people per 3-person tent. All campsites have National Park Service pit toilets or outhouses.

MEALS: Enjoy preparing meals together using fresh, healthy ingredients for bountiful dishes. Rise to the smell of freshly brewed coffee to enjoy with your breakfast and pack trail lunches with hearty snacks before heading off to explore. In the evening, we'll prepare our dinner together over stoves and campfires and then finish with s'mores. **If you have special dietary restrictions, be sure to list them on your registration.**

WEATHER: Temperatures in the summer months range from 40 F to 95 F. Rainfall can vary, but you should expect at least a day of rain.

EQUIPMENT AND CLOTHING: Wilderness Inquiry will provide all group equipment. You will need to provide your personal gear as outlined in the packing list. If you are new to outdoor activities, you do not need to spend a lot of money. Wilderness Inquiry can usually arrange for you to borrow most items.

MEDICATIONS: Please list all of your medications on your registration form. Consider bringing two



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sets of your medications: one set that can be kept with you, and another set that will be kept by your trip leaders. If you need assistance taking your medications, please explain on your registration form. Wilderness Inquiry will bring a collection of over the counter medications (ibuprofen, Advil, anti-nausea, etc.).

CELL PHONES AND OTHER DEVICES: You are welcome to bring cell phones and other devices like cameras, but they are your responsibility to take care of. You may have inconsistent cell service, so we encourage you to take the opportunity to unplug! Wilderness Inquiry is not responsible for any lost or broken electronic devices.

SAFETY & EMERGENCIES WHILE ON TRAIL: All Wilderness Inquiry guides possess experience in administering First Aid, CPR, and Water Safety, carry fully-stocked first aid kits, GPS communication devices, and are trained on how to respond to emergency situations while on trail. If a loved one is participating in a Wilderness Inquiry experience and you need to get in contact with them due to an emergency, please contact the Wilderness Inquiry main phone line at (612) 676-9400. We will work to get in contact with trip leaders as soon as possible.

GROUP EXPECTATIONS: To facilitate a safe and inclusive environment where we can all come together as our true selves, feel supported, and enjoy the outdoors in community, we have developed community agreements that align with Wilderness Inquiry's core values and brand promise. We ask that you review these before your adventure so you can help Wilderness Inquiry create an inclusive environment for all.

COMMUNITY AGREEMENTS AS WE ADVENTURE TOGETHER

- ☐ We are safety conscious so everyone can have fun!
- ☐ We seek to understand each other and celebrate our differences.
- ☐ We are curious, open-minded, and communicate respectfully.
- ☐ We are open to trying new things and pushing outside of our comfort zone.
- ☐ We support each other and collectively contribute to group tasks.



FAQs

What is the base camp like on the Apostle Islands trips?

We refer to our property as the Little Sand Bay Base Camp. The camp is approximately 1,500 feet from the Lake Superior lakeshore near Little Sand Bay in Northern Wisconsin. Our base camp offers camping at its most comfortable and accessible. All tents are large enough to stand upright, and are set up on comfortable wooden platforms. Hot showers, private bathrooms, a roofed pavilion space, and an indoor seating area for leisure time are other key features. The camp consists of 40 acres of woods with wood chip trails, 5 campsites, and a gear warehouse. [Watch this short video to see what it is like.](#)

Do I need paddling experience to join a canoe or kayak trip?

Paddling trips with WI are appropriate for beginners and seasoned paddlers alike. On the first day of all trips, basic paddling strokes will be taught by the trip leader. Each trip gives participants multiple opportunities to practice their skills. Participants with more experience will have plenty of opportunity to paddle during the trip, and even to help teach less experienced paddlers!



"Thank you for the opportunity you have given me and my new friends, because without you this trip wouldn't have been possible. Wilderness Inquiry will be another thing I take back home with me and spread the word about the amazing experience with WI and hopefully someday join the staff."

- Pedro, youth participant, 2018



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Packing List

This packing list will help you decide what to bring and how to pack for your trip! You may not use all of the items on this list, but they will help you prepare for a wide variety of conditions.

It is best to pack your gear in a small duffel bag or soft sided suitcase. Here you will transfer your gear into dry bags provided by Wilderness Inquiry, unless you have your own. Space is limited in the kayaks, so pack lightly. Any unneeded gear or clothing can be stored at Base Camp during your trip.

CLOTHING, OUTERWEAR AND GEAR

- ☐ Rain jacket (rain pants optional)
- ☐ Pants – 1-2 pair (quick-drying nylon or other synthetic works best)
- ☐ Insulating top – 1 heavy and 1 light, depending on the forecasted nighttime temperatures (fleece or wool recommended)
- ☐ Lightweight long sleeve shirt (for sun protection)
- ☐ T-shirts – 2-3 (synthetic is recommended)
- ☐ Long underwear – 1 pair of tops and bottoms. Recommended for mid-late June and mid-late August/September trips.
- ☐ Wetsuit Underlayer – Wilderness Inquiry will provide you with a wetsuit. Bring a swimsuit or shorts and a t-shirt to wear under the wetsuit. This clothing will get wet. Slim fitting, quick drying nylon, or spandex is best.
- ☐ Wetsuit Overshorts – 1 pair of shorts, large enough (athletic material) to fit over your wetsuit to prevent abrasion to the wetsuit. These will get wet.
- ☐ Shorts – 1-2 pair to wear around camp or on hikes. Synthetic, quick-drying is best.
- ☐ Swimsuit
- ☐ Underwear - Enough to keep you happy.
- ☐ Wet-shoes – one pair of durable, closed-toed shoes to be worn while kayaking. (for example: old tennis shoes, water shoes, or Keen type sandals)
- ☐ Camp shoes – one pair of shoes to be used when off the water around camp.
- ☐ Tent slippers/sandals or shoes - to keep our tents in good condition, we ask that you do not wear your camp shoes inside your tent. Using slippers/sandals or going barefoot are recommended.



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- ☐ Hats – 1 to protect from rain/sun and 1 warm stocking cap for cool evening weather.
- ☐ Sleeping bag – 3-season synthetic sleeping bag (we also have plenty to borrow!)
- ☐ Sleeping pad – self inflatable or foam type (for example: Therma-rest or closed cell pad)
- ☐ Water bottle – plastic or metal water bottle or canteen.
- ☐ Flashlight or headlamp – bring extra batteries.
- ☐ Sunglasses – a sports strap to hold them on is helpful.
- ☐ Small day pack or dry bag – to hold items you'll want during the day.
- ☐ Toiletries – toothbrush, toothpaste, soap, menstrual products, etc.
- ☐ Sunscreen & lip balm – at least 15 SPF.
- ☐ Medications – if losing your meds would cause you great discomfort, consider bringing a second set and giving one to your trip leader as a backup.
- ☐ Insect repellent – avoid using aerosol cans.

OPTIONAL CLOTHING AND GEAR

- ☐ Towel for showering at base camp
- ☐ Gloves – one pair of lightweight wool or synthetic.
- ☐ Journal and/or book
- ☐ Wetsuit – if you would like to use your own.
- ☐ Camera
- ☐ Change of clothes – for the ride home (packed separately).
- ☐ Several plastic bags – handy, especially to organize your gear.
- ☐ Pillow – a sleeping bag stuff sack filled with clothes works great too!
- ☐ Small collapsible camp chair



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Why do the materials matter?

Wool: Wool wicks moisture away from your skin, dries quickly, odor resistant, and preserves body temperature (hot or cold).

Nylon/Synthetic/Polypropylene: Synthetic wicks moisture away from your skin, dries quickly, and preserves body temperature (hot or cold).

Cotton: We try not to bring cotton on trail because it takes a long time to dry, and doesn't preserve body temperature! The one exception to this is underwear.

Tips and Tricks:

Some of the best items to bring on trail are the same clothes you wear to the gym, or to workout! Think synthetic T-shirts, gym shorts, leggings or compression pants as base layers, and old tennis shoes to wear during the day.

What if I don't own some of these items?

Wilderness Inquiry has a supply of some items (especially sleeping bags and pads) in our warehouse and we are happy to lend them to you during your trip.



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Examples of Gear



Sleeping pad



Rain coat & rain pants



Wool socks



Puffy insulating layer



Synthetic fill sleeping bag



Old sneakers to wear as 'wet shoes' during the day



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