

Class III Rowing School Trip Details

BEFORE YOU HEAD OUT

- Plan for the unexpected by purchasing [Travel Insurance](#)
- Make lodging arrangements for the night before and night after your trip
- Complete your [trip registration and request camping gear on our web site](#)
- Sign your release form on our [web site](#)
- Pay the final balance 60 days before the trip

THE RENDEZVOUS

MEETING PLACE

[Galice Resort](#)
Galice, Oregon

MEETING TIME

9 AM on your trip start
date

AFTER THE TRIP

You'll return to Galice on
the last day around 4 PM

HOW TO GET THERE

If you Fly: The closest commercial airport is in Medford, Oregon (MFR). Plan your flight to arrive at least the day before your launch date. Shuttle service can be arranged from the Medford airport through the [Galice Resort](#) (541) 476-3818.

If you Drive: The [Galice Resort](#) is about 35 minutes from Grants Pass. You can leave your car in the parking lot at the Galice Resort, and we'll drive you back there after the trip. You may opt to have your car shuttled to the take-out if your travel plans will take you toward the Oregon coast. You can make shuttle arrangements the morning of your trip with the Galice Resort.



WHERE TO STAY BEFORE AND AFTER

Make reservations well in advance. Northwest Rafting Company does not make reservations or cover the cost of your room.

GALICE, OR Meeting Location	GRANTS PASS, OR 21 Miles Away	ASHLAND, OR 61 Miles Away
<u>Galice Resort</u> (541) 476-3818	<u>Riverside Inn</u> (541) 476-6873	<u>The Bard's Inn</u> (541) 482-0049

Camping at Almeda Bar, Indian Mary, Griffin Park, Whitehorse Park, Lake Selma Park, and more can be reserved through the [Reserve America website](#) or by calling (800) 452-5687.

NWRC PROVIDES THE FOLLOWING

- Transportation from Galice to the river
- Transportation from the river back to Galice
- All on-river meals
- Tent*
- Sleeping bag and sleeping pad*
- Waterproof bags for your personal gear

* **Camping Gear** is available from us at no additional cost, but you must request them. Please indicate your gear requests in your trip registration on our website.

YOU ARRANGE THESE DETAILS

Some things are out of our hands. You'll need to make arrangements for the following:

- Meals and lodging before and after your trip
- Personal clothing and other miscellaneous items
- Transportation to and from Galice, OR
- Guide gratuities



BOATS: RAFT AND CATARAFTS

You'll be rowing your own raft or cataraft from start to finish. Catarafts are very maneuverable and forgiving, earning the nick name of "The Sports Car." Rafts are a little less maneuverable but are better for mastering the basics and progressing your skills.

Raft and Cataraft Rentals

We have a variety of raft and catarafts available to rent for the course. The boats we have available are manufactured by SOTAR or Wing and we exclusively use Sawyer Oars. If you'd like to rent one, just let us know what you'd prefer or ask us if you'd like advice about which boat is best for your skill level.

Bringing Your Own Boat

You are welcome to bring your own raft or cataraft for the course as long it is an appropriate whitewater craft. There are some important logistics considerations for getting your boat to and from the river.

- ◆ **Before the trip** you'll need to drop your raft off at the Alameda Bar boat ramp and assemble it before the 9 AM meeting at Galice Resort on the first day.
- ◆ **After the trip** we can transport your boat back to Galice if you are able to deflate it and disassemble your equipment at take-out. If you would like to leave your boat inflated and rigged you'll need to have your vehicle shuttled to the take-out at Foster Bar by [Galice Resort](#) (541) 476-3818.

TOILETS AND SANITATION

We will be using portable river toilets. When setting up toilet facilities we are conscious of sanitation and privacy needs. We follow Leave No Trace principals and the guides will instruct you in simple procedures that minimize the impact of our group on the canyon. We ask for your cooperation.

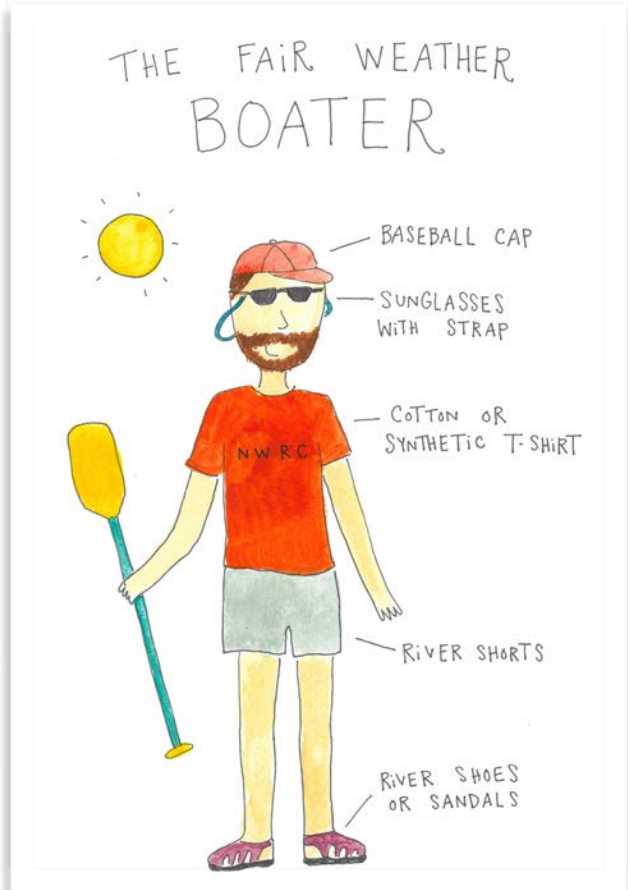
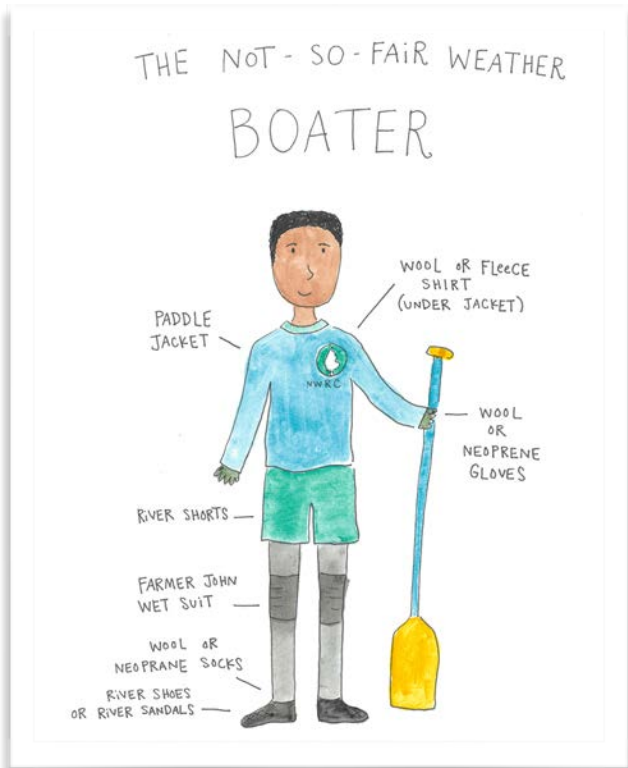
PACKING AND BAGS

Each individual will be provided a dry bag for the duration of the trip. The bag, when fully packed, measures about 17 inches in diameter by 32 inches in height and is almost the size of a large garbage bag.

Your sleeping bag, pad, and personal items must fit into this bag. Separate bags will be available for tents. You will also be provided with a dry day bag for items you may want during the day, such as a camera, chapstick, sunscreen, extra layer, or rain gear.

You will be rigging your personal dry bag in your boat.





RIVER CLOTHING/GEAR

- 2+ Shorts or Swimsuits
- 2+ Shirts
- Lightweight Wool or Polypro Shirt
- River Shoes or River Sandals
- Hat for Sun Protection
- Water Bottle
- Sunglasses with Strap
- Helmet*
- PFD (Life Jacket)*

CAMP CLOTHING/GEAR

- 2 Shirts
- 2 Pairs of Pants, Shorts, Skirts, or Dresses
- Underwear
- Warm Jacket
- Rain Jacket and Rain Pants
- Camp Shoes
- 2 Pairs of Socks
- Headlamp or Flashlight

CAMPING GEAR

- Sleeping Bag*
- Sleeping Pad*
- Tent*

PERSONAL ITEMS

- Small Camp Pillow
- Toiletries and Medications
- Sunscreen and Lip Balm

OPTIONAL

- Bike Gloves for Rowing
- Biodegradable Soap and Shampoo
- Sun Shower and Small Towel
- Dramamine for Van Ride
- Beer and Soda in Cans or Plastic Bottles
- Wine in Glass Bottles or Boxes

FOR COLD WEATHER TRIPS

- Wetsuit and Paddle Jacket (see next page)*
- 2+ Wool or Polypro Shirts
- Wool or Polypro Pants
- Wool or Neoprene Gloves
- Wool or Neoprene Socks
- Wool or Fleece Beanie

* Available Upon Request

Dressing safely and comfortably (not to mention fashionably) for river trips is a challenging task. You will need two sets of warm clothing: one for the river and one for in camp.

USE THE “LAYERING SYSTEM”

BRING CLOTHES THAT CAN BE WORN UNDER OR ON TOP OF OTHERS

Layering allows easy adjustment to quickly changing weather by adding or subtracting layers. Loose, fast drying, durable clothing is best for rafting.

POLYPROPYLENE (POLYPRO) OR FLEECE

These synthetic materials wick moisture away from the the skin. A medium or heavy weight shirt and pants are essential as the first layer in cool or wet weather.

MERINO WOOL

Merino Wool is a natural fabric that is more expensive, less durable, and heavier than polypro. Its advantages are odor resistance, soft feel, and is easier to dry at a campfire.

COTTON

Cotton can significantly lower body temperature when wet. It should be avoided for cold and wet weather trips.

RAINWEAR

A rain jacket and pants can protect you from the spray from rapids as well as wind and rain from storms. Coated nylon or breathable fabrics such as Gore-Tex are best.

FOOTWEAR

You'll find guides and fellow guests in tennis shoes, wetsuit booties with soles, and river sandals. Closed toe shoes do offer the most foot protection while on the river and, if worn with wool or neoprene wetsuit socks, they can help insulate your feet when the water is cold.

PACKING PRO-TIPS

- Pack clothing that can get wet and dirty. To cut down on bulk, plan to re-wear your dry clothes.
- Large Ziploc bags are great for organizing items like toiletries, electronics, or socks and underwear.
- Bring a garbage bag to keep your dirty clothes separate from everything else.
- We are traveling through remote wilderness. There is no internet, no cell service, and no electricity. If you need to be reached while on the river, consider renting a [satellite phone](#).
- If you bring a camera consider purchasing a [Pelican Box](#) to protect it.*
- If you bring your smart phone it's a good idea to purchase a [waterproof case](#).*

* We receive a commission if you purchase from these links.

WETSUITS AND PADDLE JACKETS

These are sometimes required for cold weather trips although you may not need to wear them every day. We're happy to provide them, but you'll need to tell us what size you would like. Our wetsuits are 1/8 inch farmer john style and can be worn over your polypro or wool shirt and with a paddle jacket on top.

PARTICIPANT RESPONSIBILITIES

— All participants will be required to follow the safety policies and procedures of Northwest Rafting Company and its guides. All participants will be required to sign an agreement to assume all risks; release of liability/agreement not to sue & to indemnify in favor of Northwest Rafting Company.

THE MORNING OF YOUR TRIP

— At 9 AM your head guide will meet you in front of the Galice Resort. Come to the meeting point dressed in your river clothes. A shuttle van will take you on a five minute ride to the put-in. Be sure to eat a hearty breakfast before your trip! There is a restaurant and small store at the Galice Resort.

ON THE RIVER

— The pace of your river trip is very dependent on the water level! You will usually spend four to five hours a day on the river. Breakfast is served about 8 AM and you are typically on the river around 10 AM.

There will be a stop mid-day for lunch and maybe a short class. We set up camp in the late afternoon, allowing time to hike and relax before dinner. There is typically an informal evening class or discussion.

AFTER THE TRIP

— The trip ends in the early afternoon of the last day. At this time you say good-bye to your guides (except your head guide) and board a van, which will return you and your gear back to Galice.

The van trip takes about 3 hours, arriving back at Galice around 4 PM. It's a beautiful but windy drive: those prone to carsickness may want to be prepared with Dramamine and sit near the front of the van.

MEALS AND ALCOHOL

— NWRC provides all meals from lunch on the first day to lunch on the last day. Dietary restrictions and allergies can be accommodated with advance notice. Alcoholic beverages may be brought, preferably in unbreakable containers. For your safety, drinking alcoholic beverages on the river is not allowed.

FISHING

If you're interested in fishing you'll need a fishing license which can be purchased at the [Oregon Department of Fish and Wildlife web site](#). Please bring collapsible rods in unbreakable cases.

ROWING INSTRUCTORS

— Our rowing instructors have a deep appreciation for the rivers we run, and want you to enjoy your trip with them. They are happy to help you if you are an inexperienced camper or have questions about the river.

NWRC instructors are accomplished in outdoor skills and extensively trained in first aid and CPR. They have put in time learning and developing our whitewater rowing curriculum. In addition, they are mature, interesting people we think you'll enjoy.

GRATUITIES

— We are often asked if tipping is appropriate. Tips are certainly appreciated by your guides and are usually around 10% to 15% of the trip cost. Tips can be given to the head guide who will evenly distribute them between the guides and instructors.

Whether and how much you tip should depend on your satisfaction with the trip, your feelings about tipping, and your financial means.