

**YMCA CAMP U-NAH-LI-YA
GREATER GREEN BAY YMCA
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PROGRAM FACT SHEET NOR'WESTER CANOE TRIP

PROGRAM OVERVIEW

This is a quietwater canoe trip for 15-17 year olds and marks the end of our canoe trip progression, and is one that is a deep and rich tradition at Camp U-Nah-Li-Ya. The total program is 15 days. The Nor'westers will canoe the lakes of the Boundary Waters Canoe Area along the Minnesota-Canada border. The trip is all quietwater and portaging through the pristine lakes of the Boundary Waters.

CAMP WEBSITE

The Camp U-Nah-Li-Ya website is a wonderful tool to help families and campers prepare for and enjoy their camp experience. The Parent Packet, camper forms, and what to bring list are all available to be downloaded at your convenience. Family and friends can also check out our photo gallery, camp menu, weather, and email their camper while they are away at Camp.



NOR'WESTER CANOE TRIP

Friday

Pick up at West Side YMCA at 6:00PM and up to Camp

Saturday-Sunday

Trip training and planning at Camp. The focus is upon canoeing safety, paddling techniques, and portaging.

Monday

Morning departure and travel to Grand Marais Minnesota.

Tuesday- following Wednesday

Put into BWCA off of the Gunflint Trail. Paddling and portaging throughout the many lakes of the Boundary Waters

Wednesday-Thursday

Travel back to Camp and celebrate at the annual Nor'wester banquet on Thursday evening.

Friday

Pack in trip gear and head for home in the afternoon.

TRIP LEADERS

Our Adventure Trip Counselors are certified in Lifeguarding, Professional CPR, First Aid, and Wilderness First Aid. They receive an additional 40 hours of training specifically designed for leading a fun and safe trip. Trips are equipped with a satellite phone for use in the event of an emergency.

WILDERNESS TRIPS

Wilderness trip campers receive training and preparation on site at Camp U-Nah-Li-Ya prior to departing for their adventure trip. The Trail Department Outfitters provides all related camping equipment and food for their wilderness trip. Campers are transported to and from their wilderness trips in YMCA vehicles driven by YMCA employees who undergo a driver record background check and safety training.

WHAT TO BRING

In addition to items noted in the What to Bring list in the Camp Parent Packet, the following items are recommended for a canoe trip;

- High quality rain gear
- Camera
- Book or Journal
- Hat with a brim
- Sunscreen
- Water bottle
- Flashlight
- Bandana
- 4-5 Large Ziploc Bags
- Small packable sleeping bag
- Hiking boots/Tennis shoes that are worked in and comfortable
- "Wet" shoes or sandals that will stay on (flip flips are not recommended)
- Optional items: fishing gear, waterproof dry bag