

## Overview

Explore the Apostle Islands National Lakeshore! Your group will create lasting memories together while sea kayaking on Lake Superior, learning and practicing camping skills at Wilderness Inquiry's Little Sand Bay Base Camp, and hiking through the Northwoods of Bayfield, Wisconsin. The expansive views and stillness of nature offer young adults a beautiful backdrop for transformative adventures, insightful observations about the natural world around us, teamwork, and maybe most importantly, the chance to make unforgettable memories with teachers, mentors, and friends!



*"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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## Sample Itinerary

**Day 1:** Begin your adventure departing the Twin Cities and bonding with your trip mates while you head to Bayfield, Wisconsin

Meet your Wilderness Inquiry guides for an early morning departure from the Twin Cities. Your group will travel about 4 hours north to the shores of Northern Wisconsin in Wilderness Inquiry 15 passenger vans. When you arrive in the afternoon, you'll be introduced to Wilderness Inquiry's Little Sand Bay Base Camp nestled in the forest. [Watch this short video to see what base camp is like.](#)

Review personal gear with your Outdoor Leaders, participate in a sea kayaking orientation, and explore your campsite. Spend the evening at camp roasting marshmallows over the fire. Rest up for a fun trip ahead!





**Day 2:** Explore the Mawikwe Bay Sea Caves by day and enjoy a campfire by night

Rise early for a delicious breakfast paired with a steaming cup of hot chocolate, coffee, or tea. Review paddling skills with your guides and start exploring the area. Depending on the weather and wind direction, explore the spectacular Mawikwe Bay Sea Caves or drive to Red Cliff to explore Buffalo Bay and paddle among 19th century shipwrecks. Enjoy a casual paddle back to the beach and head back to base camp for dinner. Listen to stories about many of the Lake Superior shipwrecks around the campfire in the evening.

**Day 3:** Paddle a scenic route from Little Sand Bay to Sand Island

Kayak out to Sand Island to explore the Swallow Point sea caves, Justice Bay, and the historic Sand Island lighthouse on the northeast shore. Eat lunch on a remote beach and, weather permitting, kayak in and out of the caves' sculpted rock chambers. Enjoy one last night at our Little Sand Bay Base Camp with hot showers, great food, and good company.

**Day 4:** Enjoy one final adventure before saying farewell to your trip mates.

After breakfast, partake in one final adventure. Enjoy sharing stories with your trip mates over lunch before your afternoon departure.



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## What to Expect?

**ACCOMMODATIONS:** You will enjoy your stay at our **Little Sand Bay Base Camp**. At night 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 (other arrangements can be made). Our Little Sand Bay Base Camp has private composting toilets (no flush) bathrooms for each campsite.

**MEALS:** We'll bond as a team while we prepare meals together in our rustic base camp kitchens using fresh, healthy ingredients. Rise to the smell of freshly brewed coffee or hot chocolate to enjoy with your breakfast of eggs, oatmeal, or granola. We'll pack picnic 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 around the campfire. **If you have special dietary restrictions, be sure to list them on your registration.**

**TYPE OF TRAVEL/DISTANCE:** You will either hike or paddle in Current Design sea kayaks which hold 2 or 3 people plus all necessary gear. An average day's travel consists of 2-4 paddling and/or hiking hours, depending on weather conditions. Travel distances vary from 4-6 miles each day. No previous sea kayaking experience is needed to complete this trip.

**EQUIPMENT AND CLOTHING:** Wilderness Inquiry will provide all sea kayak gear and group equipment. You will be assigned the same gear for the duration of your trip and it will be sanitized between trips. 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.



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## FAQs

### **I use a wheelchair, can I still participate?**

Yes, our Basecamp is accessible and this trip is pretty accessible overall. Of course, each person is different so we will ask you to complete a standard health form. If we have any questions we will call you to discuss them. We do not recommend this trip for people who use electric wheelchairs, unless they bring their own van or ability to transport their power-chair.

### **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!



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## Packing List

This packing list is meant to 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 this helps be prepared for a variety of conditions.

It is best to pack your gear in a small duffel bag or soft sided suitcase; pack lightly. Your personal gear will remain in camp on this trip, so you do not need to worry about waterproof bags. A dry bag will be provided to hold the items you wish to bring in the kayak each day. To keep your gear organized, consider using plastic zip lock bags, stuff sacks or pillow cases.

If you need to borrow any of the gear listed below, please let your Wilderness Inquiry Trip Director know.

### CLOTHING, OUTERWEAR, AND GEAR:

- ☐ Rain jacket & pants – sturdy to withstand a variety of conditions.
- ☐ Pants – 1 pair quick drying nylon or other synthetic is best.
- ☐ Insulating tops – 1 heavy and 1 light, made of fleece or wool.
- ☐ Long sleeve shirt – lightweight for protection from elements.
- ☐ T-shirts – 2-3 quick drying synthetic is best.
- ☐ Base layer – 1 pair of tops and bottoms made of polypropylene or other synthetic. No cotton.
- ☐ Wetsuit Underlayer – WI 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 pair to wear around camp or on hikes. Synthetic, quick drying is best.
- ☐ Underwear - Enough to keep you happy.
- ☐ Wet-shoes – one pair of durable, closed-toed shoes to be worn while kayaking.



- ☐ Camp shoes – one pair of shoes to be used when off the water around camp.
- ☐ Hats – 1 to protect from rain/sun and 1 warm stocking cap for cool weather.
- ☐ Sleeping bag – 3-season synthetic fill sleeping bag with nylon stuff sack. No cotton or flannel bags.
- ☐ Sleeping pad – Ensolite ground pad or Therm-a-Rest inflatable type.
- ☐ 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, 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 EQUIPMENT:**

- ☐ Towel – small and synthetic is best.
- ☐ Bandanas – 1-2 used for a variety of things including marking your bags, washing up, etc.
- ☐ 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
- ☐ Pajamas/comfy sleep clothes



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