General Trip Information

Welcome to the Pre-Fresh Backpacking Trip. Your Trip Coordinator is Ethan Singer, a senior economics major from St. Louis Park, Minnesota.

While you're backpacking along the Superior Hiking Trail, other new students will be participating in community service in the Twin Cities or paddling in the Boundary Waters. 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.

Airport Shuttles

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.

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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 are 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 backpacking groups will spend the night at a campground in Cascade or Gooseberry State Parks.

Saturday, September 2 through Monday, September 4

- Your eight-person group will be dropped off at your respective trailhead and you’ll start your hike along the Superior Hiking Trail.

Tuesday, September 5

- Groups will be picked up at their various ending points and then head back to Carleton, arriving around 6:00 p.m. (Don’t forget money for lunch).

Wednesday, September 6

- NEW STUDENT WEEK BEGINS!

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Equipment List

Internal or external frame backpack

(May be rented: $30; see enclosed form)

Long, lightweight pants (not denim)

T-shirts (at least one long-sleeved)

Long underwear (top and bottom)

Hiking boots or heavy-duty shoes

Wool or synthetic socks (at least 3 pairs)

Shorts

Brimmed hat or cap

Sweatshirt or sweater (wool or fleece is best; avoid cotton)

Eating utensils (silverware, cup, bowl, insulated mug)

Two 1-liter water bottles

Sleeping bag (May be rented: $30; see enclosed form)

Sleeping pad (May be rented: $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

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Recommended

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

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Remember

Things will get wet. Avoid cotton if at all possible because it doesn’t insulate well and it dries slowly. Pack things in resealable plastic 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; 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 packed 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 you will be carrying your pack during the day, and full backpacks can weigh between 40-60 pounds.

Backpacking Trip Leaders
Whitney Hough and Ted Hickey
Sam Benshoof and Ariel VandeVoorde
Becky Leichtling and Jon McMurry
Elizabeth Webb and David Smith
Jessica Goad and Patrick Baylis
Tim Carroll and Natalie Coleman
John Heydinger and Laura Myers
Sam Wilson and Hallie Scott
Greg Perryman and Becky Craig
Helen Behr and Chris Erickson

Trip Coordinator
Ethan Singer

Congratulations ... you're going on the Backpacking 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