

Class IV Rowing School 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](#)
- Pay the final balance 60 days before the trip
- Watch our [pre trip safety talk](#)

THE RENDEZVOUS

MEETING PLACE

TBD
Hood River, Oregon

MEETING TIME

TBD

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

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

HOOD RIVER, OR

[Hampton Inn & Suites](#)
(541) 436-1600

HOOD RIVER, OR

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

There are many other options for places to stay in the Columbia Gorge. The Hampton Inn & Suites and Best Western are both nice places to stay and conveniently located for the course.

NWRC PROVIDES THE FOLLOWING

- Transportation to and from the river each day
- 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)
- Bring your raft or rent one from us

BOATS: RAFT AND CATARAFTS

You'll be rowing a raft or cataraft each day of the course. 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

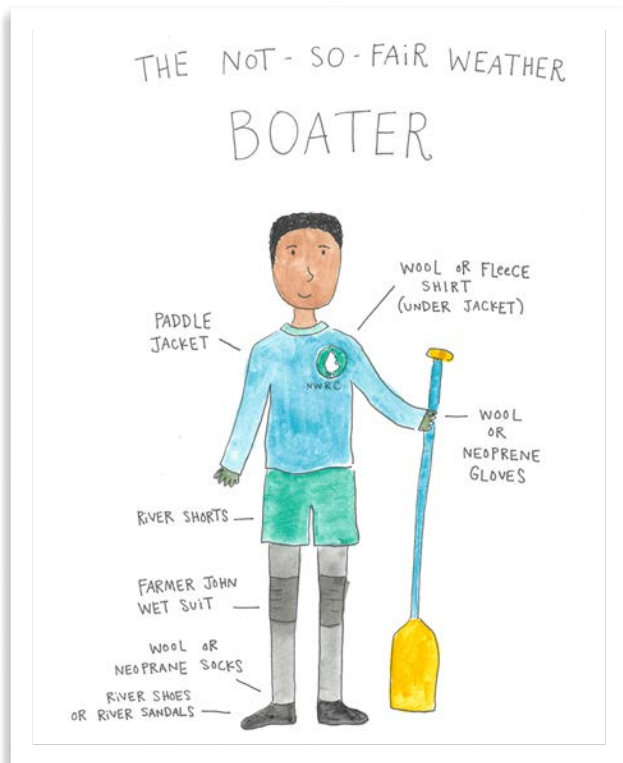
You are welcome to bring your own raft or cataraft for the course as long it is an appropriate whitewater craft. Smaller rafts, light weight frames, and simple set ups are best.

Before the course you'll need to inflate your raft and attach your frame. The morning of day 1 we will be reviewing boats and gear.



HOOD RIVER WEATHER

Spring weather in Oregon can be unpredictable. You need to be prepared for wet, cool weather as well as dry and hot. Water temperatures are often cold and appropriate river gear is important.



RIVER CLOTHING

- Wetsuit*
- Paddle Jacket*
- 2+ Wool or Polypro Shirts
- Wool or Polypro Pants
- Wool or Neoprene Socks
- Lightweight Wool or Polypro Shirt
- River Shoes or River Sandals

RIVER GEAR

- Helmet*
- PFD (Life Jacket)*
- Water Bottle with Locking Carabiner
- River Whistle
- Flip Line
- 2 Locking Carabiners

OPTIONAL RIVER SAFETY GEAR

- River Knife
- Throw Bag
- Pulleys and Prusiks

OPTIONAL

- Dry Suit**
- Bike Gloves for Rowing
- Wool or Neoprene Gloves
- Sunglasses with Strap

* Available Upon Request

** **Dry Suits** can be rented for \$150 but sizes are limited. Contact our office if you're interested in renting a dry suit.



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, 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 in the afternoon of 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

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