



# South Fork American River

Participant Trip Packet



# WHITewater RAFTING

This is a full day of whitewater rafting on the South Fork of the American River.

<b>AREA DESCRIPTION</b>	The South Fork American is one of the country's premier recreational and historical rivers. Known as one of the most popular commercially rafted rivers in California, the South Fork has natural beauty and whitewater rafting for almost everyone. This is a class III river which means that the rapids are exciting and require trained guides to navigate, but are relatively low risk.
<b>SPECIAL CONSIDERATIONS</b>	<b>Outdoor Adventures DOES NOT provide transportation to the river (less trip offering states otherwise). Participants must find their own ride to the meeting location. No public transportation is available to the area. We can not assist with finding carpools.</b>
<b>ONLINE RESOURCES</b>	<a href="http://American-Rivers.com">American-Rivers.com</a> <a href="#">Directions to Camp Lotus from Davis, CA</a> <a href="#">Directions to Salmon Falls from Davis, CA</a>
<b>DRIVING TIME</b>	<b>1 hours 30 minutes</b>
<b>MEDICAL CONCERNS</b>	To assist Outdoor Adventures staff in providing the most safe and inclusive experience possible, please alert us of any medical (including allergy) concerns that you may have by emailing <a href="mailto:oaland@ucdavis.edu">oaland@ucdavis.edu</a> .
<b>ACCOMMODATIONS</b>	Outdoor Adventures is committed to creating a space where people of all abilities can enjoy our programs. If you require any accommodations to allow you to enjoy our outdoor adventure experiences, please contact us at <a href="mailto:oawater@ucdavis.edu">oawater@ucdavis.edu</a> and we will try our best to help. Due to our trips being in wilderness locations, we may not be able to accommodate all participant needs.

# BASIC RAFTING TRIP ITINERARY

Between 8:00am & 9am	Meet at designated meeting location
	Opening Circle
	Shuttle to starting location
	Prepare Equipment and Safety Talk
	Get on the River
	Riverside Lunch
Between 4pm & 5pm	Get off of river - where cars are parked

\*while we aim to be off of the river by 5pm, factors outside of our control can delay our arrival time.

## FOOD CONSIDERATIONS

**Outdoor Adventures does NOT provide food on any of our day trips.** We recommend that participants bring a hearty lunch and plenty of snacks. Refrigeration is not available during the trip, so please plan accordingly. We recommend placing your lunch in a tupperware container or similar to avoid it being crushed while on the water. We will put all lunches in a water-proof bag that will go on the river with us. This bag will only be accessible at the lunch location. Other snacks can be given to your guide for easy access throughout the trip.

# PACKING LIST

## CLOTHING

### Feet

- Tennis shoes or sandals with an ankle strap (no flip flops or crocs)

### Lower Body

- Swimsuit
- Nylon shorts

### Upper Body

- T-shirt or sun hoody (synthetic materials are best)
- Sun Hat
- Sun Glasses w/ leash

## MISCELLANEOUS

- Water Bottle(s) (Reusable preferred)
- Medications
- Sunscreen
- Lunch/Snacks
- \$10 Cash for Parking

## OPTIONAL

- Change of clothes for drive home (leave in car)

## DO NOT BRING

- Cotton clothing (If possible. This includes jeans.)
- Drones
- Weapons including knives and hatchets
- Drugs or alcohol

## OUTDOOR ADVENTURES PROVIDES

- ★ All necessary rafting equipment
- ★ First Aid Kit
- ★ Satellite Communication Device

# CONDUCT

All Outdoor Adventures participants are expected to follow our rules of conduct while on a trip. Participants who do not follow these rules could be removed from the activity. Participants who are removed from a trip will not receive a refund.

1. Participants are expected to arrive to the meeting location (typically Outdoor Adventures Lodge) prepared and on time.
  - a. Participants who are more than 30 minutes late will be considered a “no show”.
2. Drugs and alcohol are strictly prohibited on Outdoor Adventures trips. This is a zero tolerance policy.
3. Participants must follow all instructions communicated by Outdoor Adventures guide staff.
4. Participants must treat guide staff and other participants with respect and refrain from using language that could cause emotional harm.
  - a. This includes speech which could be considered racist, sexist, homophobic, anti-semitic, or bullying.
5. Participants must stay with the group at all times, or tell their guides if they are going somewhere alone.
  - a. There are very few times when participants will be allowed to travel alone. This is a safety measure.
6. Participants are expected to act in the best interest of the group as a whole, never causing unnecessary risk to themselves or others.

# WHITewater RAFTING

Whitewater Rafting has inherent risks which may cause injury or death. Below is a list of these risks, ways to avoid them, and possible treatment if injury does occur.

<b>Risks</b>	<b>Prevention</b>	<b>Solution/Treatment</b>
<b>Strains, sprains, or broken bones</b>	Use proper paddling technique while on the water. Follow all safety instructions. Watch footing while walking on land.	Inform guide staff of injury for assistance. Guide staff may provide 1st aid, or recommend evacuation if injury is more severe.
<b>Sore muscles</b>	Stretch before and after activity. Drink plenty of water.	Inform staff of discomfort for assistance.
<b>Dehydration</b>	Drink plenty of water. Bring multiple water bottles. Alert guide staff when water bottles are getting close to empty.	Rest and slowly drink water, preferably in the shade. Inform guide staff as soon as symptoms are present.
<b>Sunburn</b>	Bring plenty of sunblock on your trip and reapply regularly. Wear lightweight clothes and hats to reduce exposure to the sun.	Wear clothing that covers your arms and legs to prevent further burn. Apply aloe lotion or other topical treatment. Stay out of the sun for extended periods of time. Alert your guides.
<b>Hypothermia</b>	Wear layered, non-cotton, clothing. Drink plenty of fluids, and eat plenty of food.	Inform guide staff of any discomfort caused by the cold.
<b>Scrapes and cuts</b>	Watch out for branches or thorny bushes while on land. If in the water, keep feet up, and arms out. Do not get out on land unless instructed to do so.	Inform guide staff of injury for assistance. Guide staff may provide 1st aid, or recommend evacuation if injury is more severe.
<b>Allergic Reactions</b>	Alert guides and participants of any allergies that you have.	Inform guides as soon as an allergic reaction begins to occur. If you use an EpiPen, make sure it is within reach at all times and that guides are aware.
<b>Death or serious injury</b>	Listen to guide staff. Notify staff of any physical or emotional concerns. Follow safety instructions.	