

Whitewater Rafting 3-Day Experience

Tuesday-Thursday, March 23-25, 2010

Schedule and Packing List

Experience the beauty of Salt River Canyon from a vantage point like no other. Youth (ages 11-18) and adult leaders are invited to spend three days rafting through class III-IV rapids on the Salt River.

This isn't your average rafting vacation. You will get an up close and personal view of all things river, including the basics of river hydrology, paddling techniques, river rescue, and outdoor medicine. Participants will also study the geology and cultural history of Salt River Canyon and the specific issues affecting local flora and fauna.

We will be camping in a primitive location next to the river. We will return to the same camp each night.

Schedule

Day 1: All Things River

Arrive at the Salt River ~ 9:00 a.m.

Set up camp

Welcome to the Salt River presentation

Lunch (bring your own sack lunch)

Fit Gear

Up close and person introduction to the river (prepare to get wet!)

Back to camp

Day 2: Rafting

River lesson (geology, water hydraulics)

Safety lesson

On the water ~10:00 a.m.

Side hike to Fork-tongue falls

Lunch

River Outfitters presentation

Off the water ~3:00 p.m.

Shuttle back to camp

Day 3: Raft/hike to Cibecue Falls

Pack Camp

On the water by 9:00 a.m.

Lunch

Hike to Cibecue Falls (~4 miles round trip, stream crossings abound)

Shuttle back to commercial river headquarters

Clean and stow gear and head home!

Packing List

River Clothes

Swim suit/shorts (worn under a provide wetsuit)
Tennis shoes (that can get wet)
Brimmed hat (e.g. ball cap)
Waterproof sunscreen
Water bottle

Camp Clothes

Rain jacket and pants or good quality poncho (no thin ponchos)
Warm jacket (winter weather style)
Wool sweater or sweatshirt x 2
t-shirt x 2
Jeans or other heavyweight pants x 2
Stocking cap
Warm pajamas (long sleeve shirt and sweat pants are great)
Socks x 2
Comfortable shoes (these are in addition to your river shoes)

Personal Gear

Tent (can be shared)
Sleeping pad
Sleeping bag (rated to <20°)
Eating bowl and utensil
Warm drink cup
Toiletries (toilet paper, toothbrush/paste, feminine hygiene)
Prescription medications (please inform the trip leader that you have these)
Extra contacts/eyeglasses
Day pack/fanny pack
Headlamp/flashlight with extra batteries

Optional

Writing utensil/journal
Camera (waterproof with a strap if you plan on taking it on the river)
Anti-bacterial jell/hand wipes
Ziplock-style bags
Book
Sketching pad
Camp chair