



Huron River Kayak Camping (20 River Miles)

Saturday, September 23 at 7AM through Sunday, September 24 at 8PM

Celebrate the fall season while paddling down the Huron River. Paddle 20 miles of this beautiful nationally recognized water trail over two days and spend a night camping along the river.

Attendance at the pre-trip informational meeting is required (Tuesday, September 19th, 6-7:30PM, Wiregrass Lake Metropark). We will be paddling briefly during this meeting, please wear paddle ready clothing and have a change of clothes/towels in the event you get wet. We will check and fit gear, talk about the trip, and answer any questions.

Fee: \$295 per guest. Kayaks, paddles, lifejackets, tents, sleeping bags, sleep pads, stove and cook sets available to borrow. Please indicate your interest in the registration system. Program fees include all equipment, travel, and camping permits. Meals are not included.

We will adhere to any recommendations or requirements that come from the state during the time of the trip, should there be any COVID concerns.

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 food suggestions for the trip. Please feel free to reach out with any additional questions.

Jake Willing: 419-277-0107 or Jake.Willing@MetroparksToledo.com



Travel Plan

Meet at the Buehner Center parking lot at Oak Openings Preserve Metropark on Saturday, September 23 at 7:00AM. The drive to our launch location from Toledo takes about 1.5 hours.

Tentative Schedule

This is our desired plan however it could be subject to minor changes. You will be advised of the final schedule at the mandatory pre-trip meeting. Please note that we will paddle ~10 miles each day.

Saturday, Sept. 23	7:00 AM: Meet at Buehner Center Parking Lot Travel to Huron Meadows Metropark for our launch point Paddle to Hudson Mills Metropark Canoe Camp Site (~10 miles) Set camp Dinner
Sunday, Sept. 24	8:00AM: Wake, break camp Breakfast Paddle to Delhi Metropark take-out point (~10 miles) Meet pick up staff with bus/trailer and load boats/gear Travel back to Oak Openings Total mileage: 20 miles

There are several scenic stops along the way to stop and take photos. This is YOUR trip, so please make sure you let leaders know when you want to stop for photo ops!

Food Plan

Pack snacks for the trip down and back. Bring a refillable water bottle for the paddle.

Paddling food

Participants will need to bring their own food. 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.

For the paddle you will need to pack:

1 dinner – Saturday

2 lunches – Saturday, Sunday

1 breakfast – Sunday

Pro Tips

- Also pack trail snacks between breakfasts and dinners and to supplement meals. Food for a typical day on the river it usually involves breakfast, morning snack, lunch, afternoon snack, and dinner.
- 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 dinner.
- Calorie needs vary per person, but plan for somewhere between 2500-4000 calories per day.
- As a camping and paddling experience, we look to take a page out of the backpacker's book and for dinners we recommend opting 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 or tortilla 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 2-3L of water in refillable bottles/hydration packs for the ride and for our time on the river. Water is available along the paddle.

Resources for purchasing backpacking style 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/>

Packing List

All items need to be packed in zip top bags or dry bags to keep them waterproof.

Backpack/Dry Bag(s)

- Help keep your items dry and condensed.
- Metroparks will provide 2 dry bags for participants to use.

Sleep systems

- 1 or 2 person tent (available to borrow)
- Packable sleeping bag (available to borrow) in stuff sack lined with 30 gallon trash bag. Must be rated to 20 degrees or lower and made of down or synthetic down. We do not want oversized "sleepover bags" that are bulky and heavy. Bags should weigh less than 4 lbs.
- Sleep pad (available to borrow)
- Inflatable pillow (optional) or stuff a jacket into a stuff sack

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 pair paddling or water shoes (Tennis shoes and the like work just fine)
- Camp shoes (optional but recommended to let feet breathe.) Crocs or light tennis shoes or sandals.
- 2 pair socks.
- 1 set clean underwear per day
- Sports bras x2 (women)
- Paddling clothing: light jacket, shirt and pants/shorts: 1 set, quick dry, non-cotton required
- Sleep Clothes – these are only for inside the tent. Depending on how cold or warm you sleep you may want a tee-shirt/shorts or long johns. Non-cotton.
- Packable rain gear such as Frogg Toggs (\$40 at Walmart or online). Jacket and pants.
- Wool sweater or down or fleece jacket (when paired with your rain suit this should be suitable for most weather conditions). No cotton jackets.
- Wicking base layer (tops/bottoms): Optional but recommended
- Hat, gloves, buff (optional)

Camp Kitchen

- Bowl/plate depending on what you are eating. Light-weight and not glass.*
- Cup/measuring cup*
- Spoon*
- Food bag
- Cook kits* (available to borrow)
- Backpacking stove (available to borrow)
- Food* (see Food Plan for meal planning suggestions)

Miscellaneous

- Pocket knife or multi-tool.
- Waterproof matches or lighter*
- Headlamp or lightweight flashlight (extra batteries)
- Bandana/hankie
- Lip balm (with sunscreen recommended)*
- Toothbrush*
- Travel tube toothpaste* or baking soda in a small bottle
- Personal first aid items*: Staff will have a full first aid kit, but we cannot administer medications. Please bring a personal supply of your pain reducer of choice in case of sore muscles, headache, etc. (a small supply of ibuprofen, antacids such as Tums, Tylenol and aspirin should cover most inconveniences that may occur). Also include band-aids, antiseptic wipes.
- Sun protection: hat with brim, sunscreen*, long sleeves, sunglasses
- Feminine hygiene items*
- Hand sanitizer*
- Soap/shampoo and other cleaning items for use at the campsite.

Water

- Water bottles that add up to 2-3 liters.
- **OR** 1 bladder water system and at least one water bottle. Together these should add up to 2-3 L.

Optional

- Camera
- Note pad/pencil
- Whistle
- Watch

Group gear

Group gear will be provided for you by Metroparks.

- Group first aid kit* provided (you still need to bring your own first aid basics listed above)

For travel

We recommend packing a travel bag separate from your paddling bags to leave on the minibus. In this bag you will want to pack:

- Clean travel clothes for the ride home
- Wet wipes and deodorant to freshen up (optional, but you'll feel better after!)
- A water bottle separate from your hiking water
- Snacks

Frequently Asked Questions

1. What do I do with my trash on the trail? Will there be garbage cans?
 - a. We will pack in and pack out all trash and practice Leave No Trace on the trail. For an overview of Leave No Trace (LNT) outdoor ethics: <https://lnt.org/>
2. What if I am a beginner?
 - a. This adventure is tailored towards beginner-intermediate paddlers. If you have never paddled for a long period of time (5+ hours), please take the time to get out for some Metroparks paddles or local paddling opportunities.
3. Why all the info? This is overwhelming.
 - a. None of this information is intended to scare off potential participants but it is very important to make sure you have a full understanding of this trek. We are very excited about the planning and execution of this trip and hope to fulfill some paddling dreams!