



Wilderness Canoe Base

12477 Gunflint Trail
Grand Marais MN 55604
218-388-2241(wcb office)
715-268-8434 (wapo office)
wcboffice@campwapo.org

Wilderness Women's Adventure

Welcome! We are thrilled that you will be joining us for the Wilderness Women's Adventure.

"SACRED WATER" Enjoy staying on Fishhook Island, surrounded by clear, fresh water. You can appreciate the beauty of Seagull Lake by canoeing, taking moments of solitude or jumping into the lake after a hot sauna. Reflect on your experiences with good conversation and creative activities.

Community and Connection: Spend the weekend exploring, creating, and socializing with a community of wilderness women. Whether you're a seasoned camper or a first-time visitor, you'll find a welcoming and supportive group ready to share in this unique adventure.

Worship opportunities: First Word in the beautiful outdoor chapel. Last Word at the evening meal. Vespers service Friday and/or Saturday. Closing Worship on Sunday Morning.

Below is a whole lot of information about a whole lot of different things. You'll find information about how to pay the balance due, travel information, what to pack and safety tips, and there is a worksheet that we'd like you to fill out so that we can better prepare for you and your trip.

Our staff are eager to welcome you to our site. If you have questions or need additional materials or information related to your trip, don't hesitate to reach out at wcboffice@campwapo.org.

We look forward to seeing you soon!

Payments

If you have a payment due, please bring exact cash or write your check out to Wilderness Canoe Base/Camp Wapo. If you have a question about your amount due please call Ryan at (715) 268 – 8434. You can bring your payment to WCB or mail it to: (please put WWA in the memo)

Wilderness Canoe Base
c/o Camp Wapo
1204 74th Ave.
Amery, WI 54001

Deposits

Your non-refundable, non-transferable \$50 deposit will secure your spot on the trip. If you have not submitted your deposit already, please do so at your earliest convenience.

Travel & Arrival/Departure

Arrival for groups is between 2:00-4:00pm. Traffic is heavy during the summer on Hwy 61, please plan accordingly. Wilderness Canoe Base is approximately 6 ½ hours from the Minneapolis/St Paul area. Most groups travel to Duluth, then follow Hwy 61 along Lake Superior to Grand Marais, MN. If you are running behind schedule, please call the WCB office as soon as possible and before you get on the Gunflint Trail.

Important things to do in Grand Marais:

- Fill up your vehicle with gas.
- Purchase fishing licenses for all 16+ year-olds if needed. If there is anyone 15 years old or younger, there must be an adult with a fishing license for them to fish.
- **Call us at Wilderness (218) 388-2241 to inform us of your arrival time.**

Directions to Wilderness:

- Take the Gunflint Trail (County Road 12) north for 54 miles to the Wilderness Canoe Base driveway. Driving the Gunflint Trail takes about an hour and fifteen minutes. Please drive safely and watch for moose!

**If you signed up for a pre-retreat canoe trip, you will be contacted with details for that trip.*

Arrival at Wilderness:

Drive through the parking lot to unload your vehicle at the dock. WCB staff will direct you through unloading gear, boat transportation to the island and parking instructions.

Departure from Wilderness:

Retreaters can depart after worship on Sunday.

**If you signed up for a post-retreat Canoe trip, you will be contacted with details for that trip.*

If alternate arrangements are necessary to accommodate an earlier departure, please be in contact with wcboffice@campwapo.org

What to Pack for Wilderness Canoe Base

When you arrive at camp, you will carry your luggage to your cabin. Pack in bags that are easy to carry such as a backpack or duffel bag. Rolling suitcases are difficult to maneuver on rocky trails.

- 1 or 2 pairs "dry" shoes (tennis shoes or hiking boots). No open-toe or open-heel shoes are allowed.
- 1 pair "wet" shoes (tennis shoes or hiking boots). No "aqua socks" or open-toe or open-heel shoes allowed. *(Camp has some used wet shoes in a variety of sizes available to be borrowed)*
- Rain jacket
- Long pants - Pants made of nylon, wool or other synthetic fibers are best. Cotton (including denim) will work if that is what you have.
- Shorts
- Swimsuit & Towel
- Wide-brimmed hat or other sun protection
- Shirts for layering - include warm (fleece or wool) top layer, sunshirt mid layer, and t-shirts for light layers
- Socks, underwear, and other underclothes for the duration of your stay at camp. Wool socks are recommended.
- Sleeping bag and small pillow
- Flashlight or Headlamp
- Toiletries (avoid scented products and pack only the essentials)
- Sunscreen (SPF 30+)
- Water bottle
- Prescription medications in original packaging. Bring only as much as needed for time at camp.

Optional:

- bug repellent
- sunglasses
- camera
- lip balm
- fishing gear/license
- cards/games, art supplies, books, etc
- money for camp store
- small backpack/day pack for excursions
- hiking poles
- N95 or other facemask*
- sheets for twin bed
- ear plugs

Things to leave at home

- electronic devices
- precious items that you would not want damaged or lost
- pets, knives, firearms or weapons of any sort, fireworks, alcohol, tobacco illegal drugs

**If air quality is impacted by forest fires, you may find a mask helpful to reduce exposure the inhaled particles.*

Additional Tips for Packing

Layering Clothing

Temperatures at camp can range from 40°F to 90°F. Follow the packing list and layer clothing for variable weather. Choose warm, non-bulky items, favoring nylon and wool over cotton. These materials retain heat and dry faster if wet. If you only have cotton, bring extra options in case it gets wet. You don't need to buy new gear; these are just recommendations.

Wet Clothes (for canoe trips)

Wet clothes are worn during the day while paddling and portaging. Avoid cotton; pack synthetic fibers like nylon, fleece, polyester, or wool. Bring 1-2 sets of wet clothes, including wool or synthetic socks, wet shoes (old sneakers work great!), and rain gear. Rain pants are strongly recommended for warmth and dryness.

Dry clothes

Dry clothes are worn on base. Long sleeves and long pants are recommended for warmth and mosquito protection. Pack 1-2 sets of dry clothes, favoring wool and synthetic materials. The dry set of clothing also includes a pair of dry shoes and socks.

Layers

Layers of clothing allow your body to remain at a comfortable temperature throughout the day

- Inner layer = pulls moisture away from body
- Middle layer = warmth
- Outer layer = protection from elements (mostly wind and water)

Wet Foot Policy

Wilderness Canoe Base has a "Wet Foot Policy". No open-toe or open-heel shoes are allowed at any time while at Wilderness or during a trip. Recommended footwear includes old tennis shoes or hiking boots. When in the water, all campers must wear shoes, so two pairs of shoes are required – one to stay dry, and one to get wet. During a trip, wet shoes will be worn during the day, and dry shoes will be worn at the campsite in the evenings. Extra wet shoes are available in different sizes at Wilderness Canoe Base.