White Water Kayaking

DATES: Sunday, September 28
Mandatory pre-trip pool session: Weds. 9/24 at 9PM at the indoor pool (in the field house), come dressed to get wet!
*River locations subject to change due to flow
MEETING LOCATION: We’ll meet in H-Lot on Sun. at 6:30 AM sharp on 9/28.

General Info: Start the spring off right with an adrenaline pumping kayak trip. Trip location will be determined by water levels. Open to all skill levels, we’ll provide expert instruction to help you learn the skills you need to navigate the rapids. All equipment and transportation is included.

On Weds. 9/24 we’ll meet at the indoor pool at 9PM for a mandatory kayak pool session where we’ll go over wet exits and other basic skills. Come dressed to get wet!

What to wear/bring: Please see attached equipment list.

Instructions for completing the following paperwork:

Please complete the following Medical Information form and Liability Waiver. Once completed, you can drop them off at the Rec. Center Front Desk or you can email them back to outdoor.adventures@unh.edu. Please submit your completed forms as soon as possible.

Please send any questions to this email also.

Thanks for joining us for an adventure!
Whitewater Kayaking
Equipment List

This clothing list is intentionally specific because we want you to be safe and to enjoy the out of doors. It's best to be prepared for cold and wet, no matter what the weather forecast. It is better to dress with layers so that you can regulate your temperature based on your activity level and changes in the weather. We require synthetics for you paddling clothes. Fabrics include polypro, thermax, capilene, and brands like under armor and other non-cottons or wool because these materials retain their insulating qualities when damp whereas cotton does not. Dressing according to this concept will increase the quality and enjoyment of your outdoor experience.

Contact us for more information: outdoor.adventures@ unh.edu or 862-1577

Many of the items below are available to borrow free of charge from Outdoor Adventures, just email us to check availability and reserve items.

OA will provide helmets, wetsuits and booties! If you have your own, feel free to bring them!

Upper Body
- 2 long underwear tops (synthetic propylene, not cotton!)
- 2 insulation layers (expedition weight long underwear, fleece jacket, wool sweater or fleece vest)
- 1 t-shirt (lightweight synthetic)
- 1 raincoat (must be waterproof and fit over other layers)

Lower Body
- 2 pair long underwear bottoms (synthetic propylene, not cotton)

Head and Hands
- 1 pair of neoprene gloves
- 2 warm hats (fleece or wool)

Feet
- 2 pair wool socks (thick wool or wool-blend)

Personal Gear
- 1 small day pack (for your extra layers, snacks, to be held on lap, behind your seat or between your legs for easy access when paddling)
- 2 1-quart water bottles (at least one must have reliable, leak-proof screw lid)

Personal Maintenance Kit
- chapstick, sunscreen (waterproof, SPF30 recommended)

OA Will Provide:
- Wetsuit
- Neoprene Booties
- Neoprene Gloves
- Splash Jacket
- Boat
- Paddle
- PFD
- Spray Skirt
- Group Camping Equipment
What to Wear:

Two keys to dressing for an enjoyable outdoor experience:

1. Layers: Dressing with multiple layers instead of one allows you to adjust to different levels of exertion. You’ll be cool while hiking, warm in camp and toasty in your sleeping bag.

2. Anything but Cotton: As the saying goes, "Cotton is rotten!" It may be comfortable but cotton won’t keep your warm when you get wet, while wool, fleece, capilene, and other synthetic materials will. So leave the sweatshirt behind and take a fleece jacket or a wool sweater instead. The same goes for cotton socks (asking for blisters!) and jeans. Some brand name synthetic materials that are good cotton replacements are: Capilene, Thermamax, Bergelene, Duofold, MTS2. The two exceptions to the non-cotton rules are cotton t-shirts and underwear.

Three levels of layering:

1. Inner Layers: These thin non-cotton base layers are worn next to the skin. Long underwear from any outdoor store will do.

2. Insulating Layers: Warm, thick layers that are worn in camp and to sleep. Examples are fleece jackets or pants, expedition weight long underwear, fleece vests and wool sweaters. Puffy jackets work too. Down is ill advised in any season but winter because it loses all of its insulating value when wet.

3. Outer Layers: The most important outer layer will be your waterproof raingear. Waterproof, breathable fabrics like GoreTex are comfortable and work well but the common, inexpensive coated nylon raincoats will keep you dry. Many people also include quick-drying nylon layer like windpants.

Where to Get It:

Around Durham:
EMS on Arthur Brady Drive in Newington will be able to provide anything you are missing from your equipment list. They can be quite expensive but keep your eye out for sales, especially at the end of a season. Well cared for gear will last 10+ years. Other local stores Dicks Sporting Goods in Newington, and the Kittery Trading Post in Maine. There are also a few local ski shops that will carry some items like long underwear.

Online:
REI's website (www.rei.com) has lots of options and some great advice on choosing gear (see the expert advice section). Their outlet store (www.rei-outlet.com) also has great deals. Other websites to look through are Campmor (www.campmor.com), www.moosejaw.com and www.mgear.com.

Budget:
A trip to any of the local thrift stores (Savers in Newington, Goodwill in Dover, and several places in Portsmouth) can turn up very cheap wool or fleece layers. The REI Outlet (www.rei-outlet.com) also has great deals on clothes. Don’t forget the cheapest way to find those extra pair of mittens or long underwear is always to ask around and borrow some from a friend.
This medical form provides us with information required for course management and emergency situations. By requesting this medical history, we do not imply that we have the expertise to assess your physical condition, or your ability to participate safely in this program. **If you have any doubts about your ability to participate in this program, please consult with your physician.** Please complete fully so that instructors can adjust program activities as needed to meet your needs and manage your participation and the participation of others. This information is confidential and will be shared only as needed with trip leaders, instructors and medical care providers.

### Participant Information (required)

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### Emergency Contact Information (required)

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### Medical Insurance Coverage (required)

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### Personal Physician

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### Allergies:

Do you have any allergies (e.g., bees, drugs, foods, etc.)? Describe the nature of your allergic reactions.

### Dietary Needs (only for trips where food is provided):

### Chronic Illnesses:

List any (e.g., diabetes, asthma, etc.) and suggest any helpful activity modifications.

### Physical Condition/Ability:

List any physical or ability considerations and suggest any helpful activity modifications.

### Medications:

Are you taking any medications? If so, what are they? What are they for?

### Injuries:

List any injuries (e.g., dislocations, sprains, etc.), indicate severity, and identify when they occurred. Have you fully recovered from this injury?

### Physician:

Are you currently being treated by a physician (or have been in the past year)? Have you been hospitalized within the past year? If so, please explain.

### Concerns:

Do you have any special needs or concerns about your access to or participation in this program that you would like the Outdoor Adventures staff to be aware of?

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I have reviewed this entire form and have verified that all information is given fully and truthfully. To the best of my knowledge, I am physically fit and able to safely participate in this program. I hereby consent for myself or the child/minor of whom I am guardian to receive medical treatment, if an illness/injury is incurred while participating in the aforementioned activities.

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<th>Parent/Legal Guardian’s Signature (if participant is under 18 years old)</th>
<th>Parent/Legal Guardian Name (printed clearly)</th>
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PARTICIPANT RELEASE AND WAIVER OF LEGAL CLAIMS

Outdoor Adventures ♦ University of New Hampshire Department of Campus Recreation
128 Main St. Durham, NH 03824 ♦ 603-862-1577 ♦ campusrec.unh.edu/outdoor

THIS IS A LEGALLY BINDING AGREEMENT. PLEASE READ THIS ENTIRE DOCUMENT CAREFULLY.

By signing this agreement you are releasing and waiving potentially valuable legal claims and giving up your right to bring any form of action, legal or otherwise, to recover compensation or obtain any other remedy for bodily injury to yourself or damage to your property or for your death however caused arising out of your participation in the UNH Outdoor Adventures activity identified below, now or any time in the future.

This is to certify that I ___________________________________________, am fully aware that certain risks and dangers may exist during the ____________________________________________ activity offered by the Outdoor Adventures program of the University of New Hampshire. I realize and acknowledge that these include but are not limited to risks and dangers of motor vehicle travel, exposure to the forces of nature, varying weather conditions such as severe heat and cold, exposure to insect-borne illnesses, travel in mountainous terrain, water-based travel with changing water levels and current, foot entrapments, other recreational traffic, and possible accident or illness in places remote from any medical facilities. I also understand Outdoor Adventures programs leaders do not necessarily carry radios or cell phones, and during this program we may travel in areas where these devices do not work reliably or at all.

I agree and acknowledge that my participation in this Outdoor Adventures program is entirely voluntary. I hereby assume all risk of bodily injury, death, and damage to my property during the course of the said activities. I do, for myself and if applicable the minor named below, agree that in no case will I present or prosecute against the University of New Hampshire, any of its trustees, officers, agents, employees, or specific site owners who may be working in conjunction with the University, any action, legal or otherwise, seeking to obtain compensation for bodily injury, death or property damage suffered by me or done to my property arising out of my participation in and/or presence at the aforementioned activities and travel to and from sites. Whether the same be occasioned by the negligence or other fault by the Outdoor Adventure Program or any and all others who are involved, I do agree further for myself and/or my spouse, and son/daughter/minor, to hold the University of New Hampshire, its trustees, officers, agents, employees, and affiliates, free and harmless from and against any and all claims, by whomsoever made or presented, for damages or compensation from any and every such bodily injury, death, or property damage suffered by me including but not limited to superficial injuries, sprains, fractures, paralysis, or death. I hereby certify, represent, and warrant that I am at least 18 years of age and fully competent to execute this agreement and bind myself to each and every one of the terms and conditions set forth herein.

I have read and fully understand the above acknowledgment of risk, release / indemnification and covenant not to sue. I have signed this document of my own free will, and agree to the terms outlined herein.

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