

## Class IV Rowing School Trip Details

### BEFORE YOU HEAD OUT

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- 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

### THE RENDEZVOUS

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#### MEETING PLACE

TBD  
Hood River, Oregon

#### MEETING TIME

8 AM on your school start  
date

We'll be staying at a vacation home in Hood River, Oregon and will send out the exact address a few weeks before the school. You are welcome to stay there the night before and night after.

### HOW TO GET THERE

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**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.

### NWRC PROVIDES THE FOLLOWING

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- Transportation to and from the river each day
- Breakfast, lunch, dinner and snacks
- Lodging the day before, during, and day after your school



## YOU ARRANGE THESE DETAILS

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

- Meals the night before and the night after your trip
- Personal clothing and other miscellaneous items
- Transportation to and from Hood River, OR
- Guide gratuities
- Bring your raft or rent one from us

## BOATS: RAFT AND CATARAFTS

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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. Smaller rafts, light weight frames, and simple set ups are best.

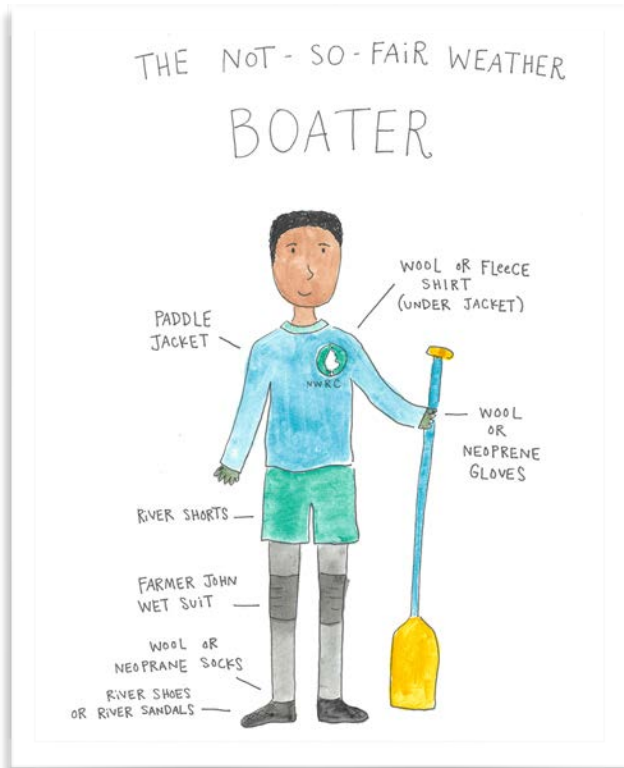
Before the course you'll need to inflate your raft and attach your frame. The morning of day 1 we will be reviewing boats and gear.



## HOOD RIVER WEATHER

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The 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 Gloves
- Wool or Neoprene Socks
- Wool or Fleece Beanie
- 2+ Shorts or Swimsuits
- Lightweight Wool or Polypro Shirt
- River Shoes or River Sandals
- Sunglasses with Strap

## RIVER GEAR

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

## OPTIONAL RIVER SAFETY GEAR

- River Knife
- Throw Bag
- Pulleys and Prusiks

## GENERAL CLOTHING/GEAR

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

## PERSONAL ITEMS

- Toiletries and Medications
- Sunscreen and Lip Balm

## OPTIONAL

- Dry Suit
- Bike Gloves for Rowing
- Beer, Soda, and Wine

\* 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 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

- 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'd 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.

### DRYSUITS

The weather can be cold and wet so you may want to consider bringing a drysuit. These can be rented through various outdoor stores and river suppliers. [Immersion Research](#) in White Salmon, Washington is 15 minutes from Hood River and has drysuit rentals available.



## PARTICIPANT RESPONSIBILITIES

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— 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

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— There will be a breakfast out at 8 AM on the first morning. We will sit down and discuss the course objectives, goals, and get things moving with a talk about gear.

## ON THE RIVER

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— The pace of the class 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 we will be on the way to the river around 10 AM.

There will be a stop mid-day for lunch and maybe a short class. There is typically an informal evening class or discussion.

## AFTER THE TRIP

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— The trip ends in the afternoon of the last day. At this time we will start cleaning and packing up gear. We will likely be around the house in the evening for final questions and discussions. Meals after lunch on the last day will be on your own.

## MEALS AND ALCOHOL

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— NWRC provides all meals from breakfast 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. For your safety, drinking alcoholic beverages on the river is not allowed.



## ROWING INSTRUCTORS

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— 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.

## GRATUITIES

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— 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.