



LITII – Boundary Waters Canoe Area Trip

Features of the LITII Canoeing Trip

- Participants age 14-16
- Group size: 5-7 participants and 2 leaders, coed
- 8 days canoeing in the Boundary Waters Canoe Area Wilderness
- On the water paddling most days for up to 12 hours
- Designated campsites
- Weather dependent challenges; high winds, waves, temperatures, etc.

LITII canoeists spend their eight days traveling through the Boundary Waters Canoe Area Wilderness (BWCAW). Boasting approximately one million acres of wilderness, the BWCAW offers campers the opportunity to experience pristine waters, natural and cultural history, and awe-inspiring skies. The groups will paddle and portage through some of the picturesque 1000+ lakes that make up this spectacular natural area.

What you will take away from the trip

The purpose of the trip is to develop group collaboration skills and leadership abilities including but not limited to cooperation, self-discovery, awareness, resourcefulness, resiliency, optimism, adaptability, and respect. Participants also gain exposure to wilderness skills including camping, hiking, and risk management, and explore the ecology of the area.

Challenges of the trip

Trips can expect rain, wind and waves coupled with cold weather. On the other hand, it can just as easily be 80 degrees and sunny where the biggest challenge is staying cool. Wind and weather can create conditions that have the power to adjust itineraries.

As the bear population is present in the BWCAW, it is vital to practice safe bear camping principles. The groups will keep a meticulously clean cooking area and store food away from sleeping areas.

The Boundary Waters has thousands of small lakes. This means that paddling throughout the day is often punctuated by portages, some quite arduous. With this in mind your pre-trip fitness goals should focus on being able to sustain a moderate level of exertion for hours on end. Most active teenagers find themselves in great shape for the trip. Portages are tough on ankles, knees and backs while paddling and be difficult for those that have shoulder issues.

Depending on the weather, bugs have the potential to be particularly fearsome on this trip. It is recommended that you bring lightweight long sleeve shirts and pants and be able to comfortably paddle in buggy, hot conditions.

Camp Olson YMCA works hard to ensure that each trip leader has extensive experience in wilderness travel, youth development and risk management. For the success of the group

however, it is imperative that each participant has a positive attitude, makes conservative risk management decisions, works well with others who they do not get along with, and has a willingness to challenge themselves.

Time at Camp

The time spent at Camp allows the group to begin to form and prepare for the time spent on trail. They will have two full days of structured time in preparation of departure on the third full day. While at Camp, participants will be staying as groups in tents.

The first day is spent introducing community standards and getting to know groupmates. During the next two days, the group will cover camping and leadership skills, including teamwork initiatives, pack their food and equipment, and get out on the water to go over basic paddle strokes and rescues. After these first three days, groups will drive to the BWCAW and embark on their adventure!

Participant Expectations

We expect each participant to best support their group and their own growth by maintaining the following:

- Embraces challenges with willingness to learn and grow
- Makes conservative risk management decisions
- Works productively with everyone in the community
- Effectively communicate with or to other participants or leaders regarding potential hazards/risks, personal distress, injury, or need for assistance
- Age-appropriate social skills and ability to self-monitor and make safe decisions when immediate supervision is not possible.
- Accepts feedback by applying and discussing suggestions from others and begins to give feedback.
- Creates a safe and inclusive atmosphere
- Takes initiative in group tasks and self-care
- Be in good physical and emotional health