

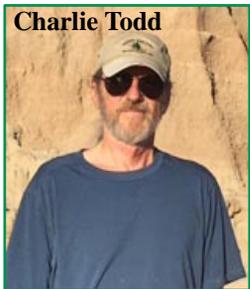
Superior Shoreline



Spring 2022

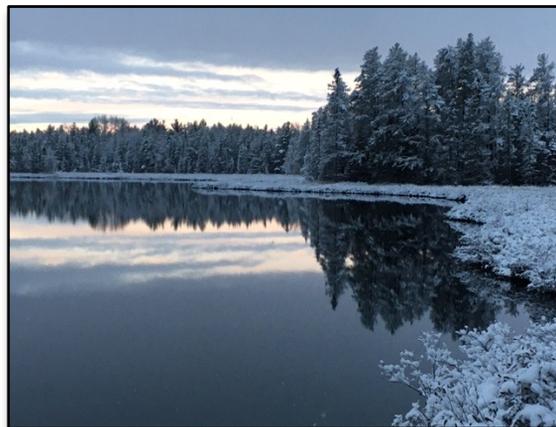
FROM THE PRESIDENT

Charlie Todd



Happy Spring! Well, up here maybe not so much. When I wrote this in early April, there was 12 inches of snow on the ground and the mixed bag of weather spoke otherwise.

Not much has been going on the last few months. As always, the winter brings a welcome respite from the constant efforts of keeping our section of the North Country Trail open for hikers. However, as the weather warms, or at least as the calendar says it should, our thoughts turn to a new season of being on the trail. Anyone in the UP during December will remember that it was a month of extremes. There was snow, wind, rain, warm and more snow . . . pretty much a normal December. Even a mild winter brings lots of tree removal and trail repairs, so whether December was a bad omen for our trail work this spring remains to be seen. However, for those of us who love being on the trail, our work will be extremely satisfying. 2022 promises to be a busy year with several projects, so we hope you enjoyed the long winter months of inactivity and are looking forward to a rewarding maintenance season. For those members who wish to join us on work parties, watch for announcements. We welcome your help.





FROM THE TRAIL MANAGER



Barb Isom

I hope everyone had a great winter with lots of activities. Or maybe your best part of winter is sitting by a fire, inside and cozy.....and maybe, just maybe, every now and then you dreamt of getting out on the trail, enjoying a springtime hike!?

I know it will be a bit longer before we actually see the trail but I am anxious to hear from our adopters when you have completed your section. It is a great help if you let me know trail conditions.

And don't forget to turn in those hours!

There will be a work party for a reroute just west of Valley Spur where the beavers have flooded the trail. We will send out the date as soon as possible.

We also have a short bridge to level east of Grand Marais. Thoughts and fix ideas will be needed for that when it is, once again, actually visible.

If anyone needs tools or tools sharpened, please contact me.

And just so you know, I am very, very grateful for all the work you all do to make the trail a place for everyone to enjoy.



EVENTS

Rock River Canyon 50K/27K, Saturday, June 11, 2022

To volunteer or come out to cheer on the runners, or for more information go to www.greatlakesendurance.com. We're thrilled to have this event on our beautiful section of the North Country Trail.

Reroute of flooded beaver area west of Valley Spur ski area. Date to be announced.

Leveling of bridge east of Grand Marais. Date to be announced.

Rebuild campsite east of Buck Bay Creek. Date to be announced.

NCTA Annual Celebration, Oct. 5-9, Walker, MN. For more information go to www.northcountrytrail.org





GETTING INTO OVERNIGHT BACKPACKING

by *Domonick Zanarini*

As we anxiously wait for the snow to melt in the UP, April is the perfect month to start thinking about the summer backpacking season. Whether a short weekend overnighter, a week-long excursion, or an extended section, the North Country Trail in the UP offers amazing multi-day experiences. Going on day hikes is magnificent in its own right, but sleeping under the stars, waking up with the sunrise, and not checking social media for a few days is just a wonderful way to relax and reset.



If you've never tried an overnight backpacking trip before, this article aims to help get you started.

First and foremost, before heading out on any wilderness trip, **plan ahead and prepare**. This includes:

- Define your start and end points
- Understand the wilderness regulations for the area you intend to hike through (Do you need camping permits? Are dogs allowed? What are the food storage requirements?)
- Establish daily mileage goals
- Locate potential camp spots
- Print maps of the area
- Review the 7 No Trace Principles
 - Plan ahead and prepare.
 - Travel and camp on durable surfaces.
 - Dispose of waste properly.
 - Leave what you find.
 - Minimize campfire impacts (be careful with fire).
 - Respect wildlife.
 - Be considerate of other visitors.
- Before heading out, let a loved-one know where you are going and when you will be back

To help with planning, head over to the Trail Maps and Downloads page of the NCT website (<https://northcountrytrail.org>). Here, you can scan through their interactive map, download printable maps, access their mobile mapping app, and get up-to-date information on trail closures and hazards.

Once you know where you're going, focus on collecting the gear you will need to spend time safely overnight. If you are new to overnight camping, it is helpful to do a short trip first. Hike a few miles out to a camp spot, spend the night, and then return to your car. You'll learn a great deal this way and it will help build your confidence for a longer trip.

continued on page 4



Backpacking – continued from page 3

Below is a recommended packing list for a safe and comfortable overnight trip:

Navigation/ First Aid/ Repair:

- Topographic map and compass, and learn how to use them, (<https://youtube.com/playlist?list=PLkYHuimd2BspoT35iDNVnvK6xBsRyhRGA>), GPS capability (either an app on your phone, or standalone device)
- First aid kit (band-aids, gauze, ibuprofen/aspirin, alcohol swab/Neosporin, safety pin, blister tape, lighter or waterproof matches, small knife, repair parts (patch for pad, extra guy-line cord, small roll duct or gorilla tape)

The Big 4:

- Tent/ Ground Sheet
- Sleeping Bag (ensure it is warm enough for temperature conditions)
- 60-70 Liter Backpack
- Sleeping pad

Cookware/ water filtration:

- Stove, fuel and pot for cooking/ eating (recommend isobutane stove/fuel, and 750ml pot)
- Spoon or spork
- Water filter
- At least two, 1-liter water bottles
- Food bag
- Adequate food for the time you will be on trail

Hygiene

- Trowel (Dig 6-8 inches please!)
- Toilet paper (pack it out)
- Extra zip-lock bags
- Toothbrush/toothpaste
- Prescription medications
- Sunscreen
- Hand sanitizer

Clothes (appropriate for temperature, weather, and insect conditions, **no cotton!)**

- Pants
- Shorts
- Socks (2 pair)
- Underwear (1 or 2 pair)
- Long or short sleeved top
- A warm upper layer (fleece jacket, synthetic or down puffy, etc.)
- Base layer for sleeping or for extra warmth (thermal leggings, top)
- Rain gear (rain jacket/ pants or poncho)
- Shoes (I prefer trail running shoes/sneakers, or lightweight hiking boots; heavy boots are often uncomfortable and lead to blisters, especially if they become wet and cannot dry out)
- Warm hat, thin pair of warm gloves
- Baseball cap or sun hat
- Sunglasses

continued on page 5



Backpacking – *continued from page 4*

Electronics

- Headlamp/Flashlight
- Phone

Bug protection (depending on time of year)

- Bug head net
- Insect repellent
- Can also consider treating clothes with permethrin prior to hike

Other

- Trekking poles/hiking stick
- Trash compactor bag or pack cover, to keep the inside of your backpack dry during rain

After you've assembled your gear, test it out at home first. Set the tent up in your backyard so you understand how it comes together. Pack everything in your bag to ensure it fits. As a rule of thumb, keep things simple. Avoid duplicate items like excess clothes. Keep the deodorant at home (it's ok to be smelly!). A lighter pack reduces fatigue and injury and offers a more pleasurable experience.

What are you waiting for? Get out there and enjoy the great outdoors!

