



Camp and Raft

Participant Trip Packet



WHITEWATER RAFTING

This is a full day of hiking and camping followed by whitewater rafting on the South Fork of the American River.

AREA DESCRIPTION	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.
ONLINE RESOURCES	American-Rivers.com Directions to Camp Lotus from Davis, CA Directions to Salmon Falls from Davis, CA
DRIVING TIME	1 hours 30 minutes
MEDICAL CONCERNS	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 oaland@ucdavis.edu .
ACCOMMODATIONS	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 oawater@ucdavis.edu 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 TRIP ITINERARY

DAY 1	
9am	Meet at designated meeting location (typically Outdoor Adventures Lodge)
	Opening Circle
	Drive to Camp Lotus
	Set up camp and get ready for a hike
11:00am	Hike around the beautiful foothills
	Lunch
Between 4pm & 5pm	Get back to camp
	Dinner
10pm	Quiet Hour
DAY 2	
7am	Breakfast
8am	Pack up camp
9am	Head up to the put-in point for rafting
10:30am	Get on the river!
12:30pm	Riverside lunch
2:30pm	End rafting
4pm	Return to Davis

*times listed are estimates and may change

FOOD CONSIDERATIONS

Most meals are provided by Outdoor Adventures. We work hard to be able to accommodate all dietary needs, however, participants who have many dietary restrictions should bring supplemental food items. Speak with your guides during the pre-trip meeting if you have any concerns.



Meals provided on a 2 day trip:

Day 1: Dinner

Day 2: Breakfast, Lunch

Meals NOT provided

Day 1: Breakfast, Lunch

Outdoor Adventures is a participation based program. Participants will be expected to help cook meals and also clean group dishes.

PACKING LIST

RIVER 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

*Wetsuits are required October, April and May. All wetsuits will be provided by Outdoor Adventures

CAMP CLOTHING

Feet

- Socks
- Hiking boots, athletic shoes, or sandals

Lower Body

- Pants
- Light weight shorts (warmer months)
- Long underwear (synthetic or wool for cooler months)
- Rain pants (if weather necessitates)
- Underwear

Upper Body

- T-shirt
- Long underwear (synthetic or wool for cooler months)
- Mid weight fleece jacket (for cooler months)
- Warm jacket (if weather necessitates)
- Beanie or fleece/wool hat
- Rain Jacket or Poncho (if weather necessitates)
- Sports bra/ Halter top
- Gloves

MISCELLANEOUS

- Medications
- Sunscreen
- Prescription eyeglasses or contacts

- Toiletries (toothpaste, tooth brush, etc)
- Snacks

OPTIONAL

- Camera
- Cards/Games
- Recreational book/ Kindle
- Journal

DO NOT BRING

- Text books
- Blow Dryers or other electric hair care devices
- iPads or expensive electronics
- Drones
- Weapons including knives and hatchets
- Drugs or alcohol

OUTDOOR ADVENTURES PROVIDES

- ★ Camp kitchen
- ★ Camping equipment
- ★ All 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.

Risks	Prevention	Solution/Treatment
Strains, sprains, or broken bones	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.
Sore muscles	Stretch before and after activity. Drink plenty of water.	Inform staff of discomfort for assistance.
Dehydration	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.
Sunburn	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.
Hypothermia	Wear layered, non-cotton, clothing. Drink plenty of fluids, and eat plenty of food.	Inform guide staff of any discomfort caused by the cold.
Scrapes and cuts	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.
Allergic Reactions	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.
Death or serious injury	Listen to guide staff. Notify staff of any physical or emotional concerns. Follow safety instructions.	