

## What to bring

- Appropriate watercraft and paddle for the type of trip, life vest (PFD), and whistle for all paddles
- A helmet for Class II whitewater and above
- Beverages (especially a bottle of water) and lunch unless otherwise designated
- If water/air temperatures are cooler, rain gear and a change of clothing in a dry bag and/or vehicle
- Wetsuit, neoprene clothing items, or drysuit when combined air and water temperatures are below 130 degrees
- Sunscreen, insect repellent, sunglasses, hat, or any other items that will make you more comfortable

## Paddler Responsibilities

- If it is required or suggested, notify the trip organizer in advance of your intention to attend per trip instructions. Note that trips may be cancelled if nobody notifies the trip organizer, and put-in locations or times can change. Thus, it is in your best interest to RSVP for any trip you plan to attend.
- Show up on time for a paddle and quickly get ready to do the shuttle. Times mentioned in trip descriptions are for the start of the shuttle process, so you will need to be at the put-in at least 15 minutes prior to that time to avoid delaying the shuttle.
- Sign the trip roster/waiver form.
- Ask for assistance if you want help unloading or loading your canoe/kayak at trip start/end.
- Offer to help others once your boat and gear are unloaded/loaded.
- Know where the take-out is or paddle near somebody who does know.
- Display responsible behavior for yourself and be respectful and helpful to others.
- Be a good sport. Accept that unanticipated things can happen, whether it be weather, unanticipated river hazards such as newly downed trees with need to maneuver or portage, muddy take-out, etc.
- If in doubt, don't. If you question your ability or think a trip's difficulty may be stretching your limits, you are best off doing other trips that best suit your ability and comfort. This is not only for your well-being and safety but also for the trip organizers and the other paddlers on the trip.
- If a trip is listed as exploratory, do not attend if unknown and unpredictable circumstances are likely outside your physical or psychological comfort zone.
- Take your responsibility seriously to play a role in making our outings a welcoming and pleasant experience for others.