

Class III Safety & Rescue Trip Details

BEFORE YOU HEAD OUT

- Plan for the unexpected by purchasing [Travel Insurance](#)
- Complete your [trip registration on our web site](#)
- Sign your release form on our [web site](#)

THE RENDEZVOUS

MEETING PLACE

1879 Tucker Rd
Hood River, Oregon

MEETING TIME

9 AM on your school start
date

HOW TO GET THERE

If you Fly: The closest commercial airport is in Portland, Oregon (PDX). Renting a car is typically the best option but airport shuttles are sometimes available through [Columbia Area Transit](#).

If you Drive: Hood River is 58 miles east of Portland on Interstate 84.

WHERE TO STAY

Please make reservations well in advance. Below are two places we like and recommend.

BINGEN, WA

[The Society Hotel](#)
(509) 774-4437

HOOD RIVER, OR

[Best Western](#)
(541) 386-2200



NWRC PROVIDES THE FOLLOWING

- Lunches and snacks
- Wetsuits, paddle jackets, PFDs, and Helmets

YOU ARRANGE THESE DETAILS

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 Hood River, OR
- Instructor gratuities (see last page)

HOOD RIVER WEATHER

Spring weather in Hood River, Oregon can be unpredictable. You need to be prepared for wet, cool weather as well as dry and hot weather.

Summer and Fall are generally warm but a wetsuit or drysuit will likely still be required when we're in or around the river.

A portion of the course will be on land and a portion of the course will be on the river. Water temperatures are often cold so a wetsuit (provided) or a dry suit (optional) will be required.

WHAT TO EXPECT

Our goal is to cover a variety of safety and rescue topics on and off the water. We'll generally spend one day on land and two days on the river. One of the river days will be spent traveling downstream. For the day we are moving downstream you can optionally bring your own boat.

We will be getting in the river to practice whitewater swimming, raft flipping, and throw bag rescue. If you are timid to doing these things please know that they are not required but we'll strongly encourage you participate.

Most of the on land time will be spend doing hands on activities with a few lectures about safety and trip planning.

We'll generally begin at 9 AM each day and finish around 5 PM.



THE NOT-SO-FAIR WEATHER BOATER



RIVER CLOTHING

- Wetsuit*
- Paddle Jacket*
- Wool or Polypro Shirt
- Wool or Neoprene Socks
- Wool or Fleece Beanie
- River Shoes or River Sandals

RIVER GEAR

- Helmet*
- PFD (Life Jacket)*
- Water Bottle
- River Whistle

OPTIONAL RIVER SAFETY GEAR

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

OPTIONAL

- Dry Suit
- Wool or Neoprene Gloves
- Sunglasses with Strap

* Available Upon Request

Dry Suits can be rented through various outdoor stores and river suppliers. Alder Creek in Portland, Oregon may have drysuit rentals available.

THE FAIR WEATHER BOATER



PACKING PRO-TIPS

- 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.

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 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, 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.

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. 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.

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.

ROWING INSTRUCTORS

Our rowing instructors have a deep appreciation for the rivers we run, and want you to enjoy your trip with them.

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.