University of Minnesota Duluth – Recreational Sports Outdoor Program

2026 First-Year Outdoor Trip: Rock Climbing the North Shore

The North Shore of Lake Superior has numerous locations that have fun and friendly rock climbing opportunities. We will use some of these places to develop skills, make friends, and explore the area. Hiking on forested trails and visiting spectacular overlooks will be a part of this trip.

HERE'S WHAT TO EXPECT:

We will begin our journey by driving up the North Shore to our 'home-base' campground at the Finland campground. We will climb during the day, then return to our basecamp in the evenings for food, campfires, and other group activities. Everyone will be involved with camp set up, cooking, cleaning and climbing.

WHEN:

9 am Monday, August 24 – Thursday, August 27, 2026

Mandatory Pre-trip meeting Sunday, August 23, at 5pm (meet in Lake Superior Hall Lobby)

WHERE:

We will be departing from the main entrance to Lake Superior Hall at **9am on August 23**

PREPARATION:

- *Equipment* – Below is an equipment list that includes what we provide and what you need to obtain. **Follow this closely**; it is based upon extensive experience. Plan on weather that could range from the low 70's to the 40's with sun, wind and/or rain.
- *Schedule* – Below is an itinerary of what we will be doing.
- *Housing* – if you have an on-campus housing assignment you will be eligible to move in on Sunday, August 23 between 11am and 4pm and stay on campus the night before the trip. ***Contact the Housing Office, (218)726-8178 or umdhouse@d.umn.edu, if you have any questions regarding early move-in.*** Please refer to your housing assignment email from Housing and Residence Life for housing details. Early move in on Sunday begins by checking in at the Housing and Residence Life office in Lake Superior Hall. After checking in, you may move-in to your assigned dorm.
- You will be on your own for food Sunday the 23rd and breakfast Monday the 24th, there are several on campus dining options, as well as several grocery stores and restaurants within a 10 min walk from campus.
- *Health & Liability Form* – complete these forms and return them within one week.
- *Training* – Our climbing options are varied in difficulty, we will have climbs for all experience levels, so don't worry if this is your first time climbing. We will be hiking up to ~2 miles per day so please be prepared to be physically active.

THE OUTDOOR PROGRAM PROVIDES:

We provide all group camping gear, food, rock climbing equipment, first aid kits, transportation, and expert instruction.

GOALS:

- Have Fun
- Meet other first year, students, and staff
- Transition into UMD and college life
- Explore and discover the beauty of the North Shore
- Learn rock climbing skills
- Work as a group to be safe and respect the natural environment

EXPLORE MORE WITH THE UMD OUTDOOR PROGRAM:

The Outdoor Program offers a wide variety of programs during the school year. Find out more at umdrsop.d.umn.edu/

Interested in what we do? Get involved! Talk to your trip leaders about volunteering with the Outdoor Program.

GENERAL INFO:

Phone: (218)726-7128
Email: rsop@d.umn.edu
www.umdrsop.org

The Real Classroom is Outside...Get Into It!

University of Minnesota Duluth – Recreational Sports Outdoor Program

Rock Climb Lake Superior's North Shore Itinerary

This itinerary is designed to be flexible based on many factors that include weather, skill levels, and interests. Listed are highlights of what will be seen and done. If the weather is rainy or stormy our options include hiking along the North Shore and climbing at UMD's indoor walls.

Note: You will need to be on your own to get dinner on Sunday evening and breakfast on Monday morning. Please check with Dining Services to see what facilities are open.
https://dining-services.d.umn.edu/

Sunday, August 23

11am- 4pm – Early Move-In for ON-CAMPUS residents at 149 Lake Superior Hall. Please refer to your housing assignment email from Housing and Residence Life for housing details.

5pm – Meet in the Lobby of Lake Superior Hall to learn more about your trip as well as meet leaders and other trip participants. This is a required meeting. Afterward, if you have gear reserved from the Rental Center, staff will take you there. Then we'll spend some time learning the basics at our indoor climbing wall.

Monday, August 24

9am – Meet in front of Lake Superior Hall's main entrance – divide into groups and load equipment. Drive up the North Shore to go over the basics of rock climbing and belaying at beautiful Silver Creek Cliff. We'll move on to our campground, set-up camp at the Finland campsite and enjoy ourselves.

Tuesday, August 25

Rise and shine. Eat breakfast, then load gear and our lunch into the van and drive to Section 13, one of the inland domes of rock where we will spend the day climbing, rappelling and hiking to the top for spectacular views of the North Shore. In the evening, we'll all pitch in to cook our dinner, wash the dishes and enjoy our campsite.

Wednesday, August 26

Wake up, eat breakfast and load up again. We'll spend the day climbing the breathtaking sea cliffs of Shovel Point. This climbing area is one of the most unique in the world, as well as being a fantastic area to hike and sightsee. In the evening we will cook dinner, hang out, and have our final campfire activity of the trip.

Thursday, August 27

After breakfast, we'll take down our camp and load the trailer for our return to campus.

Today we can choose to spend the morning at our favorite climbing area **or** hike together on one of the North Shore's signature trails. We'll have lunch before driving back to Duluth to unload gear as a group.

FUN INFORMATION ABOUT OUR TRIP:

- When climbing, we'll work as a group and take turns belaying for each other.
- Section 13 is a dome of anorthosite rock. The company 3M got its start by mining anorthosite there, for use in making sand paper.
- The North Shore climbing community has a local ethic of not using chalk to climb on natural rock routes.
- Shovel Point is a peninsula of rhyolite rock that juts out into Lake Superior. The trees and plants that grow on Shovel Point form a special ecosystem related to cooler temperatures of the arctic.
- When we climb on Shovel Point, we'll be suspended over the waves of Lake Superior. Climbers start at the cliff top, lower down and climb back up!

GENERAL INFO:

Phone: (218)726-7128
Email: rsop@d.umn.edu
www.umdrsop.org

University of Minnesota Duluth – Recreational Sports Outdoor Program

Rock Climb Lake Superior's North Shore Equipment

On this trip the weather may vary from hot and sunny with a high of 70 degrees to cold, rainy, and windy and in the 40 degree range. Plan your clothing items so they can be worn over each other in layers. During the coldest possible weather, you may be wearing nearly all of your layers.

WE PROVIDE:

All climbing equipment	Coolers
Climbing guides	Folding saw
Tents	Matches
Toilet tissue	Spare rope
Kitchen and cookware	First Aid kit
Each meal while on the trail	All transportation from UMD

YOU NEED TO BRING:

- Duffle or pack to store you items in
- Sleeping pad (closed cell foam or self-inflating style)
- Sleeping bag (rated to 20 degrees F) in a stuff sack
- 2 Pair long pants – loose & comfortable (light cotton, wool or nylon)
- 2 Piece rain-suit of durable material
- 1 Pair hiking boots/shoes
- 1 Pair light tennis shoes for camp use
- 1 Pair long underwear (top and bottom, no cotton)
- 3 Pair underwear
- 4 Pair socks (at least 1 pair should be wool)
- 1 Long sleeved shirt
- 2 T-shirts
- 1 Pair shorts
- 1 Heavy sweater
- 1 Lightweight jacket
- Toiletries: Toothbrush/paste, Soap in plastic bag
- Feminine hygiene products (if needed)
- Sunglasses with safety strap
- Gloves or mittens and a fleece or wool knit hat
- Sunscreen lotion
- Baseball style or wide-brim hat for sun protection
- Unbreakable eating utensils (plate, cup, bowl, k,f,s)
- 1 quart water bottle
- Flashlight or headlamp with fresh batteries
- Day pack for hiking
- Optional: personal climbing gear: shoes, harness, helmet

RSOP RENTAL CENTER:

Our Rental Center has many items including sleeping bags & pads, rain gear. Call the Rental Center at **218-726-6134** to reserve equipment. Rental details can be found at **umdrsop.org/rental**

EQUIPMENT TIPS:

- Fleece and wool are great insulators – they even work when wet.
- Quality rain gear really helps you enjoy inclement weather.
- Long underwear should be a synthetic material, not cotton. If you don't have any, most outdoor stores have appropriate supplies.
- Wool socks work best because they are durable and warm.

EXTRAS YOU CAN BRING:

pocket knife, camp chair, insect repellent, spare prescription glasses

DO NOT BRING:

- Chalk or chalk bags
- Cosmetics
- Recreational drugs, alcohol, or tobacco
- Valuables

Note that we will be discouraging cell phone use during the trip, to connect with the people on the trip.

If you have equipment questions, contact us

Phone: (218)726-7128
Email: rsop@d.umn.edu

The Real Classroom is Outside…Get Into It!