

# Outdoor Adventures

**March Paddling**

**March 26<sup>th</sup>-28<sup>th</sup> (3 days)**

**Trip Disclosure**

**Trip Narrative**

This trip explores one of the most amazing resources that Michigan shares with Canada – the Great Lakes. Come to Canada with us to spend some time in the sun and surf, having a great time! As you pass through the Park gates, you are arriving at the southernmost tip of Canada's mainland. Much of the Park's unique character is due to this southern location and includes famous vistas such as the "Tip" and Marsh Boardwalk. Point Pelee is one of Canada's smallest national parks, and yet this tiny oasis of green attracts nearly 400,000 visitors each year. Interwoven throughout the Park's 8-square-mile landscape is a patchwork of marsh, forest, fields, and beaches, producing a complexity of life that is unequalled, even in Canada's larger National Parks.

**Goals**

Introduce participants to basic paddling and kayaking. Introduce front country camping equipment and techniques. Develop respect and understanding of the beauty of nature, specifically at Point Pelee. Provide a positive group experience that requires extensive trust and communication between participants.

**Activity Difficulty Assessment**

No need to have had prior experience. Necessary skills will be taught before and during the trip. Enthusiasm, willingness to learn, and a fondness of nature are all you need! More experienced outdoors people are also welcome to freshen up on skills or just hang out with people with similar interests. Must be in good physical condition. Participants are responsible for knowing their personal fitness levels and should determine their ability to participate on this program with their physician. Any concerns regarding your fitness level and general health should be addressed with your physician. This activity involves paddling in a marsh and, for a short period, on Lake Erie for about 5-9 hours on Saturday. We will all be wearing PFD's but any person who cannot swim or who has fear of the water should seriously consider if this trip is the best choice for their needs. There is a possibility that a kayak could tip, although there is no white water. All participants are required to fill out OA medical forms and waiver forms. Kayaking involves contact with water and the possibility of tipping in cold, deep water. Kayaking may not be a suitable activity for people who suffer from fear of water or who cannot swim- although we will all be wearing life vests at all times on the water. This will not be a particularly strenuous or difficult trip, but it will require the ability to paddle leisurely for 5-9 hours at a time.

**Environmental Hazards**

Risks include, but are not limited to: thermoregulatory risks, including hypothermia; injuries related to hiking and backcountry camping including soft-tissue injuries, dislocated joints, strains, sprains, fractures, concussions, burns, cuts, and potentially death. . With proper preparation and following of guidelines, however, most of these risks can be minimized. Clothing and outerwear must be adequate and will be subject to inspection.

**Participant Screening**

Participants are responsible for knowing their personal fitness levels and should determine their ability to participate on this program with their physician. Any concerns regarding your fitness level and general health should be addressed with your physician.



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### Trip Disclosure

#### Trip Information

A. Trip Name:	March Paddling
B. Trip Start Time & Location:	March 26th at or before 4 pm, OAC
C. Trip End Time & Location:	March 28th at or after 8 pm, OAC
D. Trip Duration (days):	3 days
E. Minimum/Maximum Participants:	Min 8/ Max 10
F. Pre Trip Meetings:	March 22 <sup>nd</sup> , 7 pm at OAC
G. Early Price & Deadline:	\$245 until March 19th
H. Regular Price & Deadline:	\$270 until March 21 <sup>st</sup>

#### Trip Price Includes

A. Lodging:	Front country tents
B. Transportation:	Vans to and from site
C. Leaders:	TBD
D. Rentals:	25% discount on OA rental gear
E. Meals:	2 Breakfasts 1 Lunches 1 Dinners
F. Group Equipment:	Tents, stoves, fuel, kitchen equipment (pots, pans, etc.), kayaks, pdfs, paddles

#### Trip Does

#### NOT Include

*(Note: Other costs may arise for which the participant will be solely responsible).*

- Travel to/from parts B and C of trip information section
- Shots, immunizations, or other medical costs
- Taxes, entry fees, or other costs associated with entering or leaving a country
- Passport application or other document fees
- Personal rental items during the program (photos, videos, backpacks, climbing gear, mountain bike, wet suits, etc).
- Meals outside those specified in part E of trip price includes section
- Rentals - Participants are responsible for providing trip specific items such as a trail ready backpack, sleeping bag and pad tat are subject to a leader's inspection. All associated costs are participant's responsibility.

#### Expectations Of Participant

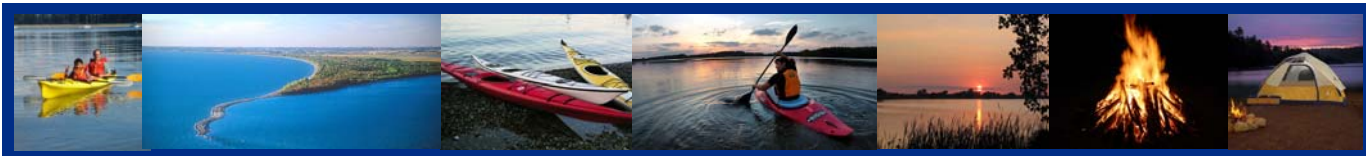
- All participants **MUST** attend the pre-trip meeting. The date, time and location of this meeting varies from trip to trip, and can be found at the OAC website.
- All participants **MUST** complete the OA medical information, trip waiver, and trip release forms
- Participants are expected to provide, at their own cost, all personal gear, including but not limited to: sleeping bags, backpacks, eating utensils, shoes, boots, mountain bike, and clothing suggested at the pre-trip meeting (waterproof layers, etc).
- All participants must adhere to Outdoor Adventures policies and procedures.
- All participants must have a valid passport to cross Canadian border.

#### Resources

**Outdoor Adventures website:** OA Policies, Trip Itineraries, & Price Information  
<http://www.recsports.umich.edu/outdooradv/>

**U.S. State Department:** Passport Information, International Travel Information  
<http://state.gov/>

**Centers for Disease Control (CDC):** Information on recommended immunizations and precautions for international travel.  
<http://cdc.gov>



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March 26th

We'll leave the Outdoor Adventure Center on Friday at or before 4 pm and drive to Pt. Pelee National Park of Canada. Upon arrival we will establish camp, cover basic camping skills, and watch a beautiful lake-side sunset.

March 27<sup>th</sup>

We leave the park to travel to Pelee Wings where we will meet our kayaking instructor, "fit" our boats, and cover some important safety and boat information. From here we'll load back up and depending on weather/water conditions travel back to the park. Our guide will get us all set up and teach us the following skills: mechanics of paddling and basic strokes; launching, landing, and loading the kayak; kayak design and theory, review of gear, different kayak styles; wet exits, self rescue, assisted rescue; safety on the water, safety with groups; Weather, wind and waves! We'll spend the day paddling, learning new skills, exploring the marshes, viewing wildlife and enjoying time out on the water. We'll stop for lunch on the beach and paddle for the rest of the day. In the evening, we may take a hike or explore the other areas of the park

March 28th

After breakfast in camp, we'll load up all the gear and spend the morning exploring areas of the park we have not seen. If we have not made it to the visitor center, we'll have a chance to learn more about Point Pelee and the unique ecosystems it contains. After lunch we'll start back toward Ann Arbor. We'll be back to the Rental Center mid-afternoon, and after unloading and cleaning up you will be all set to go!