

# Whitewater Kayaking

## Western NC

**Friday, April 17<sup>th</sup> – Sunday, April 19<sup>th</sup>**



**Trip Description:** An Outdoor Adventures classic, this trip takes you on one of the most premier whitewater destinations in Western North Carolina and serves as an introduction to the sport of whitewater kayaking! We begin our trip on Friday afternoon, learning the basics of kayaking in moving water to get you comfortable. On Saturday morning, we will depart for the Tuckasegee, a fun river that runs regularly and is an excellent place to learn to paddle or work on skills. After we finish paddling, we will head back to our campsite for a delicious dinner and some downtime. Sunday morning brings us back to the river where we'll paddle again before heading back to campus.

**Trip Cost:** Student = \$110 (\$120 for non-students)

Includes: transportation, equipment, instruction, and meals (excluding meals on the road)

**Cancellation & Refund Policy:** You must cancel 10 BUSINESS DAYS PRIOR to trip departure date to receive a refund less a \$15 cancellation fee. Any cancellation within 10 business days will receive NO refund. If Outdoor Adventures cancels the trip prior to departure, a full refund will be issued. You may transfer your funds to another trip if it is outside 10 business days from the trip date, no cancellation fee is applied for transfers.

**Cancellation Deadline for Partial Refund: Thursday, April 2<sup>nd</sup>**

### Requirements to Participate:

The following requirements are required for your trip. If you do not meet or complete the following requirements prior to your trip, you will be removed from the trip without refund. These requirements are necessary to maintain safe and enjoyable trip experiences for all group members.

- 1) Attend the mandatory Pre-Trip Meeting on Wednesday, April 15<sup>th</sup> @ 6:00PM in Outdoor Adventures.
- 2) You must be able to depart by 1:00PM on Friday, April 17<sup>th</sup> and the following day, Saturday April 18<sup>th</sup> at 6:00AM
- 3) There is a strong likelihood of capsizing, "flipping", in a kayak while on the river. Therefore, you are REQUIRED to pass our Water Comfort Assessment. Failure to pass will result in being dropped from the trip without a refund. If you're concerned you will fail, you can speak to our Assistant Director to set up an alternative Water Comfort Assessment time. We will make our way to the pool immediately following the pre-trip meeting to complete the assessment; therefore, it is important that you bring swimming attire and a towel with you to the pre-trip meeting. The assessment includes the following:
  - a) Successfully complete a wet exit (procedure for safely exiting a kayak if capsized).
  - b) Successfully tread water continuously for 3 minutes.
  - c) Successfully swim 2 laps (down and back once) of the 25-yard pool with any stroke.
- 4) You must be comfortable kayaking for up to 5 miles per day.
- 5) Previous kayaking experience is recommended, but not required.

Outdoor Adventures trips are human powered and adventure-based; therefore, you should expect some level of physical exertion from all of our trips. It is important to consider your current level of physical fitness and any other physical or mental limitations you may have when deciding to participate in any of our activities. For clarification on any activities and the difficulty, please contact us.

### Goals of an OA trip:

- 1) Have a fun time outside and away from campus!
- 2) Learn technical outdoor skills.
- 3) Connect with our natural world and learn how to appreciate the areas we travel.
- 4) This is a group experience, so emphasis is also placed on interacting and getting to know new people.

### Planned Itinerary (these times are approximate and subject to change):

#### Friday, April 17<sup>th</sup>

- Meet at Outdoor Adventures by 1:00PM (participants must be able to depart at this time).
- Spend the afternoon at Madison River Park getting comfortable in your kayak and learning about river features. Then head back to campus where you will spend the night in your own bed.

#### Saturday, April 18<sup>th</sup>

- Meet at Outdoor Adventures at 6:00AM (participants must be able to depart by this time) and drive to the Tuckasegee River. We will eat lunch and get onto the river for a half day paddle.
- After paddling, we'll head back to camp for dinner and relax.

#### Sunday, April 19<sup>th</sup>

- We will wake up and break down camp, and eat breakfast before heading to the boat launch for a longer paddle down the river.
- Once we finish paddling, we'll pack up and eat lunch before we begin our drive back to UNCG.
- Upon returning to campus around 8:00PM, we will de-issue equipment and say goodbye.

Email reminders will be sent prior to every trip, so please check your email leading up to the trip. If you have any questions prior to the trip, please contact us.

We are open M-Tr 11-9PM, F 11-8PM, and S-S 1-6PM.

Phone: 336-334-4033 Email: [uncg\\_oa@uncg.edu](mailto:uncg_oa@uncg.edu) Web: [recwell.uncg.edu/oa](http://recwell.uncg.edu/oa)

## Packing List:

Please contact us with any questions about the packing list. If your trip has a pre-trip meeting, the list will be reviewed in detail at the meeting. Please keep in mind that all activity specific equipment (tents, sleeping bags, etc.) will be issued on the trip or at the pre-trip meeting. Participants are expected to bring everything on the packing list and ask questions about any substitutions.

**Any item with an asterisk (\*) denotes items that we will provide for you at no additional charge.**

### Head, Hands, & Feet

- Warm Hat
- Baseball Cap or Wide-brim Hat
- Warm Gloves
- \*Water shoes; ours are neoprene and made for paddling, athletic shoes or sport sandals will also work – NO flip flops!
- Camp Shoes: Crocs, Tevas, Keens, Chacos or similar sport sandals (must have straps), or sneakers. NO flip-flops!
- Camp Socks: a clean pair that you have to change into and to keep your feet warm at night

### Upper Body

- Camp Shirt: clean shirt to change into once arriving at camp
- \*Paddling Jacket: functions like rain jacket, keeps you dry & warm while on the water (distributed if weather permits)
- \*Paddling Top: short or long sleeve, quick-dry material required—no cotton!
- \*Jacket: appropriate for temperatures during the trip (this could be fleece, down, or similar insulating material).
- \*Rain Jacket: must be high quality material and have a hood

### Lower Body

- Camp Pants: long pants for lounging around the campsite and to keep warm at night (lightweight material preferred)
- Underwear
- Paddling Bottoms: board shorts or swim suit bottoms with shorts worn over top—no cotton!
- \*Paddling Pants: functions like a rain pant, keeps you dry while on the water (distributed if weather permits)
- \*Rain Pants: must be a high quality material if bringing your own

### Personal Items

- Toiletries: contacts/solution (bring an extra set), toothpaste, tooth brush, etc. (travel sizes are best)
- Hand sanitizer
- Insect repellent
- Small backpack or duffel bag: to keep your personal items/clothing in while traveling (nothing too big)
- Book/journal: for the vehicle or down time on the trip
- Travel pillow: travel size, not your bed pillow (optional)
- Money: food on the road and/or possible souvenirs—bring some money in cash
- Sunscreen: 30+ SPF (Spray sunscreen is not recommended, bring lotion/cream)
- Lip Balm (with SPF recommended)
- Sunglasses: We recommend you bring a keeper strap for these
- Camera: protective case is highly recommended (optional)
- Personal medications: prescription drugs must be on your health form
- Personal medical insurance card (required)
- Towel: always appreciated when changing out of damp outer layers
- Plastic bag: to transport your wet clothes at the end of the trip (optional)
- (3) AAA batteries: if borrowing one of our headlamps, you cannot forget these!
- \*Headlamp: you must provide batteries
- \*Water bottle: quart size (required)
- Menstrual products

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