General Trip Information
Welcome to the Pre-Frosh Canoeing Trip. Your Trip Coordinators are Elisabeth Sederberg, a senior biology major from Duluth, Minnesota and Jeff McDonald, a senior psychology major from Godfrey, Illinois.

While you’re paddling in the Boundary Waters, other new students will be participating in community service in the Twin Cities or backpacking on the Superior Hiking Trail. This trip is an adventure in the wilderness. You’ll be roughing it for several days: no phones, no plumbing, no e-mail!

In this brochure, you’ll find the information you need to get ready for the trip, including a list of what to pack and answers to questions you might have. We can’t wait to see you on August 31st! In the meantime, if you have any questions, please call the Campus Activities Office at (507) 646-4154.

Please complete and return the enclosed forms, along with your payment, by July 14 to guarantee your participation.

Airports

We will provide shuttles to campus from the Minneapolis - St. Paul Airport (Charles A. Lindbergh Terminal) on Thursday, August 31st. The fee for this service is $10.00. Reservations must be made in advance using the enclosed form.

Shuttle times:

- 11:00 a.m.
- 1:00 p.m.
- 3:00 p.m.
- 5:00 p.m.

After retrieving your luggage, look for the Carleton welcoming crew by the Information Booth located one floor below the Baggage Claim Level of the airport.

Itinerary

Thursday, August 31
- Arrival at Carleton. Take a look at the preceding Airport Shuttle information. If at all possible, please plan to arrive on campus before 5:00 p.m.
- Pick up your room keys from Residential Life. Look for directional signs when you arrive on campus.
- Afternoon Parent Programs (optional) 2:00 p.m. - 5:00 p.m. General information sessions regarding campus life, financial aid, and academic success.

Note: Campus offices will be open from 8:00 a.m. - noon & 1:00 - 4:30 p.m. (CDT)

- Welcome Dinner and Trip Information Session at 6:00 p.m. on the Bald Spot. You’ll meet your trip leaders and other new students. Students eat for free; additional tickets are $10.00 each. (Advance reservations are requested; please use the enclosed form).

Friday, September 1
- Early morning departure. Be sure to bring money to buy lunch along the way. All canoeing groups will spend the night at a campground on Sawbill Lake in the Superior National Forest.

Saturday, September 2 through Monday September 4
- Split into nine-person groups and paddle off into the Boundary Waters.

Tuesday, September 5
- Groups meet back at Sawbill Lake and then return to Carleton, arriving around 6:00 p.m. (Don’t forget money for lunch).

Wednesday, September 6
- NEW STUDENT WEEK BEGINS!

Equipment List

- Long, light-weight pants (not denim)
- T-shirts (at least one long sleeved)
- Underwear (top and bottom)
- Two pairs of shoes (one to get wet and one to stay dry)
- Wool or synthetic socks (at least 3 pairs)
- Shorts
- Swimsuit
- Brimmed hat or cap
- Sweatshirt or sweater (wool or fleece is best; avoid cotton)
- Two 1-liter water bottles (No Glass)
- Sleeping bag (May be rented for $30; see enclosed form)
- Sleeping pad (May be rented for $20; see enclosed form)
- Rain gear (jacket is essential; pants are useful)
- Flashlight
- Sunscreen
- Insect repellent (preferably with DEET)
- Any personal medications
- Identification and health insurance card
- Some lunch money

Recommended

Pocket knife, gloves or mittens (it will get cool), winter or stocking hat, camera, sunglasses, toiletry items and towel, moleskin (for blisters), sandals (to wear around camp at night).

Remember

Things will get wet. Avoid cotton if at all possible because it doesn’t insulate well and it dries slowly. Pack things in trash bags in case your whole bag gets wet.

Be sure to include equipment costs and the remaining balance due in the check or money order accompanying the enclosed reservation and waiver form.

Note that cell phone coverage is extremely limited in the Boundary Waters area; please plan to leave pagers, phones, and other electronics behind.
Commonly Asked Questions

What number should I call if I have to cancel?
If you must cancel, call the Campus Activities Office at (507) 646-4154. Trip fees will be refunded until July 26, 2006. No refunds can be provided after this date.

Who are the trip leaders?
The trip leaders are current Carleton students who have been trained specifically for this trip and are First Aid and CPR certified.

What if I am required to take medicine?
Individuals are responsible for their own medications. This does not have to hinder your participation. Please complete the enclosed health form thoroughly so that your trip leaders are aware of pertinent areas of concern.

What will I eat on the trip?
Meals that are primarily vegetarian will be prepared collectively with food carried in by each group. You can look forward to everything from apples to pasta and oatmeal to peanut butter.

Is it possible to move into my residence hall prior to 9:00 a.m. on August 31st?
No. If you arrive before the residence halls open, plan to find your own lodging (see below).

Are there any places for my family to stay in Northfield?
For lodging information call the Northfield Chamber of Commerce at (800) 658-2548 or check their website: www.northfieldchamber.com/community/lodging.html

What are the weather conditions like?
On the trail, prepare for a wide range of conditions. Typical temperatures are 80 degrees F during the day and as cold as 30 degrees F at night. Keep in mind that we will be portaging (carrying over land) canoes for periods of time. Canoes can weigh up to 60 pounds.

Congratulations ... you're going on the Canoeing Trip!

Carleton College
Pre-Frosh Trips
Aug 31 - Sept 5, 2006

Campus Activities Office
Hours: 8:00 a.m. - 5:00 p.m. (CDT)
Phone: (507) 646 - 4154
Online: http://webapps.acs.carleton.edu/student/prefrosh

Canoeing Trip Leaders
Ashley Trock and Tim Foran
Beth Bennett and Chase Huey
Jamie Olson and Rebecca Sheridan
Claire Langton-Yanowitz and David Selassie
Raven Bier and Dylan Linet
Jeff Harvey and Kaarin Taylor
Michael Eng and Barb Marmet
Celia Segel and Edmund Zlonis
Maggie Gallin and Kat Jensen
Willy Guenthner and Laura Ostoby
Will Kruese and Eliza Berry
Kristen Sweeney and Ethan Hyland

Trip Coordinators
Jeff McDonald
Elisabeth Sederberg