

Hood River Private Instruction Trip Details

This is your course so please let us know if there is something in particular that you'd like to cover. We'll start the course by reviewing our "Whitewater Skills Checklist" and work on those skills and anything else you're interested in.

THE RENDEZVOUS

MEETING PLACE

TBD
(Usually [Hampton Inn](#))

MEETING TIME

9 AM on the first day

SUGGESTED LODGING

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

TENTATIVE SCHEDULE

We're more than happy to customize the instruction to your needs and find this schedule works well for most people.

Day 1 Morning: Discuss "whitewater skills checklist." Rafting and PPE equipment review and flat water warm-up.

Day 1 Afternoon: Half day on the water to practice river skills. Finish the day with an introduction to safety/rescue and practice flip.

Day 2: Spend most of the day on the river working on skills. We'll chose the section of river based on what you want to work on.

We typically begin at 9 AM and finish around 5 PM and will happily adjust the schedule based on your needs.

BOATS

We encourage you to train in your own boat if you have one. If you don't have a boat or want to try something new we are happy to rent one to you. Just let us know!

EQUIPMENT LIST

- Shoes that stay on your feet
- Sunscreen
- Water bottle with [Locking Carabiner](#)
- Lunch

OPTIONAL EQUIPMENT

- Your PFD and helmet
- Your [rescue/safety equipment](#)
- [Throw bag](#)

Check out our blog post "[Gearing up for River Training](#)" for equipment suggestions.

TEXTBOOK

We suggest reading [The Complete Whitewater Rafter](#) by Jeff Bennet before or after your course.