

ROOP

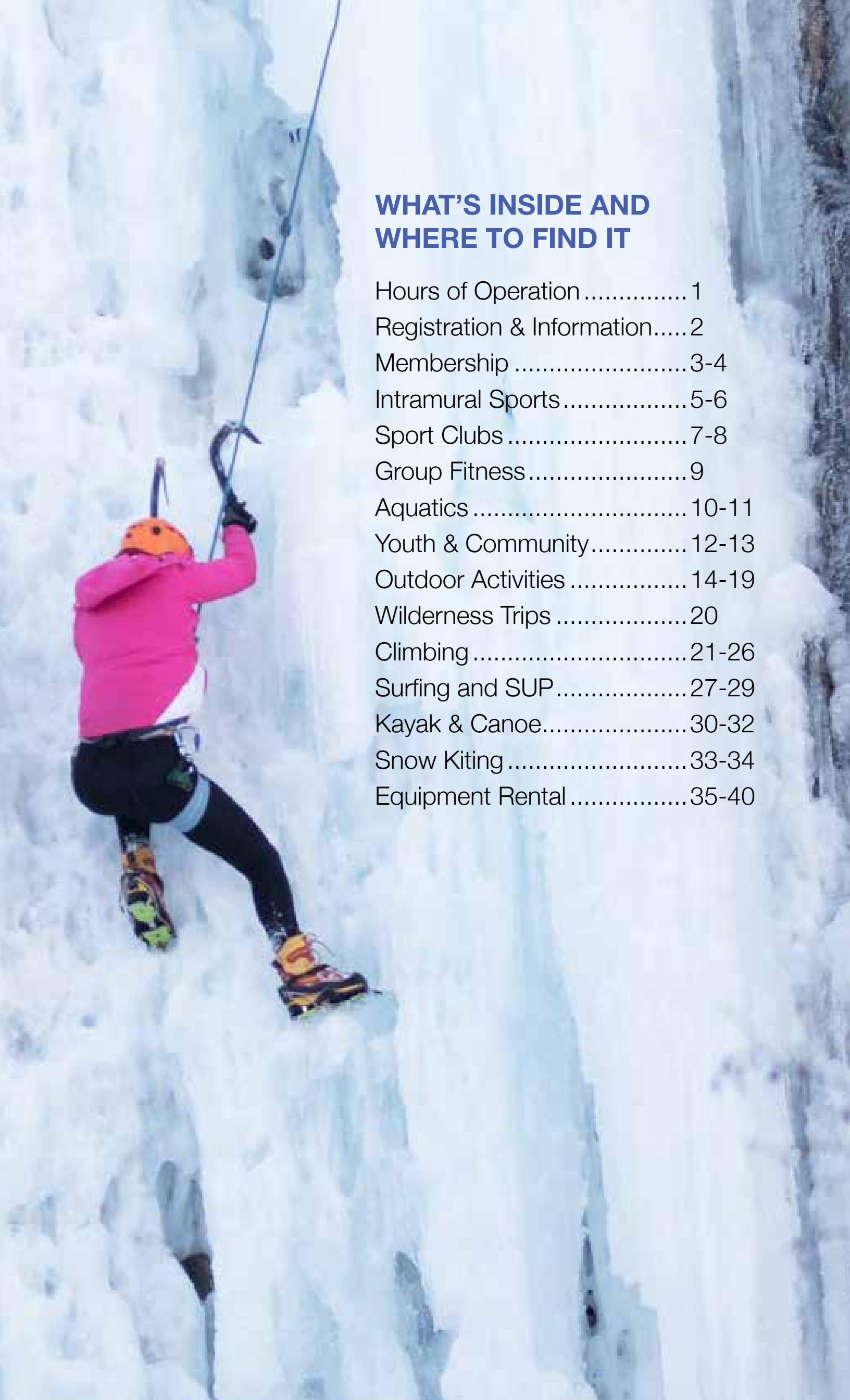
Recreational Sports Outdoor Program
University of Minnesota Duluth
Spring 2022



UMD Recreational Sports
Outdoor Program
UNIVERSITY OF MINNESOTA DULUTH
Driven to Discover

INTRAMURAL SPORTS - FITNESS & WELLNESS
AQUATICS - CLIMBING - SURFING & SNOW KITING
OUTDOOR ACTIVITIES - WORKSHOPS/CLINICS/CRAFTS
KAYAKING & CANOEING - SPORT & OUTDOOR CLUBS

Active, Healthy Lifestyles & A Connection to the Outdoors



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SPRING 2022 HOURS (JANUARY 12-MAY 6) ¹

RECREATION CENTER

Monday-Friday, 6am-11pm
Saturday, Sunday, 10am-6pm
Lower Level- Weights (SpHC 92)*
Upper Level- Cardio (SpHC 157)
Recreational Gym (155 SpHC)
Jogging/Walking Track (SpHC 195)

REGISTRATION & INFORMATION DESK (153 SPHC)

Monday-Thursday, 8am-6pm
Friday, 8am-4pm

RENTAL CENTER

Monday-Thursday, 11am-6pm
Friday, To Feb 25, 11am-7pm
Friday, March 4, 11am-4pm
Friday, Beg March 18, 11am-6pm
Sat, Jan 15-Feb 26, 10am-2pm

NORTH SHORE CLIMBING WALL

Monday & Thursday, 4-7pm
Tuesday & Wednesday, 4-9pm
Friday, 3-6pm

BOULDERING

Open during regular facility hours.

TURF RINK (March 14-May 6)

OPEN REC

Monday-Friday, 8am-3pm

SCHEDULED REC

Monday-Friday, 3-5pm
Saturday & Sunday, 10am-4pm
!!! No Open Turf March 19-20, 26-27

ICE RINK (January 12-March 3)

OPEN SKATE

Mon-Sat, 11:30am-1:30pm
Friday, 6-8pm

OPEN HOCKEY

Monday-Friday, 9:30-11am
Friday, 8:30-10pm
!!! No open skate/hockey 1/14-1/15

POOL

LAP SWIM

Tuesday & Thursday, 6-8am
Monday-Friday, 11am-1:30pm

CAMPGROUND

Park & walk-in access is available May 26-August 28 2022. Backpack thru-hiker access is available at any time.

!!! RSOP will be closed January 17, March 5-6, and March 12-13.

The Rec Center closes at 4pm on Friday, March 4 and Friday, May 6.

The Rec Center will have reduced hours during Spring Break.

*The Weight Room is closed M/W/F, 7:50-9am, January 12-March 5, and is closed Tu/Th 9:20-10:30am the entire semester.

FOR THE MOST UP-TO-DATE INFORMATION ON SCHEDULE CHANGES AND CLOSINGS, GO TO OUR [FACILITIES PAGE](#).

PATRONS MUST CARRY A VALID MEMBERSHIP PASS AT ALL TIMES.

HOW TO REGISTER & RECEIVE INFO

In person at the Registration & Information Desk

Stop in at 153 Sports and Health Center

Monday-Thursday, 8am–5pm

Friday, 8am-4pm

Phone

Call us at (218) 726–7128. If you want to register, have your Visa, MasterCard, or Discover card and registration information ready. If you reach voice-mail, please leave a detailed message about what you need and how/when to contact you during business hours.

Internet

Details of programs and many forms are available on our website. You can also register for activities and purchase passes.

E-Mail

rsop@d.umn.edu

PARTICIPATION

The University of Minnesota Duluth Recreational Sports Outdoor Program department (RSOP) offers recreational and outdoor opportunities to students, university faculty/staff, and the regional community. Eligibility to participate depends upon the program or activity.

UMD Students

Programs, activities, and facilities are for you! Students who pay the Student Service Fee receive discounted pricing reflective of the financial support we receive from those students through the fee.

Community Members

Community members (non-UMD students/staff/faculty) are invited to participate in Outdoor Program activities as well as a variety of Fitness/Wellness programs and Aquatic programs. Community members ARE NOT eligible for a Membership except during the summer.

Youth

Youth may participate in numerous RSOP activities including the American Red Cross “Learn to Swim” Program, KIDSROCK Summer Day Camps, KIDSROCK Climbing Team, and Birthday Parties in the Pool or at the Climbing Wall.

UMD Alumni

UMD Alumni are encouraged to participate in activities, and to use the facilities. Intramural Sports are not available to alumni.

UMD Faculty & Staff

UMD Faculty & Staff are encouraged to participate in activities, and to use the facilities.

Recreation Center memberships & guest passes provide access to the RSOP recreation center (weights, cardio, rec gymnasiums, indoor jogging track), pool, bouldering during non-staff wall hours, open-use ice hours & open hockey hours, open-use turf hours, outdoor tennis courts, and the slack line park. Recreation Center memberships may also make you eligible to receive discounts on other RSOP programs.

Detailed Membership Fee Structure

All University of Minnesota Duluth students paying the Student Services Fee have an automatic RSOP Recreation Center Student Membership. Simply present your U-Card to gain access.

Not sure if you have paid the SSF this semester? You can find out by going to your MyU page and clicking on the My Finances tab.

Payroll deduction annual memberships for UMD employees are available for registration from August 23 - September 16, 2022. Visit the RSOP Registration & Information Desk (SpHC 153) to sign up. Make sure to bring your U-card.

Youth 14 & under must be accompanied by a membership or pass holding adult at all times. Guests must be accompanied by a recreation center membership holder at all times.



GETTING A MEMBERSHIP

Full-time UMD Students

Upon presenting a U-Card, currently enrolled, full-time students who have paid their Student Service Fee will be allowed entry into the Recreational Facilities. Part-time, or students who have not paid the Student Service Fee, may purchase a Membership at the RSOP Registration & Information Desk.

Faculty, Staff, Alumni, All Others

Bring identification and payment to RSOP Registration & Information Desk. [Detailed Membership Fee Structure](#)

IDENTIFICATION NEEDED

Participants must carry a U-Card, Membership Card, guest pass or conference pass when using the RSOP facilities.

ACCOMMODATIONS

The University of Minnesota Duluth is an equal opportunity educator and employer. RSOP is committed to providing access, equal opportunity and reasonable accommodation in its services, programs, activities, and facilities for individuals with disabilities. To request a disability accommodation please contact the Registration & Information Office before your visit.



ELIGIBILITY

The following individuals are eligible to participate in the Intramural Sports Program: Currently enrolled, full-time UMD students who have paid their Student Service Fee, UMD staff and faculty, and part-time students with a current Membership.

SPORTSMANSHIP POLICY

Sportsmanship is an important part of Intramural Sports, and the RSOP policy is designed to encourage enjoyable recreation experiences for all participants and officials. Teams will be rated on their sportsmanship, which may affect future play. Captains are responsible for the conduct of their team. Play hard, have fun, and be a good sport.

COMPETITIVE LEVELS

Intramural Sports are offered in two different competitive levels when possible. This differentiation is created to provide competition that will incorporate varied levels of skill and intensity. These leagues will compete in separate post-season tournaments. The GOLD level is a highly competitive league, while the MAROON level is less competitive.

INTRAMURAL SPORTS OFFICIALS

The officials program is perhaps the most important element of the Intramural Sports Program. The department takes pride in hiring and training interested students for all major sports. Student officials develop and improve a wide variety of skills including decision making, conflict resolution and leadership skills. Many officials go on to officiate Minnesota State High School League contests. To get involved, contact the Intramural Supervisor at 218-726-7648.





REGISTER ONLINE!

1. Purchase your Intramural Pass at z.umn.edu/impass

-\$15 per semester or \$25 annual allows you to participate on all eligible Intramural teams.

-1 team per league, per sport.

2. Create a team or join a team at IMleagues.com

-Create your team before your sport's captains' meeting.

-If you do not have an IMleagues account, you will need to create one using your @d.umn.edu email address.

3. One member of each team will need to attend the virtual captain's meeting

-Attendance at these meetings will confirm your team's spot in the league.

-If leagues or divisions have more teams than spots available, the teams that were created first on IMleagues will be given priority.


-Regular season schedules will be created and posted on IMleagues.

-The regular season will last four weeks and each team will play one game a week plus at least one playoff game.

SPRING 2022 LEAGUES

Basketball, Hockey, Broomball, Badminton, Volleyball, Spikeball, Bean Bag Toss, Flag Football, Softball, Ultimate, Kickball, Indoor Soccer, Dodgeball

[Spring 2022 Schedule](#)



Sport Clubs promote sport, recreation, and the outdoors and are a great way to get involved in informal activities and make new friends. Stop by the Registration & Information Desk in SpHC 153 for information about when and where clubs are meeting, and get involved! Sport Clubs are Campus Life Program (CLP) student organizations that are self-governed and run under the direction of student members, club advisors, and RSOP. Members benefit from developing skills in the activity, administration, organization, public relations, financial operations, marketing, and fundraising. Membership costs vary from club to club.

CURRENT SPORT CLUBS

Alpine Ski • Badminton • Cheer Team • Climbing • Cycling
Dance Team • Figure Skating • Golf • Hockey Cheer • Hockey - Men's
Hockey - Women's • Lacrosse - Men's • Lacrosse - Women's
Nordic Ski • Rugby - Men's • Rugby - Women's • Soccer - Men's
Soccer - Women's • Ultimate - Men's • Ultimate - Women's
Volleyball - Men's • Volleyball - Women's • Water Polo • Wrestling

WHAT IS A SPORT CLUB?

A Sport Club is a Campus Life Program (CLP) that promotes and develops interest in a particular sport or physical activity under the administration and supervision of Recreational Sports Outdoor Program (RSOP). A club may be instructional, recreational, competitive or may be some combination of the three. Participation in a sport club is on a voluntary basis and each club is self governed by the student leadership within the sport club.

WHAT IS THE DIFFERENCE BETWEEN INTRAMURAL SPORTS & SPORT CLUBS?

Both programs are great ways for students to meet other students, be physically active, and have fun on campus. However, individual Sport Clubs may compete off-campus against other college or university club teams, and do hold weekly practices throughout the season of their sport or activity. Sport Clubs are student governed, so the responsibilities of organizing practices, scheduling competitions, and overseeing the financial operations of their club are handled by the student leaders and members of the club, contributing to an additional opportunity for student development through experiential learning.

HOW DO I JOIN A SPORT CLUB?

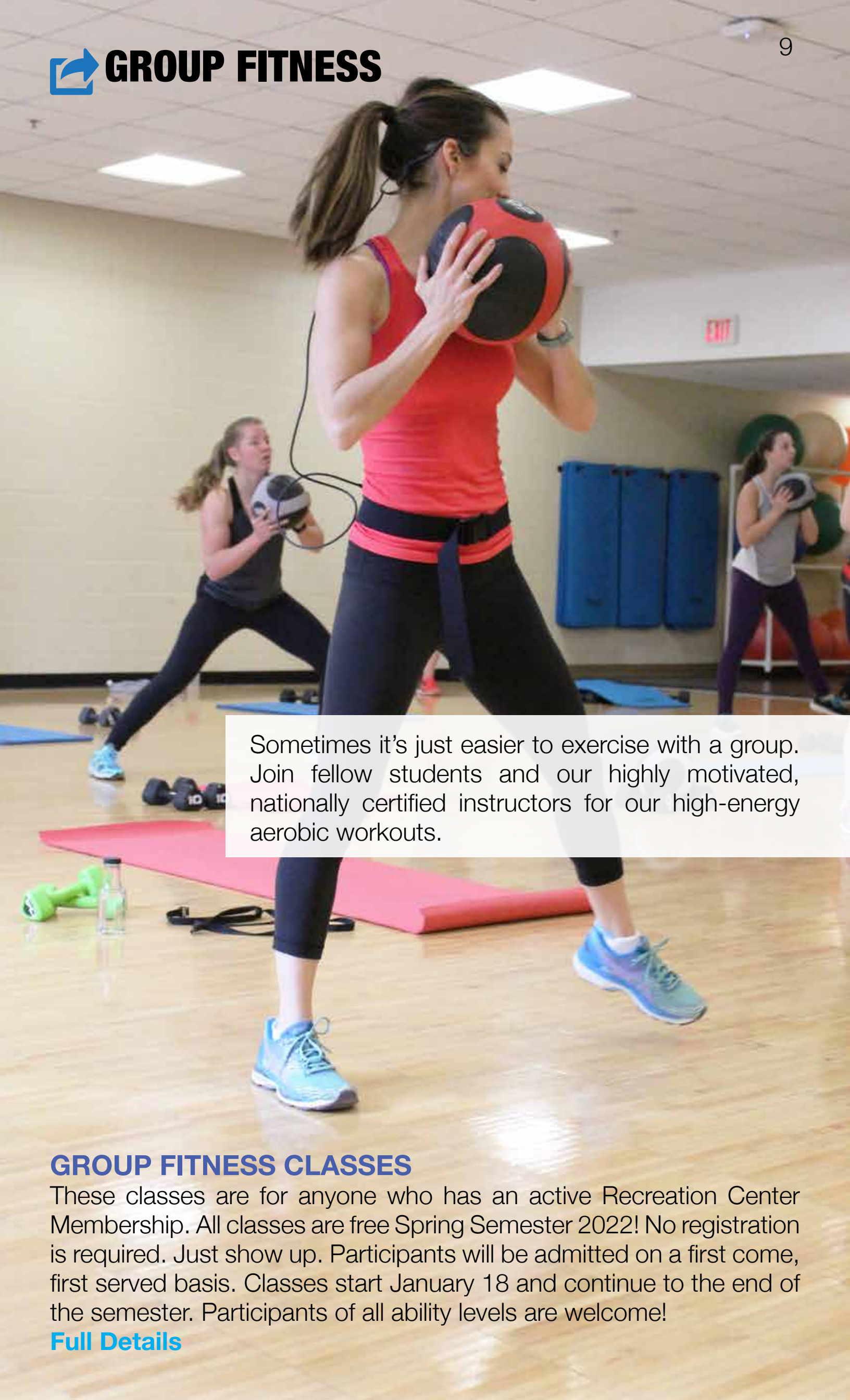
Membership varies between the different Sport Clubs offered at UMD through RSOP. Some of the competitive clubs hold tryouts to determine who will make their roster while most recreation & instruction based Sport Clubs welcome any UMD student who is interested and pays membership dues. Please feel free to contact the individual club you are interested in to get more information on how to join or email the Sport Clubs staff at sportclubs@d.umn.edu.

WHERE DO I GO FOR INFORMATION?

Go online and visit the Sport Club Program Page at z.umn.edu/umdsport-clubs, contact the Sport Club Staff at sportclubs@d.umn.edu, or come into the Clubhouse (SpHC 197) for more information.

SPORT CLUBS ADVISORY COUNCIL (SCAC)

The SCAC consists of one student representative from each Sport Club to govern all Sport Clubs in the UMD program using the Sport Club Guidelines. Led by the Sport Clubs Executive Board (SCEB), these program guidelines are determined and revised by the SCAC during monthly meetings as part of a living document meant to change with the program.

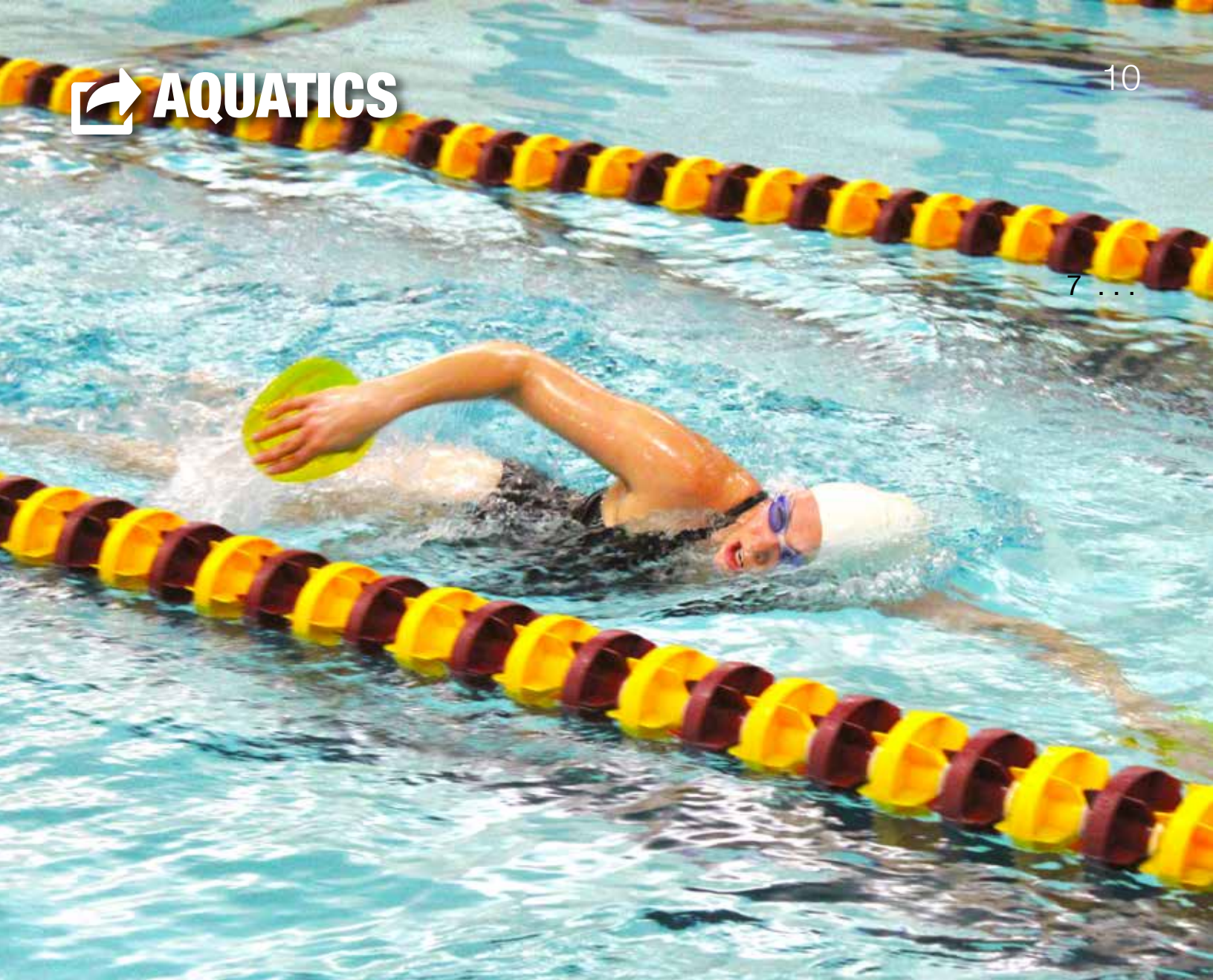


Sometimes it's just easier to exercise with a group. Join fellow students and our highly motivated, nationally certified instructors for our high-energy aerobic workouts.

GROUP FITNESS CLASSES

These classes are for anyone who has an active Recreation Center Membership. All classes are free Spring Semester 2022! No registration is required. Just show up. Participants will be admitted on a first come, first served basis. Classes start January 18 and continue to the end of the semester. Participants of all ability levels are welcome!

[Full Details](#)



LAP AND OPEN SWIM SCHEDULE SPRING 2022

Go to our [FACILITIES PAGE](#) for up-to-date Lap Swim hours.



POOL CLOSURES & SCHEDULE CHANGES

Please check the pool schedule monthly wall calendar when entering the pool for updates and changes. Pool schedule updates are also posted on our website.

GENERAL POOL INFORMATION

Pool Dimensions - 6 lanes/25 yards

Lap Swim - 6 lanes available

Open Swim - No lap lanes available

Lifeguards are on duty for all programming.

MASTERS SWIM PROGRAM

The course is designed for swimmers, triathletes, and those new to aquatic sports. The focus will be on all 4 competitive strokes with an emphasis on the aerobic system. Participants are college students or local professionals.

**SESSIONS START THE FIRST MONDAY OF THE MONTH
MON/WEN/FRI, 6-8AM**

\$60/month

[Full Details](#)

UMD RSOP AQUATICS SWIM LESSON SCHOOL

We provide the highest quality American Red Cross swim lesson instruction for all ages and all abilities. We take pride in our small class sizes and caring, American Red Cross Certified Water Safety Instructors.

[Full Details](#)

PRIVATE AND SEMI-PRIVATE LESSONS

Private Lessons are sold by purchasing a (4) 1/2 hour lesson punch card. To sign up for private swim lessons, please call the RSOP Registration & Information Desk.

Private Lessons (one child only)

\$25 per 30 minute lesson

Semi-Private Lessons (two children) \$30 per 30 minute lesson

Semi-Private Lessons (three children) \$35 per 30 minute lesson





Youth and Community provides opportunities for members of the northeastern Minnesota community to participate in recreational and outdoor offerings. Goals include supporting the University mission of outreach, encouraging healthy lifestyles and providing connections to the outdoors for youth and families.

WINTER WONDERLAND

No school on January 21st? Your kids, ages 5-12, can spend the day with UMD KIDSROCK Camp experiencing a day filled with fun winter activities. Sledding, ice skating, snowman-building, cookie-decorating, winter crafting and sipping on hot cocoa are just a few of the fun activities this single day of camp entails! Event registration is limited so sign up early by calling the RSOP Office at (218) 726-7128, registering online or stopping in!

FRIDAY, JANUARY 21, 7:30AM - 5:30PM

\$40

[Full Details](#)

UMD KIDSROCK¹³

2022 Summer Camp



Live in color!

REGISTRATION BEGINS 10AM, TUESDAY, MARCH 8!

Summer Camp is approaching! Be sure to sign up early to take advantage of our fun-filled camps and the discounted pricing during Registration Day! Camps will include: Classic Camp/Classic Plus with themed weeks, Venture Camps and Exploration Camps. Our summer season will run for 9 weeks beginning June 13 and ending on August 12. Please note that one week of our summer, July 5-9, will be a shortened week due to a university holiday.

Prior to registration day, please visit our [REGISTRATION SITE](#) to make sure that your online account is working or to create a new account if you do not already have one.

REGISTRATION DAY DISCOUNT - 10% off for all participants that register on Tuesday, March 8, 2022 from 10am - 6pm. This discount may not be combined with any other discounts.



VOLUNTEERING WITH THE OUTDOOR PROGRAM

Do you love the outdoors and have a desire to share it with others? The Outdoor Program is always seeking new student volunteer staff members for a variety of opportunities. You don't need to be an expert in the wilderness to join us and there are many ways to fit your schedule, with lots of free training alongside fantastic people.

KICK OFF MEETING: TUESDAY, JAN 18, 5-6PM

Free!

[Full Details](#)

WINTER ADVENTURE SAMPLER

Snowman building! Cross Country skiing! Fat-tire Biking! Hot chocolate! And More! Come join the Outdoor Program for our Winter Out-

door Adventure Sampler! Learn about what we do and enjoy some winter outdoor activities including snowshoeing, cross-country skiing, heated tent, Food, And Fun!

MONDAY, JAN 17, 1-4PM

Free!

[Full Details](#)

ALMOST-FULL MOON SNOWSHOE

Grab your snowshoes as well as a warm pair of mittens and join us on a beautiful nearly full-moon snowshoe at Hawk Ridge. We will view the winter moon as it rises over Lake Superior. During our snowshoe, we will hike through woods to overlook the lake and enjoy a lovely, warm mug of hot chocolate.

WEDNESDAY, JAN 19, 6-8PM

\$4 UMD Students/\$10 Others

[Full Details](#)

FAT BIKING LESTER PARK

Experience the world in a new way as you breeze through the snowy northern forest on a fat bike! Join us as we head down to the Lester River Trails to build your skills (or just have fun) on a fat bike. We'll load bikes into the trailer and head down to some of the best trails in Duluth. Basic bike skills needed.

SATURDAY, JAN 22, 2-4:30PM

\$7 UMD Students/\$20 Others

[Full Details](#)

INTRO TO CROSS COUNTRY SKIING

If you have never tried cross-country skiing in Duluth, you are missing out! Not only is cross-country skiing rated one of the world's best aerobic fitness activities, it's enjoyable too! No experience is necessary, so throw out the excuses and come try it out for yourself! We will practice different strides, how to stop, and how to climb hills, all right on campus in Bagley Nature Area on our groomed ski trails.

SUNDAY, JAN 23, 2-5PM

\$4 UMD Student Members Only

[Full Details](#)

INTRO TO WINTER CAMPING

Embrace the winter and learn how to winter camp! We will set up a winter camp at Bagley Nature Area and cook a hearty dinner. Topics include clothing, food, activity, heat sources, and more.

MONDAY, JAN 24, 5:30-7:30PM

\$3 UMD Students/\$7 Others

[Full Details](#)

HOW TO MAKE A CRIBBAGE BOARD

Have you ever played cribbage and thought how cool would it be to play on your own board? Well here is your chance. Come and join us to make your very own cribbage board! Stick around for a game or two afterward! All you need to bring is yourself and a good attitude.

THURSDAY, JAN 27, 7-9PM

\$2 UMD Student members Only

[Full Details](#)

SNOWSHOE GOOSEBERRY

Come and spend an afternoon exploring the winter wonderland of Gooseberry Falls State Park. Frozen waterfalls, wildlife, quiet trails, and new friends are all included in this outing.

SATURDAY, JAN 29, 1-6PM

\$10 UMD Students/\$18 Others

[Full Details](#)

CONSTELLATION SNOWSHOE IN HARTLEY PARK

What's better than a night hike? A night hike looking for stars from the top of Rock Knob! Join us as we hike through Hartley Park, sip hot chocolate under the stars, learn constellations, and enjoy the beauty of the forest and sky at night.

TUESDAY, FEBRUARY 1, 7-9PM

\$5 UMD Students/\$10 Others

[Full Details](#)

OUTDOOR JOBS FAIR

Need a summer job? Looking for a great internship or employment after graduation? Interested in learning more about outdoor and environmental education professions? Join us to meet with representatives from summer camps, canoe camps, resource management and government agencies, environmental education centers, and others that will be on hand to answer your questions and talk about opportunities in outdoor and environmental education. There will be close to 30 organizations!

WED, FEB 2, 10AM- 2PM

Free!

[Full Details](#)

FLEECE HAT AND GAITER MAKING

Have you ever wanted to rock a handmade hat or neck gaiter but never knew how to? Come join us for a session of sewing and creating! No prior sewing experience required.

WEDNESDAY, FEB 2, 6-8PM

\$3 UMD Students/\$7 Others

[Full Details](#)

FREE SKI AND SNOWSHOE SATURDAYS

Here is your chance to get out and try a new activity or build your skills in skiing or snowshoeing. And it's FREE for UMD Student Members!! We'll have gear out in the Bagley Nature Area at the Classroom building for you to check out. Classic ski on the groomed trails or snowshoe off the groomed trails.

We'll also have staff that can help you with your skills development. Get out and try it!

SAT, 10AM- 12PM FEB 5, 19, 26

Free!

[Full Details](#)

WILDLIFE TRACKING HIKE

Ever wanted to learn more about winter wildlife? Now's your chance! Come join us for a fun hike where we'll watch for wildlife signs and learn about the basics of tracking. Who went there? Gait patterns, foot prints, trails and more are part of this learning experience.

SATURDAY, FEB 5, 2- 4PM

Free for UMD Student Members!

[Full Details](#)

TOUR OF THE INTERNATIONAL WOLF CENTER

Have you ever heard the howl of the wolf? Seen their tracks in the snow? But have never actually seen one? Come with us to the International Wolf Center in Ely, MN. The International Wolf Center advances the survival of wolf populations by teaching about wolves, their relationship to wild lands and the human role in their future. Come with us and learn about these amazing creatures. We'll also go exploring near the edge of the Boundary Waters for signs of wolves, like kill sites.

SUNDAY, FEB 6, 8AM-6PM

\$19 UMD Students/\$32 Others

[Full Details](#)

FAT BIKING BASICS: HARTLEY PARK RIDE

Fat biking is here and a ton of fun! If you haven't been out before, this outing is for you. We'll start with basic skills, then get on the trails over to Hartley Park to enjoy the easier loops. A great way to build your skills for more riding.

SUNDAY, FEB 6, 3-5PM

\$6 UMD Students/\$18 Others

[Full Details](#)

SWANTS: SWEATER PANT CRAFTING

Have you ever put on a sweater and wished they could be turned into pants? Now is your chance to get your sew-on and turn an old sweater into some sweater pants (SWANTS). Your legs will thank you! No prior sewing experience required.

THURSDAY, FEB 10, 6-9PM

\$4 UMD Students/\$8 Others

[Full Details](#)

WIRE WRAPPED JEWELRY

Have you ever wanted to make your own jewelry? Does working with wire and Lake Superior stones interest you? If so, come join us for an evening of wire wrapping. Expect to have fun, and learn a new skill. We encourage you to bring a special stone picked from Lake Superior or any other special place.

THURSDAY, FEB 17, 5-7PM

\$4 UMD Students/\$10 Others

[Full Details](#)



NORTH SHORE STREAM SKI

The only thing more pleasant than skiing up a frozen North Shore stream is skiing back down it. Come out and enjoy both on this long running program. We'll ski through canyons, over frozen cascades, and see nature at its finest.

SUNDAY, FEB 20, 10AM-3PM

\$10 UMD Students/\$18 Others

[Full Details](#)

HOW TO CROCHET A "GRANNY SQUARE"

Feeling a little chilly? Join us for a run down of the basics of crocheting. You'll soon be able to make anything you put your mind to, but we'll start with a classic "granny square". Equipment is provided but if you have a special crochet needle or cool yarn, feel free to bring it!

WEDNESDAY, FEB 23, 6-8PM

\$3 UMD Students/\$8 Others

[Full Details](#)

SCHOLARSHIPS AVAILABLE!

Hey UMD Students, if you are tight on money and would like to get outdoors, we can help! Thanks to a couple of former student staff, we have scholarship money to support you getting outdoors. Our website has a fillable form - fill it out and we'll get back to you within a few days! It's that simple. Available for any of our outdoor options - trips, hikes, paddling, climbing, and workshops.



OUTDOOR GEAR SWAP

Join the UMD Outdoor Educators Club at their 23rd Annual Outdoor Gear Swap/Fundraiser.

Bring your outdoor gear to sell during the drop-off times, and/or come to the sale and take advantage of some great deals! Gear to help people enjoy the outdoors will be sold by students, community members and local businesses. 15% of the sale price is taken to promote outdoor education. This is a Duluth tradition. Get there early for the best deals!

Gear Drop Off Times:

FRIDAY, MARCH 25, 3-7PM

SATURDAY, MARCH 26, 8-9AM

SALE: (OPEN TO EVERYONE)

SAT, MARCH 26, 9:30-NOON

Free!

[Full Details](#)

MAPLE SYRUPING: FROM TREES TO PANCAKES

Join us in UMD's Bagley Nature Area for our annual maple syruping program. Learn syruping history, and how sap is collected and turned into maple syrup. You will tap maples, collect sap and sample the sweet stuff. You also will learn about resources so you too can make maple syrup. This is a great time to be in the woods.

MON, MARCH 28, 5PM-7PM

\$3 UMD Students/\$7 Others

[Full Details](#)

GREENLAND KAYAK PADDLE MAKING

Take a 2x4 piece of quality wood, some simple shop tools, and a few hours of labor and you too can add the narrow bladed Greenland paddle to your sea kayaking equipment. Learn the history, the paddling benefits, and the methods used to build your own paddle. First session we will size and prep the blades and shaft. Other sessions we will shape and work on sanding each paddle. You'll have to do some work at home, including final sanding and varnishing.

TUE, APRIL 5, 12, & 19, 6-9PM

\$40 UMD Student Members Only

[Full Details](#)

SPRING BIRDING HIKE

The thrill of birding is a feeling that never fades! Join us as we explore the transitioning forests and use binoculars with field guides to observe and identify the birds that are returning from a cold long winter away. Birds are amazing critters and once you tune into their world, you'll never want to look away!

THURSDAY, APRIL 14, 6-8PM

Free for UMD Student Members!

[Full Details](#)

ADVENTURE HIKE

You've learned to walk...now get ready to step it up a notch. We will head out to explore the differences between walking, hiking, and climbing on and off rugged trails through wild places near UMD.

TUESDAY, APRIL 19, 5-7PM

Free for UMD Student Members!

[Full Details](#)

SPRING FROG HIKE

Spring is here and the frogs are coming out of their winter dormancy. Discover which frogs are found calling in our area, how to identify them, and actually try to catch a few. We'll take a stroll through part of Bagley Nature Area and Hartley Park and enjoy the spring as we learn about frogs.

TUESDAY, APRIL 26, 8-10PM

Free for UMD Student Members!

[Full Details](#)

DIAMOND WILLOW WALKING STICKS

These sticks have a long tradition in the northland and we will be taking the "step" to learn how they are made. We will learn what to look for in finding a willow stick that will have a diamond pattern. Then everyone will get to harvest one or more for themselves and bring it back to the working area and begin the process of peeling, shaping, and carving. You actually get to leave with your own walking stick.

THURSDAY, APRIL 28, 5-8PM

\$10 UMD Students/\$15 Others

[Full Details](#)



SPRING BREAK WILDERNESS SAMPLER NEAR THE BOUNDARY WATERS!

Join us as we venture to the edge of the Boundary Waters Canoe Area Wilderness for a sampler of activities, while staying in heated rustic cabins. What could be better? Skiing, snowshoeing, fishing, hiking, games, sauna, broomball, crafts and so much more. We'll drive up to the end of the Gunflint Trail for 4 days and 3 nights of exploration, developing new friendships, and having tons of FUN!

DEPART: THURSDAY, MARCH 10, 9AM

RETURN: SUNDAY, MARCH 13, 3PM

\$315 UMD Student Members Only

[Full Details](#)

CLIMBING WALLS

NORTH SHORE WALL

The North Shore Wall is featured prominently in the Sports and Health Center. Extending two stories into a skylight, the wall is fully sport-lead capable. Equipped with a simulated ice climbing route, multiple crack systems, a rappel ledge and a great bouldering area, the North Shore Wall offers a wide variety of climbing options. We utilize a wide variety of climbing tools so participants can expand their climbing knowledge and experience. Ask us about the latest!

INLAND WALL & BOULDERING CAVE

Tucked on the far side of the indoor ice rink/tennis courts, the Inland Wall simulates climbing on actual rock far more closely than most modern climbing walls. Realistic flakes, ledges and cracks will take you to the top of this historically significant climbing wall. The bouldering cave attached to the Inland Wall rounds out an excellent array of possibilities for climbing on campus at UMD. The inland wall is open for selective open hours, various calendar events, and for your special event. Call to find out more!



OPEN CLIMBING HOURS (ROPED CLIMBING)

MONDAY & THURSDAY, 4-7PM

TUESDAY & WEDNESDAY, 4-9PM

FRIDAY, 3-6PM

Staffed climbing hours run January 12 through April 29 for the Spring 2022 Semester.

Wall Closures

Spring Break (March 7-11)

Easter Weekend (April 16-17)

Concrete Smorgasbord Comp (April 18-23)

Finals Week (May 2-6)

Pricing

All passes and sessions purchased include the use of all appropriate climbing equipment for that session.

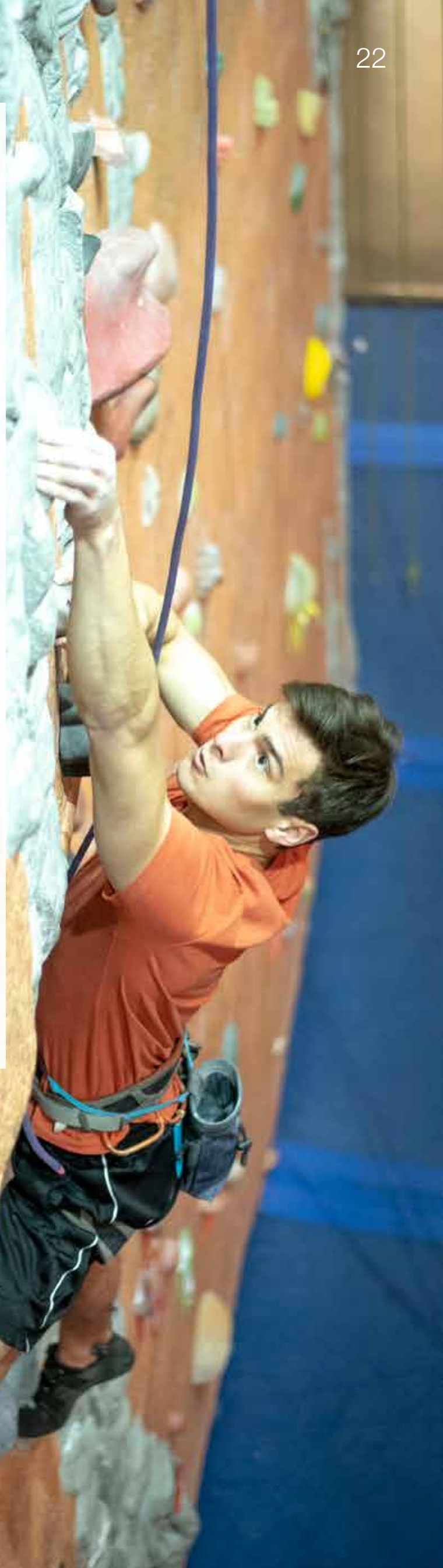
Single Session Pass:

\$5 UMD Student Members*

Semester Pass:

\$20 UMD Student Members*

***All others, please refer to our website for pass details.**



FIRST WEEK FREE

Climbing is FREE during the first three days of the Spring Semester- **JANUARY 12-14** and continue the following week of **JANUARY 17-21**. Instructors are always on hand to help answer questions and fit equipment.

FREE FITNESS BOULDERING

Anyone with a recreation center or climbing membership may boulder at no additional cost during regular recreation center hours, excluding staffed climbing hours. During staffed climbing hours you must have a climbing membership to boulder or climb. Please keep your feet below the four-foot high red line where appropriate.

WOMYN ON THE WALL

An event specifically for all female-identifying people! Join us at the Inland Wall, located on the far side of the ice-rink, for some inclusively-focused climbing! Bring your friends; beginners are always welcome. All equipment is provided and female-identifying instructors will be present.

7-9PM EVERY WEDNESDAY OF THE SEMESTER, STARTING JANUARY 19.

No Registration Necessary.
Meet at the Inland Wall.



SLACKLINE THURSDAYS

Join us each Thursday to challenge your balance, build core strength, and have fun at the RSOP Slackline Park! Instructors will be on hand to teach the basics, as well as the finer points of walking and beginning skills.

4-5PM, THURSDAYS, BEGINNING AFTER SPRING BREAK
(permitting there is a lack of snow)
Meet at the UMD Slackline Park.



MONDAY NIGHT ICE CLIMBING

Try ice climbing at a fun, hidden location within Chester Park, just five minutes from campus! An excellent opportunity for beginners to see what ice climbing is all about.

MONDAYS, JAN 24-FEB 28

FEBRUARY, 4:30PM-8PM

\$5 UMD Students/\$25 Others

[Full Details](#)

WOMYNS ICE CLIMB AT GOOSEBERRY

We welcome all female-identifying people to spend a day with other active women amid the dazzling winter scenery of Gooseberry Falls State Park. Beginners are encouraged to sign up for this awesome adventure! This trip will be led by female-identifying instructors.

SATURDAY, FEB 5, 9AM-5PM

\$20 UMD Students/\$55 Others

[Full Details](#)

ICE CLIMB GOOSEBERRY FALLS STATE PARK

Explore one of Minnesota's greatest State Parks through the unique lens of ice climbing! Learn beginner ice climbing techniques to work your way up a frozen waterfall.. No experience required.

SUNDAY, FEB 13, 9AM-5PM

\$20 UMD Students/\$55 Others

[Full Details](#)

WINTER CLIMBING AT QUARRY PARK IN DULUTH

A unique winter climbing experience that combines both rock and ice climbing techniques. Join our experienced instructors to see for yourself how exciting and fun it can be! Beginners welcome.

SATURDAY MAR 5, 9AM-5PM

\$20 UMD Students/\$55 Others

[Full Details](#)



ROUTE SETTING CLINIC

Learn techniques for designing a fun, challenging new route at UMD's climbing walls. Whether you prefer bouldering or top rope, join our experienced route setters to get started on the right hold for route setting. This clinic is the first step to getting certified to set routes at UMD's climbing walls.

WEDNESDAY, JAN 26, 5-7PM

\$5 UMD Students/\$10 Others

[Full Details](#)

BEGINNER BELAY CLINIC

Join us at the Inland Wall for a low-stakes environment to learn one of the most useful climbing skills! Come join us and learn the techniques; we think you'll find

learning to belay a fun, enjoyable experience! Specialized instruction for beginner climbers and belayers.

5-7PM

SESSION 1: WED, FEB 9

SESSION 2: WED, FEB 16

Free for UMD Student Members!

[Full Details](#)

SPORT LEAD CLIMBING

Take your indoor climbing to a new level with lead climbing. Learn how to climb from the ground up, trailing a rope and clipping pre-placed bolts as you go. Practice techniques for tying in, clipping quick-draws, falling safely, and belaying a lead climber.

TUESDAY, FEB 22, 6-9PM

\$5 UMD Students/\$15 Others

[Full Details](#)

GYM TO CRAG: TOP ROPE ANCHORS SERIES SESSION 1-PLACING PROTECTION

Learn the basics of placing several different types of climbing gear. We will focus on placement and evaluation of standard rock climbing protection. This is a great first class for a beginning climber looking to become self-sufficient in building their own anchors for top roping, or an experienced gym climber looking to take the first steps to climbing outdoors.

THURSDAY, MAR 24, 6-9PM

\$5 UMD Students/\$15 Others

[Full Details](#)

SESSION 2-INDOOR PRACTICE, CONNECTING 2-4 PIECE ANCHORS

Hands-on practice combining 2, 3 and 4 pieces of protection to create top rope anchors. Safety at the cliff edge and efficiency/timeliness will also be addressed. Gear is provided, additional personal gear is welcome.

FRIDAY, MAR 25, 6-9PM

\$5 UMD Students/\$15 Others

[Full Details](#)

SESSION 3-OUTDOOR PRACTICE

This session combines the first two sessions while providing additional detail about natural anchors. Participants will be placing and connecting anchor points, as well as setting up simulated and actual top rope climbs. Gear is provided, additional personal gear is welcome.

SATURDAY, APRIL 2, 9AM-5PM

\$15 UMD Students/\$45 Others

[Full Details](#)

SESSION 4: TOP BELAY SETUPS

This final session introduces the workings of a top-managed system. This session will cover the basics when transitioning from belaying at the base to belaying at the top of a climb. This is not a climbing trip, it is an anchors building clinic. Held at Shovel Point.

SUNDAY, APRIL 3, 9AM-5PM

\$15 UMD Students/\$45 Others

[Full Details](#)

TRAD CLIMBING CLINIC

Apply the skills you have learned in the anchor clinics, as well as the sport leading clinic to ground up traditional ascents of some beautiful North Shore climbs. Friday will be dedicated to learning the basics of setting up a trad lead. Saturday will be spent mock leading at the location of the day. Lead belay certification required.

Session One: INDOOR

FRIDAY, APRIL 8, 4-7PM

\$5 UMD Students/\$15 Others

[Full Details](#)

Session Two: OUTDOOR

SATURDAY, APRIL 9, 9AM-5PM

\$15 UMD Students/\$45 Others

[Full Details](#)

MULTI-PITCH CLIMBING CLINIC

Learn the skills and techniques of climbing more than one pitch of a climb with a partner. Practice how to set up an anchor mid-route, pull the rope up, and reset for another full length climb. Then, try your hand at rappelling back to the ground.

WEDNESDAY, APRIL 13, 5-7PM

\$5 UMD Students/\$15 Others

[Full Details](#)



Want to get into surfing? Start with a Single Session pool based training or Lester River Boardsport Sampler during the first two weeks of the Semester. Then get your Entry Level Surf & SUP Pass to develop your skills and endurance in the UMD Pool and at the Lester River Surf Shack. Get outside and expand your skills while exploring Lake Superior on calm days and join the search for the perfect wave when the surf is up! E-mail invitations are sent out to pass holders prior to storms that produce good surf. We travel to a wide variety of locations to encourage skill development for all.

LESTER RIVER BOARDSPORT SAMPLER

This is your chance to try stand-up paddle boarding, longboard skateboard land paddling, freeboarding and take in the beauty of Lake Superior's North Shore. Our boardsport staff are dedicated riders who enjoy sharing their knowledge. The RSOP Lester River Surf & Kayak Shack serves as our headquarters and provides the perfect lake shore and paved trail venue for boardsport training.

FALL SEMESTER 2022



ENTRY LEVEL SURF & SUP PASS - POOL TRAINING, LESTER RIVER SURF SHACK TRAINING AND STORM SURF TRAINING SESSIONS

Meet at the UMD Pool to refine your paddling technique, awareness of board trim, turning skills, ducking waves, pop up and balance. Strength and endurance will be developed through interval training on and off the surfboards with basic submerged hypoxic training to help you improve your comfort under water. We will surf on the wake behind a water-ski boat at Island Lake and utilize surf style stand up paddle boards to broaden your board riding skills. Most importantly, you will receive e-mail invitations to roughly six surf sessions whenever the conditions are favorable on Lake Superior. Also included is Lester River Surf Shack endurance training along the shoreline of Lake Superior. We also do some longboard skateboarding with land paddles so you are more prepared to enjoy our surf oriented SUP designs. This is also a great chance to meet others interested in surfing, learn about equipment, and how to get equipment.

FALL SEMESTER 2022

SINGLE SESSION - UMD POOL BASED SURF & SUP TRAINING

Learn about paddling technique, awareness of board trim, turning skills, ducking waves, how to pop up into a stance and balance. Strength and endurance will be developed through interval training on and off the surfboards with basic submerged hypoxic training to help you improve your comfort under water. This is a great chance to meet others interested in surfing, determine if you want to buy an Entry Level Surf & SUP Pass, learn about equipment, risk management and etiquette. Choose from four different pool sessions and apply the fee to your pass if you decide to get one.

FALL SEMESTER 2022





Weekend and Break Trips are available to UMD Students who are ready for more challenging conditions and can dedicate more time to the search for the perfect wave. You have to plan ahead and participate in the local training sessions to establish your skills. See trip packets for full details.

PRONE SURF, SUP & FOIL SURFING WEEKEND TRIP

Spend two days and two nights of boardsport learning and local surf exploration. Island Lake will serve as our basecamp with a ski boat for wake and hydrofoil surfing. One of the days will feature a Lake Superior coastal SUP tour or surf session as conditions allow. Boards, wetsuits, group camping equipment, food and pure stoke are provided. Limited to six riders.

FALL SEMESTER 2022

SOUTHERN CALIFORNIA SURF & SUP TRAINING TRIP

Spend a solid week surfing, stand-up paddleboarding, beach combing and observing marine life. In So-Cal, surfing is built into the lifestyle. So much can be learned here. From our campsite at San Onofre State Park we can hit several surf breaks like the San-O Trails, Dog Patch, Old Mans, Churches, Middles, and other nice breaks in North San Diego County. We will watch the pros at Lower Trestles, visit the Surf Heritage Foundation, eat at the local hot spots and visit surf shops. In La Jolla we will paddle our SUPs with the leopard sharks, seals, garibaldi fish and other marine life.

SPRING SEMESTER 2023

Join us for 6 weeks of kayak skill development, fun and games in the pool! Choose from the Sea Kayak Pass for a coastal touring emphasis or the Whitewater Kayak & Canoe Pass for a river running emphasis. Passes will be limited to eight participants. Pass Holders have exclusive access to two special late-fall/early winter paddling opportunities. This is one of the pathways to becoming a kayak guide for those who aspire, and a lot of fun even if you're not looking to guide.



Learn strokes, draws, braces, rescues, and play skill development games! Sessions prepare you for beginner to intermediate outings on Lake Superior. Pair this pass with Spring Thaw and Split Rock Lighthouse outings in

April! (Pool pass includes more instruction than the Kayak Practice Sessions). Choose one six-week session below.

SESSION 1: WEDNESDAYS, JAN 19 – FEB 23, 9:15 – 10:45AM

SESSION 2: WEDNESDAYS, MAR 16 – APRIL 20, 9:15 – 10:45AM

Registration opens January 5, 9am

\$45 UMD Students Members / \$100 Others

[Full Details](#)



Learn to use your legs, torso, arms and head to control the kayak. Develop strokes to maneuver in all directions. Explore bracing, rolling and rescue skills. Sessions prepare you for beginner and intermediate level trips on

local whitewater rivers in April.

SESSION 1: FRIDAYS, JAN 21 – FEB 25, 9:15 – 10:45AM

Registration opens January 12, 9am

SESSION 2: FRIDAYS, MARCH 18 – APRIL 22, 9:15 – 10:45AM

Registration opens March 2, 9am

\$45 UMD Student Members/\$100 Others

[Full Details](#)

KAYAK PRACTICE SESSIONS IN THE POOL

Practice whitewater or sea kayak skills in the warmth of UMD's pool while hanging out with friends on the water. Each week our staff will present a skill or a game for you to try. You'll have time to practice skills, meet new friends and enjoy old friends! (Practice sessions are less structured than the Sea/Whitewater Kayak Pool Pass). Not sure if this is for you? Check out our "Kayak Practice Session in the Pool Trial Session" on January 20.

TRIAL SESSION: THURSDAY, JAN 20, 7 – 9PM

\$7 UMD Students Members / \$17 Others

6-WEEK SESSION: THURSDAYS, JAN 27 – MAR 3, 7-9PM

\$45 UMD Students Members / \$112 Others

[Full Details](#)

SINGLE SESSION SEA KAYAK SKILLS PRIMER

Do you want come on a Spring Thaw Sea Kayak Outing, but the Kayak Pool Passes don't fit your schedule? Come learn the essentials so that you can get out on the Lake later (separate registration). We'll have fun in the warmth of the pool, learning how to get out of your kayak if it flips, how to prevent a flip by bracing, and how to get back into your kayak if you tip.

SESSION 1: FRIDAY, MARCH 25, 7 – 9PM

SESSION 2: FRIDAY, APRIL 1ST, 7 – 9PM

SESSION 3: FRIDAY, APRIL 29, 7 – 9PM

*Enrollment and participation in this is required for anyone wishing to go on the Spring Thaw Sea Kayak Outing.

\$10 UMD Student Members / \$25 Others

[Full Details](#)



SPRING THAW SEA KAYAK OUTING

Join us for a great afternoon of sea kayaking through ice flows on Lake Superior or in the Harbor!

PREREQUISITE: Current or past Sea Kayak or Whitewater Pass Holder, OR attend a Sea Kayak Skills Primer.

SATURDAY, APRIL 2, 2-5PM

or April 3 if Saturday's conditions are prohibitive)

\$10 UMD Student Members/
\$25 Others

[Full Details](#)

ST. LOUIS RIVER INTRO LEVEL WHITEWATER KAYAK & CANOE TRIP

We will paddle from the UMD Outpost across Thomson Reservoir to the Last Chance and Upstream Downstream Class I-II rapids. This blend of flatwater, moving water and easy whitewater is the perfect way to start the paddling season. Beginner level skills check in the UMD Pool is required. Lunch will be provided.

SAT, APRIL 23, 9AM-6PM

\$30 Whitewater Kayak and Canoe Pass Holders Only

[Full Details](#)

UPPER ST. LOUIS OR MIDWAY RIVER WW KAYAK TRIP

We will make a full run covering 4-5 miles of river featuring Class I-III rapids ending at the UMD Outpost. This is a more committed effort that will feature bigger rapids and requires scouting and portaging of rapids. Intermediate level skills

check in the UMD Pool is required. Lunch will be provided.

**SUN, APRIL 24, 9AM-6PM AND
SUN, MAY 1, 9AM-6PM**

\$30 per trip Whitewater Kayak and Canoe Pass Holders Only

[Full Details](#)

SPLIT ROCK LIGHTHOUSE TOUR

Get out of the city and paddle 4-6 miles, past forests and rugged basalt shorelines to the majestic Split Rock Light House! The water will be cold, and may be wavy! PREREQUISITE: Current or past Sea Kayak or Whitewater Pass Holder, OR attend a Sea Kayak Skills Primer.

SAT, APRIL 30, 7AM – 4:30PM (or
MAY 1 if Saturday's conditions are prohibitive)

\$40 UMD Student Members/
\$100 Others

[Full Details](#)

NORTH SHORE KNIFE OR BAPTISM RIVER WW KAYAK TRIP

We will make a full run covering 4-5 miles of river featuring Class I- III+ rapids. This is a very committed effort that will feature bigger rapids in a remote setting along with more scouting and portaging of rapids or waterfalls. Intermediate and advanced level skills check in the UMD Pool and previous river running experience is required. Lunch will be provided.

SAT, APRIL 30, 9AM-6PM

\$35 Whitewater Kayak and Canoe Pass Holders Only

[Full Details](#)

Start with an introductory level session. If you missed the on-campus intro sessions, choose the Kite Intro & One Lake Outing option to receive the intro content out on the lake followed by free riding. The Snow Kite Pass offers you unlimited access to all snow kiting sessions for the season.



Chase the wind with us. We have dedicated four weekends to snow kiting as place holders on our schedule and will send email notices for additional lake outings on windy days. Island Lake

snow kiting sessions are for all UMD RSOP Kite Pass holders. If the forecast calls for at least 10mph winds, it's time to attach your alpine skis or snowboard to your feet and learn to glide along using the kite's power. Stay upwind by flying the kite with precision in the power zones and setting your skis or snowboard edge in the snow. Try flying the kite in a pattern that lifts you up in the air. You must be able to safely launch, steer, de-power, & relaunch the kite before traveling away from the supervised launch area, and then you can feel the rush of a downwind speed run. At Island Lake, a snowmobile will assist beginners that need help getting back up wind. What a rush!

JAN 22, 23, FEB 5, 6, 19, 20, MARCH 19, 20, 11AM-5PM,

\$65 UMD Student Member/\$135 Others

Registration opens Wednesday, January 12, 9am

[Full Details](#)

KITE INTRO & ONE LAKE OUTING

Add one small group lake outing to your Intro Session. If you missed the on-campus intro sessions choose this option to receive the intro content out on the lake followed by free riding with snowmobile support. The lake outings occur from 11am-5pm on Island Lake. Details are provided in a group email at least one day before the lake session. Cost: \$35 UMD Student Members/\$90 Others

[Full Details](#)

KITE INTRODUCTION SESSIONS

Learn to be a safe and efficient kite pilot with Professional Air Sport Association (PASA) Trained Snow Kite Instructor Randy Carlson and staff. We will introduce equipment design, safety concepts, harness use, kite launching, how to fly precision patterns, de-powering the kite for landing and proper storage. When you put it all together, you will be able to use the kite to pull yourself on short reaches across the softball field.

TUESDAY, 11AM–1PM, JAN 18

FRIDAY, NOON-2PM, JAN 21

Cost per session: \$8 UMD Student Members/\$15 Others -

Transferable to an alternate date if wind is less than 10 mph. All sessions available to Snow Kiting Pass holders. Deduct the Intro Session fee from your annual pass if you're hooked.

[Full Details](#)

PRIVATE SNOW KITING INSTRUCTION FOR COMMUNITY MEMBERS

Schedule a full day of snow kiting with your own instructor. Our on-call waiting list serves one or two people at a time. We will call you one day in advance of a full day kiting session to check your availability and make sure the wind forecast is reliable.

Cost Per Person: \$150/ \$130 with two

You become a Snow Kite Pass holder after your private session.

Contact Randy Carlson: 218-726-6177 or rcarlso6@d.umn.edu for details.

KITING FACTS: DID YOU KNOW...

Frozen inland lakes and the St. Louis River Basin near Duluth offer steady winds and open spaces for you to explore the excitement of snow kiting. The concept behind snow kiting is very basic: use the power generated from a large controllable kite to propel yourself across the snow or ice while riding a snowboard, alpine skis or even ice skates. Kites come in many sizes for use in specific wind conditions and are designed with open cell foils or inflatable chambers. Equipment consists of a kite, lines, control bar, harness and helmet. A Minnesota winter is the best time to learn the basics and snow kiting skills are very useful for those who wish to pursue kiting on the water. Come on out and join the fun!



154 SpHC
Mon-Thu, 11am-6pm
Fri, to Feb 25, 11am-7pm
Fri, March 4, 11am-4pm
Fri, beginning Mar 18, 11am-6pm
Sat, Jan 15-Feb 26, 10am-2pm

THE RENTAL PROCESS

Reserve Your Gear: Stop by or call 218-726-6134. Full rental amount is due at time of reservation.

RENTAL RATE CALCULATOR

1 Day (up to 24 hours):

List Price (LP) x 1

Weekend:

(Fri-Mon, up to 72 hrs) LP x 2

Extended Weekend:

(Thur-Mon) LP x 3

Week (up to 7 days) = LP x 4

10 days = LP x 5

14 days = LP x 6

*2 hour = LP X 0.33

*6 hours = LP x 0.66

*Only certain items are available for rent for 2 or 6 hours.

REFUNDS AND LATE FEES

Cancellations greater than 48 hours prior to reservation date will receive a credit on your RSOP account. No refund for less than 48 hour notice. Late fees begin after the close of the Rental Center on your due date.

SPRING BREAK SPECIAL

Rent any gear for pick up on March 3 or 4 and return it on March 14 and pay only the 7-day rate.

WEEKEND PACKAGES FOR TWO (Rental is Friday-Sunday)

All packages include a Tent, Cook Kit, Rain Tarp, Water Filter, 1 or 2 Burner Stove and First Aid Kit.

WINTER CAMPING WEEKEND

Sleeping Bags, Sleeping Pads, Snow Shovel, Back-Country Skis or Snowshoes, 1 Pulk/Sled
\$27 UMD Students/\$30 Others

ICE FISHING (1 Day)

2 Fishing Rods, Clam Ice Shelter, Hand Ice Auger Scoop, Sled, Shovel, Bait Bucket, you provide your own lures/bait
\$27 UMD Students/\$30 Others

BOUNDARY WATERS WEEKEND

Royalex Canoe w/paddles, pfd's, 3 Duluth Packs, Bear Rope Kit, Folding Camp Saw
\$110 UMD Students/\$125 Others

BACKPACKING WEEKEND

2 Backpacks
\$50 UMD Students/\$60 Others

SEA KAYAKING WEEKEND (Sep only)

Kayak(s) for two people w/ paddles, PFD's, Wetsuits, Pump, Paddle float, 4 Dry Bags
\$110 UMD Students/\$145 Others

BAGLEY CAMPING PACKAGE

(For Four People)

One 4-Person Tent or Two 2-Person Tents, Cook Kit, Four Sleeping Bags, One Rain Tarp, Two-Burner Stove, Campsite Fee.
1-Night: \$60 UMD Student Members/\$70 Others
2-Nights: \$115 UMD Student Members/\$140 Others

RENTAL ITEMS & LIST PRICES (LP)
UMD STUDENTS GET 10% DISCOUNT ON ALL EQUIPMENT

TENTS & SHELTERS	LP
1 person tent (Eureka)	8
2 person tent (Marmot)	10
3 person tent (Marmot)	12
4 person tent (Marmot)	14
Rain Tarp (10x14) or (9x12)	5
Hammock	8
“Lounge” Hammock	3
STOVE/ COOKING GEAR	LP
2 Burner Stove (Coleman)	4.5
1 Burner Stove (Coleman)	4.5
Isobutane Stove (Optimus Vega) (No Fuel)	4
Optimus Nova (no fuel)	3.5
MSR Dragonfly (no fuel)	3.5
Alcohol Stove	2
Cook Kit (Lg) up to 10 people	3
Cook Kit (Md) up to 6 people	3
Cook Kit (Sm) up to 3 people	2
Utensil Kit	1.5
Fuel Bottle (empty)	.50
White Gas Fuel 22oz or 32oz	4/5
ISObutane Fuel Canister 4oz or 8oz	5/7
Water Filter (Ceramic)	6

FISHING**LP**

Spin Casting Rod/Reel Combo (Collapsible)	2
Smelting Net	6
Hand Ice Auger	5
Ice Fishing Pole	3
Clam Ice Shelter	18

PACKS**LP**

Backpack (Granite Gear)	6
Duluth Pack #3 or #4	4/5

SLEEPING BAGS**LP**

Sleeping Bag (to 35 F)	5
Sleeping Bag (to 20 F)	6.5
Sleeping Bag (to 0 F)	7
Self Inflating Pad	2
Closed Cell Foam Sleeping Mat	1

WINTER GEAR**LP**

XC Ski Package Skis, Poles, Boots	
*Classic Skis No Wax or Waxable	15
*Skate Skis	15
Telemark Ski Package Skis, Poles, Boots	18
Back Country Ski Package Skis, Poles, Own Winter Boots	8
Boots	6
Poles	6

*These items are available for 2 and 6 hour periods. (See rate calculator)

WINTER GEAR (CONTINUED)**LP**

Wax Kit Kick Wax, Cork, Scraper	2
Snow Shovel	2
*Ice Skates	5
Pulk Sled	5
*Snowshoes (metal or wood)	12

*These items are available for 2 and 6 hour periods. (See rate calculator)

SPORT EQUIPMENT**LP**

Disc Golf driver, putter: Free UMD students/\$1 Others	
Kickball Kit	5
Dodgeball Kit	5
Bean Bag Toss	5

MISCELLANEOUS**LP**

Slackline Kit	4
Folding Camp Chair	3
Trowel	.50
Head Lamp	2
First Aid Kit	3
Axe	3.5
Bear Rope Kit	2
Folding Camp Saw	1.5
Binoculars	2
Compass (Orienteering Style)	1

CLIMBING INDOOR/ OUTDOOR**LP**

Rock Climbing Shoes	4
Climbing Harness	4
Climbing Helmet	4
Crash Pad	8
Ice Climbing Boots	10
Crampons	6
Ice Axes (1 pair)	14

CANOES (May 16-Oct 20) Includes 2 paddles, 2 pfd's and tie down kit, Portage pads**LP**

Aluminum Canoe (Alumacraft)	22
Royalex Canoe (Wenonah)	28
Solo Royalex River Tripping Canoe	24
Plastic Paddle	2
PFD/Life Jacket	3

SEA KAYAKS (May 16-Oct 5) Includes Wetsuit, Skirt, Paddle, PFD, Pump, Paddle float, Tie down kit, Dry bags**LP**

Single Kayak	45
Tandem Kayak	65

RECREATIONAL KAYAKS May 16-Oct 5**LP**

Single Recreational Kayak	24
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STAND-UP PADDLEBOARD May 16-Oct 5**LP**

Includes Board, Paddle, PFD, Wetsuit, Tie down kit, Leash	32
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TRANSPORTATION	LP
Canoe Trailer	37
*Mountain Bike / 29er	25
*City/Path Bike	14
Buck-A-Bike (Same Day Return)	2
*Fat Bike	38
Bike Helmet	1
Bike Lock	1
Fender Blender Bike (organized groups only)	20
CLOTHING	LP
Rain Jacket	4
Rain Pants	3
Wetsuit, PFD, Paddling Jacket pkg.	9
Wetsuit	10


**Recreational Sports
Outdoor Program**

 UNIVERSITY OF MINNESOTA DULUTH
Driven to Discover™

Recreational Sports Outdoor Program is a student service fee supported organization. The University of Minnesota Duluth is an equal opportunity educator and employer.