

Welcome!

ARTA's 7 day Junior Whitewater School is a wonderful introduction to whitewater rafting and wilderness camping as well as an opportunity for exploration, discovery, and growth. The school will take place on the Green River as it cuts through Desolation and Grey Canyons in eastern Utah. The Green is perfect for learning the basic elements of whitewater navigation as it starts out calm and gentle then builds in difficulty as the trip progresses. The canyon, too, is well-suited for learning and offers numerous opportunities for hiking and exploring.

Instruction will cover many aspects of whitewater navigation including rowing, paddle-captaining and inflatable kayaking. Training will also be provided in whitewater safety, repair, rigging, cooking, and minimum impact camping. In addition to and perhaps more important than these technical skills, students will also develop teamwork, decision-making, interpersonal, leadership, and risk-assessment skills in a supervised, wilderness setting. Our goal is to act as positive role models and to foster a fun and friendly environment in which each student can gain self-confidence, independence, and maturity.

Meeting Time and Place:

An ARTA representative will meet students at the arrival area of the Salt Lake City airport between 1:00 and 4:00 on the afternoon of Saturday, June 18th, 2011. Look for an ARTA T-shirt and a smiling face. Please make flight arrangements to arrive during this timeframe and please put the arrival time and airline information on your Guest Information Sheet. If you have other travel arrangements, please contact our office for an alternative meeting time and place.

Departure Information:

At the conclusion of the school, students will be transported to the Salt Lake City airport for return flights. Arrival time in Salt Lake City will be around 2:00 PM on the afternoon of June 25th, 2011. Please make return flight departures for between 4:00 and 7:00 PM on the 25th.

Transportation:

Flying: Delta, United, Southwest, and most major airlines have direct service to Salt Lake City. ARTA will provide van transportation from the Salt Lake City airport to the river and from the river back to the airport. If you will not be arriving or departing by plane, please contact our office for alternative arrangements.

Itinerary:

Day before the trip: We will meet at the Salt Lake City airport between 1:00 and 4:00, then drive to the actual launching spot at Sand Wash on the Green River. Here we will have dinner, go over trip parameters and goals, and get to know each other. We will camp at the launch site.

Day 1: An early and busy morning during which we will learn knots and rigging and go over safety procedures will lead to a relaxing afternoon in the boats floating downriver. There are no rapids on this day, giving us time to learn basic navigation techniques and become comfortable in the boats. Camping will be at an undeveloped site along the Green.

Day 2- 6: We will continue down the Green working on ferry angles, turns, pivots, and eddy-catching. The rapids will increase in difficulty and our skills will be challenged daily. In addition to whitewater instruction, we will take time each day to learn about other aspects of wilderness camping and the unique high desert environment of the Green River. We will hike to abandoned ranches, explore ancient cultural sites, and play games on the expansive sand bars of the Green River. The students and instructors will be divided into groups with each group having specific responsibilities for the day. Students will be involved in setting up and taking down camp, preparing meals, washing dishes and caring for the equipment. The days will be busy, but not strenuous. Evenings will include a combination of structured and unstructured time.

Day 7 - An early morning wake-up will get us to take-out before noon. We will de-rig the rafts, load the trailer and head to Salt Lake City to catch afternoon flights back home. See **Departure Information** section for details about flight times.



Being Prepared

Whitewater School weather is notoriously inclement, (we call it character-building). Your comfort during the school will be greatly enhanced if you come prepared. **DO NOT SKIMP ON THE EQUIPMENT LIST!** We require that all students have at least one thick, polypropylene, fleece top, at least one pair of polypropylene long underwear bottoms or fleece pants, and a sturdy set of waterproof rain gear, (jacket and pants). Fleece garments (commonly called Polartec or Polarfleece) retain their insulation even when wet and are ideal for river wear. A waterproof rainshell or paddling jacket and rainpants will keep you dry on the river and in camp if it rains - make sure it is waterproof, not just water-repellant. Also, fleece socks, (not cotton!), and a fleece hat will help keep you warm on really cold days and a good pair of cycling gloves, (fingerless with leather palms), will help protect your hands from blistering.

Your feet will be getting wet every day, and your shoes must stay on when you go swimming, so sandals with a heel strap, (Chaco's, Teva's, Keen, etc.) work the best. Those with buckles work a little better than those with velcro. A pair of sneakers that can get wet also works fine. Flip-flops or slip-on sandals are great for in camp, but not for on the river.

Mosquitoes can be an issue, particularly on the first 2 or 3 days of the school. We recommend good bug repellent and a mosquito-netting hood (try campmor.com) for each student.

You will be spending 7 days outside, in the river, rain, and sun; your enjoyment of the school will be greatly enhanced if you are properly prepared. Good quality river gear can be found at rei.com, rivertraveler.com and campmor.com. If you have questions, or can't find something, please feel free to give us a call.

Rental Equipment:

ARTA has the following gear available for rent during the school, (please reserve in advance):

- ♦ 35° Sierra Designs polarguard bag with cotton liner, self-inflating pad and tarp = \$30/set
- ♦ Free-standing, 2 person tent = \$30/tent

Weather:

The weather in the high desert country of Utah in late June is unpredictable. You will need to be well prepared for rainy and sunny days. Rainy days will be cool (in the 60's), and the sunny days will be warm, (in the 80's). A fleece sweater, paddling jacket, pile hat, and good rainshell for camp will take care of the rainy days; a hat with visor, sunglasses and shorts will take care of the sunny days. The river temperature is in the 60's.

Insurance:

We strongly recommend that you purchase short-term travel insurance prior to your trip. Contact USI Travel Insurance Services (www.travelinsure.com or 800-937-1387) for more information.

Included/Not Included:

All meals from dinner on the arrival day to lunch on the departure day will be provided, as well as all transportation during the workshop, all cooking facilities and all instructors, guides, and helpers for the school. Also included is the use of the rafts, waterproof bags, lifejackets and other river equipment during the trip. There will be few opportunities to spend money during the school, however you may wish to bring some cash for travel snacks or last minute items, (sun block, batteries, etc).

Personal Equipment List

CAMP ITEMS: These will be packed in your dunnage bag and will not be available during the day.

- Sleeping bag*, (down or synthetic, rated to 35)
- Closed-cell foam or self-inflating sleeping pad*, (ensolite or Thermarest)
- Lightweight free-standing tent*, or tarp* and ground cloth
- 2-3 complete changes of clothing, (versatile pants and shirts, cotton is fine)
- Extra socks, (wool or fleece are best), and underwear
- Camp shoes, (ultra-lite boots, trail running shoes, etc. comfortable and sturdy for rough terrain hiking)
- Towel and biodegradable soap and shampoo
- Personal hygiene items, medicine, insect repellent, dry-skin lotion, etc.
- Warm jacket, (thick fleece is great - will work on-river as well - or durable coat)
- Flashlight with extra batteries (headlamps are great)
- Mosquito netting hood (optional, we have some to loan)

RIVER ITEMS:

- 2 - 3 swimsuits or shorts and T-shirts, (nylon quick-drying shorts are best)
- Athletic sandals with heel strap (Teva's or Chacos; cheap imitations discouraged), or shoes& fleece socks
- Polypropylene pile or fleece top, (**required**)
- Waterproof rainshell and rainpants (**required**)
- Polypropylene pile or fleece pants (**required**)
- Brimmed hat, with strap, (baseball caps work well)
- Lightweight cotton clothing, (old dress shirts or surgeon's outfits) for sun protection
- Waterproof sunscreen/block (SPF 25), lip balm
- Sunglasses with strap, (maybe not your best)
- Small water bottle, 1 quart, (**essential** - even if its just an empty plastic Gatorade bottle)
- Cycling gloves, fingerless (**essential**)

OPTIONAL ITEMS:

- Camera and film
- Small daypack, "dry bag", or ammunition box
- Book, sketch pad, journal, etc.
- Musical instrument or special game that you like to share

ARTA will provide cups, plates and eating utensils.

Underlined items are the choice of our professional river guides. Please do not bring valuable jewelry, radios, guns, cellular phones or irreplaceable items.

*These items are available for rent, see **Rental Equipment**



CLASS I



CLASS II



CLASS III



CLASS IV



CLASS V



CLASS VI



UNRUNNABLE