

# Paddling 101

## Things to Consider:

- How much time do you have?
  - Couple hours
  - Full day
  - Overnight
  - Longer
- 'Put-in' & 'take-out' locations (need transportation at both ends) (River)
  - Location
    - River
    - Small Lake
    - Large Lake
- Costs
  - Canoe or Kayak Rental
  - License tabs for kayak or canoe (every 3 years)
- Paddling Skill Level
  - *Novice* - Small Lakes
  - *Intermediate* - Big Lakes or Rivers
  - *Expert* - Fast moving Rivers

## Equipment/Gear to bring (essentials):

- Canoe or Kayak
- PFD's (life jackets)
- Paddles
- Hat
- Water
- Skirt for Kayak (large lakes and rivers)
- Compass
- Bug spray
- Camera
- Food - snacks
- Shoes
  - Water socks
- Water tight bags for holding valuables.
- Fast drying Clothes
  - Swimsuit
  - Shorts
  - Wet suit
  - Rain Gear

**Note:** If you are a member of **MN Rovers** you can borrow equipment (Canoes, kayaks, pfd's, paddles, roof rack pads, etc) from the equipment cage if you are going on a Rovers trip. **REI** has paddling equipment and more that can be rented.

## Rivers/Lakes (only some are listed):

### Southern MN

- Root River (Mankato)
- Mississippi River
- Lake Pepin (Red Wing)
- Sakatah Lake

### Central MN

- Mississippi River
- Minnehaha Creek
- St. Croix River
- Lake Minnetonka
- Forest Lake
- Mpls Chain of Lakes

### Northern MN

- Mississippi River
- Boundary Waters
- Lake Superior
- Lake Bemidji

### Other MN Lakes & Rivers

- Lake of the Woods
- Rainy River
- Long Lake
- Lake Mille Lacs

[www.mnrovers.org](http://www.mnrovers.org) - We play outdoors!

### Organized Rental/Ferrying Locations:

- **Welch Mill Canoeing & Tubing** - Rent canoes to canoe between Cannon Falls & Welch
- **Wild River Outfitters** (Wild River State Park) - Rent Kayaks or canoes on the St. Croix or Namekagon Rivers

### Paddling Events (Classes & demos):

- REI & Midwest Mountaineering have demo's where they supply the boats and you can ride in them to test them out.

### MN Rovers Favorite Reference Sites:

<http://www.exploreminnesota.com/home.aspx>

<http://www.midwestweekends.com/>

<http://www.threeriversparkdistrict.org/>

<http://www.anokacountyparks.com/>

[http://www.anokacountyparks.com/parks/bunker\\_hills\\_regional\\_park/about.html](http://www.anokacountyparks.com/parks/bunker_hills_regional_park/about.html)

[http://www.anokacountyparks.com/parks/rice\\_creek\\_chain\\_of\\_lakes/about.html](http://www.anokacountyparks.com/parks/rice_creek_chain_of_lakes/about.html)

[http://www.washington.mn.us/info\\_for\\_residents/parks\\_division/parks\\_and\\_trails/st\\_croix\\_bluffs\\_regional\\_park/](http://www.washington.mn.us/info_for_residents/parks_division/parks_and_trails/st_croix_bluffs_regional_park/)

<http://www.co.dakota.mn.us/LeisureRecreation/CountyParks/Locations/LebanonHills/default.htm>

<http://www.co.carver.mn.us/departments/PW/parks/baylor.asp>

[http://www.dnr.state.mn.us/state\\_parks/index.html](http://www.dnr.state.mn.us/state_parks/index.html)

[http://www.dnr.state.mn.us/state\\_forests/index.html](http://www.dnr.state.mn.us/state_forests/index.html)

<http://home.nps.gov/applications/parksearch/state.cfm?st=MN>

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