

# Class III Safety & Rescue Trip Details

## BEFORE YOU HEAD OUT

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- ☐ Plan for the unexpected by purchasing [Travel Insurance](#)
- ☐ Complete your [trip registration](#) and [sign your release form on our web site](#)
- ☐ Watch our [pre trip safety talk](#)

## THE RENDEZVOUS

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### MEETING PLACE

Carter Bridge  
Upper Clackamas River  
near Estacada, OR

### MEETING TIME

9 AM on your school start  
date

## NWRC PROVIDES THE FOLLOWING

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- ☐ Lunches and snacks
- ☐ Wetsuits, paddle jackets, PFDs, and helmets (on request)
- ☐ Drysuits are available for rent
- ☐ Rescue equipment and throw bags
- ☐ Top notch instructors

## YOU ARRANGE THESE DETAILS

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

- ☐ Lodging and meals during the course
- ☐ Transportation to and from the Upper Clackamas River
- ☐ Proper clothing
- ☐ Instructor gratuities (see last page)



## COURSE SCHEDULE

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Our goal is to cover a variety of safety and rescue topics on and off the river. We'll generally begin at 9 AM each day and finish around 4 PM. Every safety & rescue course is a little different. This is a sample schedule that may change depending on the group skills, water levels, and weather.

**Day 1:** Classroom sessions on land that cover safety, knots, and mechanical advantage

**Day 2:** Riverside sessions about swimming, throw bags, flips, and foot entrapments

**Day 3:** Downriver sessions about team boating, setting safety, and swimmer rescue

## WEATHER

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Spring weather in Oregon can be unpredictable but is generally cool. You'll need to be prepared for a variety of weather conditions from cold and rainy to hot and dry.

## WETSUITS OR A DRYSUIT?

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We're often asked whether a wetsuit or drysuit is better for our rescue courses. As with many things, the answer is: *it depends*.

**You'll get the most out of this course if you're wearing a drysuit.** Staying dry helps you stay warm – especially during repeated in-water practice – and allows you to stay focused and fully participate throughout the day. While a wetsuit will work, it may leave you cold and less comfortable in certain conditions.

Each option has its pros and cons.

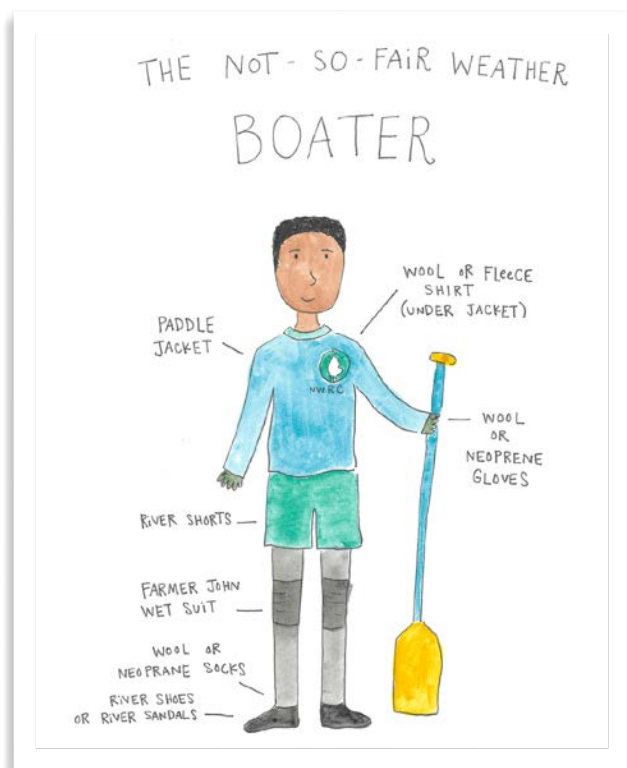
- **Wetsuits** are generally more durable and don't require the snug neck and wrist gaskets that can feel restrictive on drysuits.
- **Drysuits**, on the other hand, keep you dry and warm but can be more cumbersome to put on and take off. They also require careful handling—if a drysuit tears or the zipper fails, it can take on water and become a safety concern.

We're happy to provide wetsuits and paddle jackets free of charge, but please let us know in advance if you'd like to borrow one. If you're interested in renting a drysuit for the course, just let us know.



## PACKING LIST

Please be dressed for land based lessons and provide enough base layers to wear under a wetsuit or drysuit to keep warm when you are wet and inactive.



## EXTRA CLOTHING

The classroom sessions can be cold making extra warm clothing important.

- ☐ Warm jacket
- ☐ Waterproof jacket
- ☐ Beanie

## RIVER CLOTHING

- ☐ Wool or polypro shirt
- ☐ Wool or Neoprene Socks
- ☐ River Shoes

## RIVER GEAR

- ☐ Helmet\*
- ☐ PFD\*
- ☐ Wetsuit and Paddle Jacket\*
- ☐ Water Bottle with Locking Carabiner
- ☐ River Whistle

## OPTIONAL

- ☐ Drysuit (can be rented for \$100)
- ☐ Wool or neoprene Gloves
- ☐ Sunglasses with Strap
- ☐ Sunscreen

## OPTIONAL RIVER SAFETY GEAR

- ☐ Flip Line
- ☐ 2 Locking Carabiners
- ☐ River Knife
- ☐ Throw Bag
- ☐ Pulleys and Prussics

\* Available upon request



## LAYERING

Layering allows easy adjustment to quickly changing weather by adding or subtracting layers.

### POLYPROPYLENE (POLYPRO) OR FLEECE

These synthetic materials wick moisture away from the skin.

### 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 might be nice for some of our outdoor lessons. Coated nylon or breathable fabrics such as Gore-Tex are best.

### FOOTWEAR

You'll find instructors and fellow students in river shoes or wetsuit booties with soles. 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.

### WETSUITS AND PADDLE JACKETS

We're happy to provide them, but you'll need to tell us what size you'd like. Our wetsuits are 3mm farmer john style and can be worn over your polypro or wool shirt with a paddle jacket on top.

## RESPONSIBILITIES

All participants will be required to follow the safety policies and procedures of Northwest Rafting Company and its guides, as well as all other policies and procedures. NWRC reserves the right, in their sole discretion, to deny participation to any participant who engages in conduct that is considered by the guides to be unsafe, that risks the safety of other participants or guides, or that is inappropriate. All participants will be required to sign an agreement to assume all risks, a release of liability/agreement not to sue, and an agreement to indemnify in favor of Northwest Rafting Company.

## AFTER THE COURSE

The course ends around 4 PM on the last day. At this time we will start cleaning and packing up gear.

## MEALS AND ALCOHOL

NWRC will provide lunches each day. Breakfast and dinners are your responsibility. For your safety, drinking alcoholic beverages on the river is not allowed.

## GRATUITIES

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

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

## INSTRUCTORS

Our instructors are accomplished in outdoor skills and extensively trained in our rowing curriculum, river rescue, first aid, and CPR.