

## **Deschutes White Water Raft Trip / WOU Field Course**

### **What to Wear**

Shorts, t-shirts and sport sandals or tennis shoes are usually suitable for summer river trips.

NOTE: As part of the WOU Field Geology Course you will be hiking from the raft / camp on uneven and steep ground. Puncture vine and cheat grass are prevalent in central Oregon. Please make sure you bring sturdy hiking boots along on the raft portion of the trip (a pair of water sandals for the raft and sturdy boots for your personal water bag).

While most days are typically very warm and sunny, some days and evenings can be cool. Therefore, each person should bring a sweater and wind breaker or rain jacket. Synthetic pile or wool sweaters are recommended, as cotton will not work as an insulator if wet. Please bring secure river sandals, or tennis shoes for your feet. Those with sensitive feet may want to bring wool socks or wet suit booties. Also, be sure to bring a strap for your eyeglasses or sunglasses. All of your clothing will get wet. Be sure to bring an extra set of clothes and your personal gear. In packing your personal gear please keep your needs to minimum. Plan according to possible weather conditions and the length of your outing. If your personal gear will not fit in a reasonable size gym bag you have too much and you will need to leave something behind. We will need to prepare for transporting all personal gear and camp equipment in the rafts. An old hat to keep the sun off your face is a very good idea, but remember, it may end up in the river.

### **Expectations for River Trips**

Safety is of the utmost importance when making a River Run. The rafts and equipment are of the highest quality and will serve you well when used in the proper manner.

**Life Jackets.** Life jackets are to be worn at all times by clients and staff while on the river. The jacket is designed to keep you afloat in calm and/or rough water. It is designed to keep your head and face out to the water without swimming. Life Jackets are the most important lifesaving device that you will use. Treat your life jacket carefully.

**Swimming.** Swimming will be done only at specified times. Times and places will be decided by the guides. Life jackets will be worn when swimming.

**In the Raft.** In the raft it is important to listen to the directions from the guides. In the raft it is important to not interfere with the guide or other paddlers. This is a group effort and everyone must perform as well as they are able.

### Questions Anyone?

#### **Is the River Trip All White Water?**

No – and most of the rapids are fairly short in length, interspersed with quiet stretches where current carries you along at a comfortable 3 to 6 miles an hour.

#### **Do I Have To Be A Good Swimmer?**

To be able to swim is helpful, but is not really needed for a safe and enjoyable trip. You will be wearing a Coast Guard approved Life Jacket at all times.

#### **Will We Encounter Rattlesnakes And Annoying Insects On The Trip?**

Encounters with rattlesnakes are rare, as these creatures make every effort to keep away from man. Insects are easily controlled with a good repellent, and river breezes help keep them at a minimum.

**Must I Be An Athlete To Participate As A Team Member Of A Paddle Boat?**

No – paddling does involve some physical effort and modest coordination, but the activity is well within the physical capacity of an average person. Desire is much more important than physical prowess.

**Must I Have Fun On The River?**

Yes.