

## Rafting Trip FYI

- The bus will depart Oceanside High School at 5:15am. Please, be prompt to avoid being left behind.
- All participants are required to sign and return the attached liability release form.
- Please, check the Class Trip sheet, posted on the senior bulletin board, to see if you have earned a free trip or owe \$25, \$50, or \$75. **All money is due May 11<sup>th</sup>.**
- Please, provide your t-shirt size, if it is not already noted on the list, by May 11<sup>th</sup>.
- Start with a bathing suit and add on: fleece, wool or synthetic top, socks, (NO COTTON, it gets wet and it gets cold) a wind breaker or paddling jacket, hat and shoes that will stay on such as sneakers or secure sandals.
- Bring sunscreen, sun hat, you will be on the river for several hours.
- Bring bug repellent (a must in early June)
- Your trip includes lunch; let us if you have any special needs or allergies.
- Bring a bottle of water to stay hydrated.
- Guides have a dry bag for any special medication or food you may need bring it along.
- If you wear glasses you'll need something to hold them on. We sell eye glass straps.
- Wet suits will be provided.
- You will get wet! All trips are rain or shine.
- An average river trip is 3 to 4 hours on the river. Some longer, some shorter.