

Wilderness trips are an awesome way to experience nature, learn new skills, see and meet old and new friends, and build self-confidence and independence. Wilderness trips have a great mix of fun, excitement, and challenge, and go to amazing places with fascinating stories waiting to be discovered. All Wolf Ridge trips are open to campers of all backgrounds and experiences and prior wilderness tripping experience isn't required to participate, however it is important to know what to expect on a backcountry wilderness trip. Knowing what to expect as well as being prepared for your trip is essential to having a great trip experience.

### What To Expect

Canoe camping in the Boundary Waters and Quetico is a classic and iconic way to camp and travel in these beautiful areas and brings adventure, challenges, and a sense of accomplishment. You can expect to experience the freedom of wilderness travel, exploration of lakes and forests, and time spent around the campfire with friends. You can also expect to camp and sleep in a tent for every night on your trip, and you will probably pack up and move to a new campsite most days out of the trip. Daily trip mileage can vary depending on the group and trip, but groups typically travel an average of 5-6 miles a day, and in some cases up to 10 miles or more in a day with multiple portages if need be (Quetico, 3-week Expedition).

The Boundary Waters and Quetico are wild, beautiful, and rugged places. Canoe camping means both paddling as well as crossing several portages, or taking everything out of canoes at the end of a lake, and carrying packs, canoes, and everything else along a portage trail to the next lake. Paddling and portaging transport us to beautiful places, and also can be a big challenge.



### Ways to Prepare

Here are some good ways to prepare for an upcoming canoe trip:

**Stay active all year round:** Staying active and healthy are an important parts of having a great time on a wilderness trip. Wilderness trips can be challenging physically for everyone, but if you stay active leading up to your trip, you will be well prepared to face the rigors of trail life. Hiking, being active outside, and playing sports are great examples of getting ready for an awesome and intense wilderness trip.

**Sleep out in a tent:** If you haven't done it before, sleep out for night in a tent and sleeping bag, ideally with the sleeping bag you will be using on your trip. See what kind of clothing layers you need to wear in order to stay warm through the night.

**Try out canoeing:** If you are new to canoeing, think about giving it a try somewhere if you have the ability and opportunity. You will have plenty of opportunities to get comfortable with canoeing on your trip and you will be a pro by the end, but the more comfortable you are with canoeing before your trip the better.

**Prepare your mind:** Wilderness trips are always an adventure and naturally have a flow of highs and lows, from paddling in the sun on crystal clear lakes, hearing stories about the area, and enjoying good food around the campfire, to paddling in heavy winds and carrying heavy loads across portages in the pouring rain. Think about how you want react when things get tough, and how you will support your other trip members through challenges.