

KoWaKan Adventures

General Information

*Yes, we have changed our name from North Star Christian Adventures!
The ministry remains the same*

Staff: KWK staff have varied outdoor experience and hold Wilderness First Aid/CPR and Lifeguarding certificates. You will find them skilled, caring and committed to ensuring you have a great trip. KWK staff have the responsibility of the overall group safety and we ask that you abide by their judgment in determining what is and what is not appropriate for the group.

The Group: Groups will consist of no more than 9 people including KWK staff.

Schedule: The pace of your trip will depend on the route your group takes and variables such as weather and wind. The following is a tentative weekly planner

Day One: Arrive at KoWaKan (base camp) on Section 12 Lake. Staff introductions and site tour. Get situated in one of our canvas wall-tents with canvas bunk beds. Discuss and demonstrate skills in safety and paddling, portaging and packing. Enjoy dinner and a campfire while being introduced to the BWCAW and your trip route. Finish packing for your trip. Fall asleep listening to the night sounds of Section 12 Lake.

Day Two: Wake early for breakfast, finish packing, drive to 'put in' site and begin paddling through some of the world's most pristine wilderness.

Next Several Days: You will spend the next several days selecting beautiful camping sites, building fires, setting up tents, cooking on camp stoves, roasting marshmallows, swimming in crystal-clear waters, fishing (if you want to, of course), reading, writing poetry or dancing under a star-studded sky. All we ask is that you take time to marvel in creation, appreciate this open space and grow.

Final Day: Return to KoWaKan, help clean gear (emptying packs, washing your cook kit, hanging tents and tarps to dry) and participate in our final debrief before leaving camp.



Devotions/Reflection: Your KWK guide will talk with you about your spiritual expectations for your trip and will facilitate discussions or times for reflection accordingly.

Food: The food we bring on trail is not only nutritious but tasty! You can expect rotini with a red sauce, chicken stew, pita pizzas and beans and rice for dinner; summer sausage and cheese, peanut butter and jelly, granola bars, trail mix, fruit and mixed nuts for lunches; and pancakes, eggs, granola, and oatmeal for breakfast. If you have a dietary restriction or preferences please indicate this on your health form. We will take these needs into consideration when planning the menu.

Gear: Pack it in, pack it out!

What to pack? Appropriate gear is important and your comfort and safety depend greatly on the clothing you pack. The enclosed "Recommended Packing List" ensures you have the gear you need to have a quality trip in the BWCAW.

How to pack? Bring gear to camp in a bag or container of your choice. Once at camp we will shuffle and consolidate your personal gear (clothing and sleeping bag) into 2 stuff sacks (the sacks sleeping bags are generally stuffed into; approximately 11" diameter x 18" deep). Stuff sacks will be provided for you upon your arrival. All group gear will be provided by KWK. We recommend you bring one set of clothes to leave at camp to change into after your trip.

Bathroom Facilities: While at KoWaKan and in the BWCAW you will find primitive latrines. We will take measures to insure cleanliness and privacy.

Tents and Sleeping arrangements: While at KoWaKan you will have access to canvas wall- tents with bunks. Out in the BWCAW people usually sleep three-four to a tent. Usually groups divide by gender and pick a tent; couples and families may separate tents if desired.

Camp Chores: We will work together on camp tasks such as tent set up, cooking, dishes, tarp hanging and fire building. We follow the U.S. Forest Service policies when camping in the BWCAW and work together to maintain the beauty and “better than we found it” wherever we camp.

Weather: The weather in the BWCAW can change unexpectedly so it is best to be prepared for a variety of conditions. The following table highlights average temperatures for Ely, Minnesota.

	May	Jun	Jul	Aug	Sep
Avg. High	64°	74°	78°	75°	64°
Avg. Low	40°	50°	56°	54°	45°
Mean	54°	62°	67°	65°	55°
Avg. Precipitation.	3.0 in	4.1 in	3.7 in	3.8 in	3.6 in

(<http://countrystudies.us/united-states/weather/minnesota/ely.htm>)

Safety: The safety of the group is of primary importance and is therefore at the forefront of our decisions prior to your arrival and during your time in the BWCAW. As with entering any wilderness area, there are inherent risks. In the event of an injury or emergency, our staff will work to assess action steps to ensure appropriate care is received.

Adventure and Wilderness Appreciation: We guarantee you’ll find adventure during your time in the BWCAW and it is our hope that you’ll gain appreciation and knowledge of the BWCAW and of the outdoors.

Personal Growth and Skill Development: We hope you leave at the end of the week having grown. Throughout the week there will be countless opportunities to develop new skills (or refine old ones), to tune into your body and the world around you.

Canoe Talk :

Bow - term referring to the front of the canoe

Stern – terms referring to the back of the canoe

Rear/Front seat—where you sit, of course.

Thwart—offers support for the boat

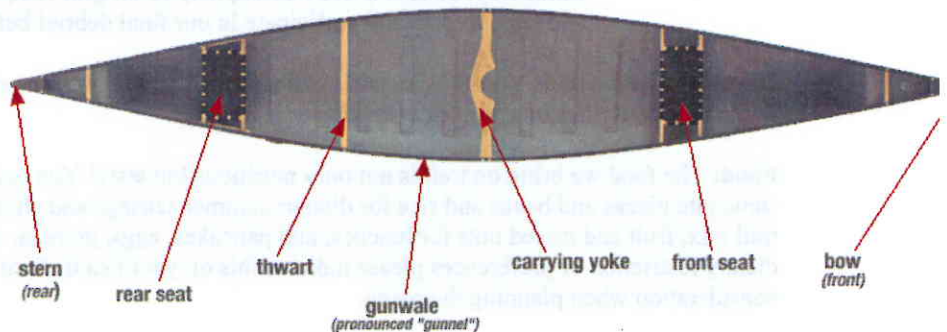
Gunwale – pronounced “gunnel” (if these are in the water, we’re in trouble!)

Yoke – a bar that crosses the middle of the canoe on which 2 pads are located. The purpose is to enable 1 individual to transport the canoe (on their shoulders) over a portage trail.

Portage – a length of land between two bodies of water on which a trail is located. All equipment must be carried across the portage in order to continue.

Rod – a length of measurement that determines the total length of a Portage. A Rod is 16 2/3’ (the length of the traditional Native American canoe).

Duluth Pack – a large square bottom canvas pack in which 2 campers store their personal items (a large backpack).



Please check out more information about KoWaKan Adventures on our website: www.nstaradventures.com. If you have any specific questions regarding the time you will spend with us, feel free to call us at (612) 230-2267 (Fall, Winter, Spring)/(218) 365-2221 (Summer) or email us at nstar@campminnesota.org.