



Maumee River Overnight Kayak Adventure (17 Miles)

Saturday, June 5th at 8AM through Sunday, June 6th at 6PM. \$85

Do you like backpacking, but not thrilled with the idea of carrying the weight? Let your boat do the work for you. Paddle 17 miles on our very own Maumee River Water Trail. Enjoy 2 days of paddling and the unique opportunity to camp on Granger Island.

Previous kayaking experience required.

Kayaking equipment, tents, sleeping bags, pads, stove and cook sets available to borrow.

Program fees include all equipment and camping permits. Meals are not included.

Attendance at the pre-trip informational meeting is required (Wednesday, June 2, 5:30-9PM, Blue Creek Nona France Quarry). We will cover kayaking basics, check and fit gear, talk about the trip, and answer any questions.

All participants and staff must wear masks and abide by proper social distancing guidelines for the duration of the program. Mask breaks are allowed when appropriate. Participants must bring their own masks. We will adhere to any recommendations or requirements that come from the state during the time of the trip.

Because of the intense planning for this trip, 50% of the fee is considered a non-refundable deposit per the refund policy. If you need to cancel for any reason, please call Ashley Smith at 419-265-2920. Anyone who would like to cancel their trip due to concerns related to COVID-19 may do so with no financial penalty.

The following packet contains information and resources you need to prepare for the trip including the trip agenda, packing list, and suggestions for packing food for the trip. Please feel free to reach out with any questions.

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Tentative Schedule

This is our desired plan, however it could be subject to change, particularly due to COVID-19. We ask for your understanding and flexibility. We will keep you updated if changes occur, and you will be advised of the final schedule at the mandatory pre-trip meeting.

- Saturday, June 5th 8:00 AM Arrive at Providence Metropark, Kuhlman's Landing
Load gear into kayaks
Launch from Providence Metropark, Kuhlman's Landing
Paddle to Otsego Park, lunch, restroom break **(4.9 miles)**
Paddle to Farnsworth Metropark, refill water, restroom break **(3.4 miles)**
Paddle to Granger Island **(2.2 miles) (10.5 miles total for day)**
Set up camp, dinner, explore, free time, sleep
- Sunday, June 6th 8:00 AM Wake up, break camp, breakfast
Launch, paddle to Side Cut, restroom, lunch and water break **(4.1 miles)**
Paddle to Orleans Park **(2.4 miles)**
Depending on time and river and wind conditions we may explore the Audobon Islands area before heading back to Orleans to take out
Load up gear and kayaks, shuttle back to vehicles at Providence
Total mileage: 17 miles

Food Plan

You are responsible for bringing your own food. Please eat a hearty breakfast before you arrive on Saturday morning. Sunday evening we plan to have you back to Providence before dinner time.

You will need to pack:

- 1 breakfast (Sunday)
- 2 lunches (Saturday, Sunday)
- 1 dinner (Saturday)
- Plenty of snacks

Pro Tips

- Plan meals as you would for a backpacking trip. Generally speaking you want to select food items that are calorie dense and high in complex carbohydrates and protein. We will have no access to refrigeration or coolers so please avoid foods that will spoil. Avoid foods that will squish or crumble easily, as your food bag will get tossed around in your kayak.
- We will take the time to boil water in the mornings for coffee/tea/oatmeal/dehydrated meals, but please plan for a relatively quick breakfast. Lunches should be ready to eat and require no cooking. We'll have time to cook for dinners.
- Consider repackaging anything with a lot of packaging to save weight and space. Space is limited, so opt for lightweight, low bulk foods. Place food into plastic ziplock bags to keep it dry. Food should be double bagged, or placed in a dry bag. Plan to have a snack bag in your cockpit with you. This should be either a dry bag or a ziplock bag with a couple of snacks easily accessible to snack on while paddling. Calorie needs vary per person, but plan for somewhere between 2500-4000 calories per day. If your food bag weighs more than 4-5 pounds you probably have too much food, or need to select lighter weight options.
- Many backpackers/paddle campers opt for light-weight freeze dried meals. There are several brands to choose from, and meals can typically be found at Bass Pro, Cabelas, REI, Walmart, or online. Freeze dried meals typically just require adding boiling water. Pre-packaged varieties usually come sized for 1 or 2 persons/servings, or you can purchase bulk canisters that you can control your own portions by portioning into freezer strength zip-lock bags. For those that do not wish to purchase freeze-dried meals please see the sample meals section below for other trail-friendly meal suggestions.
- For more information on meal planning please see REI's expert advice: <https://www.rei.com/learn/expert-advice/planning-menu.html>

Sample Meals

Breakfast: select 1 or more, supplement with bars, trail mix, dried fruit, jerky etc.

- Cold cereal with dehydrated milk (add water at breakfast)
- Bagel with peanut butter
- Instant oatmeal (two packs for most people)
- Tea, instant coffee, hot coco
- Dehydrated meals

Lunch: select 1 or more, supplement with bars, trail mix, dried fruit, jerky etc.



- Bagels or tortillas with peanut butter and jelly or honey
- Tuna or chicken packets with crackers

Dinner:

- Dehydrated or freeze dried meals (Mountain House, Backpackers Pantry, etc.)
- Any combination of quick-cook pasta, dehydrated potatoes, instant rice, or pasta and rice sides with chicken or tuna packets, canned beans, or nuts for protein. For example:
 - Mac and cheese with chicken or tuna packets
 - Ramen noodles with chicken and instant mashed potatoes
 - Mexican rice with tortillas and chicken packets or beans
 - Thai noodles with peanuts and peanut butter

Snacks: Plan for a morning snack between breakfast and lunch, and an afternoon snack between lunch and dinner. Snacks also make good supplements to meals. Many people find they prefer to bring a mixture of both salty and sweet snacks. Popular snacks include: goldfish, Cheez-its, chips, jerky, granola bars/protein bars/energy bars, dehydrated fruit, trail mix, fruit snacks, teddy grahams, cookies, nuts.

Water: Plan to carry 3-4L of water a day. Granger Island does not have potable water, so we will stop at Farnsworth to refill our water before continuing to Granger Island. Bring either a camelback and a water bottle (for camp), or several water bottles that add up to 3-4 L. We will not be filtering the Maumee River for water.

Resources for purchasing backpacking food:

<https://www.alpineaire.com/us/us>
<https://www.backcountry.com/backpacking-food>
<https://www.mountainhouse.com/>
<https://www.backpackerspantry.com/>
<https://goodto-go.com/>
<https://www.rei.com/>

Raccoons

We may not be in bear country, but we'll certainly be in raccoon country. Please plan to raccoon-proof all smell-able items by putting them back into your hatches and closing your hatches at night.

Packing List

How is kayak camping different?

- Consider which items **MUST** stay dry when you are packing. We will provide you with one 25L and two 10L dry bags per person. Items like sleeping bags and sleep clothes **MUST** stay dry.
- Items like tent poles, foam sleeping pads, camp shoes, and cook kits can get a little wet and survive.
- The hatches are mostly water tight. Any item tossed straight into a hatch without protection will get a little wet, but it won't be soaked. Tent stakes, wet tent bodies, etc. can be placed straight into hatches.
- Things that must stay absolutely dry should be packed into dry bags. The front hatches stay drier than the back hatches.
- Also consider that kayaks are long and skinny when packing. Wide dry bags and stuff sacks will not fit well into the kayaks.

Sleep system

- Tent (available to borrow): pack the body and rain fly in a dry bag (optional), leave the poles out
- Packable sleeping bag (available to borrow) in stuff sack. Must be down or synthetic down, no cotton, and must fit in a 25L dry bag. Must be rated to 30 degrees or lower. We do not want oversized "sleepover bags" that are bulky and heavy.
- Sleep pad (available to borrow)
- Inflatable pillow (optional) or stuff a jacket into a stuff sack. No full-sized pillows.

Clothing

NO COTTON, PLEASE. Cotton does not insulate if it gets wet. Opt for synthetic materials such as nylon, polyester, spandex, or wool. Fleece is good.

- 1 clean mask per day. All participants and staff must wear masks and abide by proper social distancing guidelines for the duration of the program. Mask breaks are allowed when appropriate. Participants must bring their own masks.
 - We will adhere to any recommendations or requirements that come from the state during the time of the trip.
- 1 pair paddling shoes. Must attach to the foot. No flip flops. Old tennis shoes, neoprene booties, water shoes, or sandals with a heel strap recommended. Will get wet and dirty.
- 1 set of paddle clothes. Wear the same set each day. Opt for shirts and shorts or pants of quick-dry materials (nylon, polyester, spandex, wool, fleece). If you sunburn easily you may want to consider long sleeves or a sunshirt. No cotton. Dress in removable layers to adjust to temperature changes.
- Hat and sunglasses with glasses strap
- Paddling or biking gloves (optional)
- Raincoat or poncho is mandatory. Rain pants are optional but recommended.
- Camp shoes (optional but recommended to let feet breathe.) Crocs or sandals recommended.
- Camp clothes: dry clothes to change into at camp. Non-cotton. Store in a dry bag.
- Camp socks (optional): wool

- Sleep Clothes – these are only for inside the tent. Depending on how cold or warm you sleep – tee-shirt/shorts or long johns and wool socks. Avoid cotton. Must stay dry. Store in a dry bag.
- Undergarments: try to avoid cotton. Women: opt for sports bras
- Wool sweater or down or fleece jacket (when paired with your rain suit this should be suitable for most weather conditions). Do not recommend cotton jackets as they will not insulate if they get wet.
- Wicking base layer (tops/bottoms) Optional
- Hat, gloves, buff (optional)

Camp Kitchen

- Bowl and/or plate depending on your meals. Opt for plastic or light weight metal. No glass please.
- Cup
- Spoon
- 1-2 Gallon zip top bags for garbage
- Cooksets (available to borrow)
- Camp stoves (available to borrow) with lighter
- Fuel (provided if you borrow our stoves)

Miscellaneous

- Pocket knife or multi-tool.
- Headlamp (with extra batteries) or lightweight flashlight (available to borrow)
- 2-3 bandanas or microfiber cloths
- Lip balm (with sunscreen recommended)
- Sunscreen
- Bugspray (optional)
- Toothbrush
- Travel tube toothpaste or baking soda in a small bottle
- Personal meds
- Wet wipes (optional)
- Deodorant (optional)
- Extra cell phone battery/ external charger (optional)
- Cell phone (optional): must be in dry bag! Dry bag with a strap recommended. We cannot guarantee the safety of your cell phone or other electronics.
- Cards, Frisbees, lightweight games (optional)
- Personal first aid: Band-Aids, ibuprofen, antiseptic wipes
- Feminine hygiene items
- 2-3 extra gallon size zip top plastic bags
- Emergency TP in a ziplock bag
- Hand sanitizer
- Gorilla or duct tape (wrap around a water bottle or keep a small spool in your first aid kit.)
- Repair kit: Needle and dental floss, repair kit for inflatable sleeping pads if applicable



Optional

- Camera (waterproof with a wrist strap recommended. We cannot guarantee the safety of your camera or other electronics.)
- Note pad/pencil for journaling in camp
- Watch
- Sunglasses

Paddle Gear: Provided by Metroparks

Paddle gear will be provided for you by Metroparks.

- Kayak
- Paddle
- Life jacket
- Whistle
- Bilge pumps
- Staff will carry all other necessary paddle safety gear

Group Gear

Group gear will be provided for you by Metroparks and staff will carry the equipment

- Camp Suds
- Group first aid kit
- Fire building supplies
- Camp trowel
- Extra paddles