

# Pro Guide 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

9 AM on your school start  
date

## 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 easiest 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
- All meals
- Wetsuits, paddle jackets, PFDs, and Helmets
- Camping equipment (upon request)
- Top notch instructors

## HOOD RIVER WEATHER

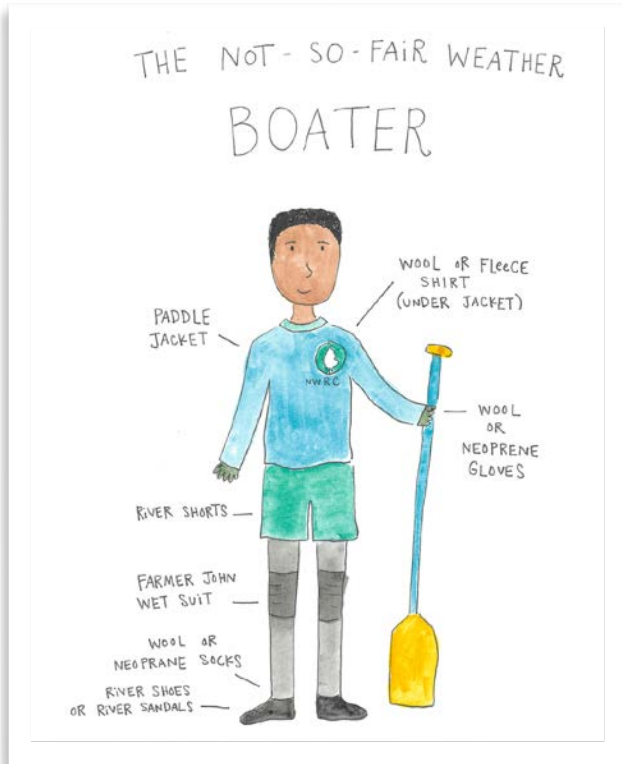
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Spring weather in Oregon can be unpredictable. You need to be prepared for wet, cool weather as well as dry and hot. Water temperatures are often cold and appropriate river gear is important.

## 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.



## ON RIVER GEAR LIST

### 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
- River Whistle
- Flip Line
- 2 Locking Carabiners
- Water Bottle

### OPTIONAL

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

\* Available Upon Request

**Wetsuits** are 3mm farmer john style and can be worn over your polypro or wool shirt with a paddle jacket on top.

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

### 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.

## OFF RIVER GEAR LIST

### CAMP CLOTHING/GEAR

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- 2+ Shirts
- 2+ Pairs of Pants, Shorts, Skirts, or Dresses
- Underwear
- Warm Jacket
- Rain Jacket and Rain Pants
- Camp shoes
- Plenty of Warm Socks
- Head Lamp or Flashlight

### CAMPING GEAR

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- Sleeping Bag
- Sleeping Pad
- Tent

### PERSONAL ITEMS

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- Small Camp Pillow
- Toiletries and Medications
- Sunscreen and Lip Balm
- Insect Repellent

### OPTIONAL

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- Bike Gloves for Paddling
- Biodegradable Soap and Shampoo
- Sun Shower and Small Towel
- Book or Notebook
- Small Day Pack
- Dramamine for Van Rides