



# Utah Junior Whitewater School



river trips 7 day guide training course

## 5 things you'll do during the course

- Guide the rafts
- Learn new skills
- Make friends
- Develop confidence
- Get a one-of-a-kind tan

### SPECIFICS

- Length in days:** 7 days
- Length in miles:** 84
- Overall difficulty:** III
- Highest difficulty (#):** III+ (3)
- Rapids/day:** ~5
- Gradient:** 11 feet/mile
- Signature Rapids:**  
Cow Swim, Three Fords
- Types of boats:**  
Oar, paddle & inflatable kayak
- For ages:** 14 – 17

- Rapids:** ★★ ★
- Scenery:** ★★ ★★ ★
- Wilderness:** ★★ ★★ ★
- Swimming:** ★★ ★★ ★+
- Hiking:** ★★ ★★ ★
- Campsites:** ★★ ★★ ★
- Wildlife:** ★★ ★★ ★
- Fishing:** ★

## 5 best things about ARTA

- Friendly & engaging guides
- Casual style
- Spontaneous & rewarding itineraries
- Fifty-one years of experience
- We donate our profits back to protecting the environment



## Welcome!

ARTA's seven-day Junior Whitewater School is a wonderful introduction to whitewater guiding and a great opportunity for exploration, discovery, and growth; not to mention a really fun week on the river! 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 (while having the time of their lives!)



*"It was a wonderful experience and I gained so many skills. I will definitely do it next year!"*  
- Lily Johannessen

# Utah Junior Whitewater School~ logistics



## 7 day guide training course

### Meeting Time and Place

Arrive between 1:00 and 4:00 pm on the **first day of the trip** – Meet at the SLC Airport Baggage claim

### Departure Time and Place

between 4:00 and 7:00 pm **on the last day** of the trip – We plan to arrive at 2 pm at the SLC Airport

### Pre-trip checklist

- **Complete on-line registration**  
(follow the directions and link that came with your original reservation)
- **Make travel arrangements**  
(arrive between 1:00 and 4:00 pm on day 1. Depart between 4:00 and 7:00 on day 7).
- **Plan for the unexpected**  
(purchase Travel Insurance through [USI Travel Insurance](#)).
- **Gather and pack your gear**  
(there is a complete list on the Equipment page; call if you have any questions).

### What we provide

- Transportation from the Salt Lake City airport to the river and back.
- Friendly, entertaining and professional guide service.
- All meals from dinner on the first day to lunch on the last day.
- All taxes and government access fees.
- Waterproof bags, lifejackets, and other specialized river touring equipment for the trip.

### What you are responsible for

- Transportation to Salt Lake City before your trip and from Salt Lake City after your trip.
- Personal clothing and toiletries (see Equipment page).
- Camping gear (see Equipment page for information on renting equipment from ARTA).

### Arrival Information

We will meet you in the baggage claim area of the **Salt Lake City airport between 1:00 and 4:00 on the afternoon of the first day of the Trip**. 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 Online Registration Form. 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, we'll take you back to the Salt Lake City airport for return flights. Arrival time in Salt Lake City will be around 2:00 PM on the afternoon. **Please make return flight departures for between 4:00 and 7:00 PM.**

### How to get there

**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.

**Alternate transportation plans:** Parents: consider taking a trip together with your newly graduated "junior assistant guide" by signing up for our June 28<sup>th</sup> Yampa trip immediately following the conclusion of the school. This will give you a chance to see your child "in action" and give your child a chance to show off their new skills.

### Weather

The weather in the high desert country of Utah in mid 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 hot, (in the 90's). A fleece sweater, pile hat, and good light-weight 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 60s.

### Itinerary:

**Day 1:** 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 2:** 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.

**Days 3– 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.

# Utah Junior Whitewater School~ equipment



## 7 day guide training course

### Get ready!

One of the joys of life on the river is how simple it is. We will be carrying everything we need into the wilderness with us and leaving a lot of stuff behind; bringing the proper gear will make your trip much more enjoyable. The basic rule of packing is: **the right stuff, not more stuff**. One synthetic fleece pullover is much more compact and versatile than six cotton sweatshirts; a good raincoat is better than twenty ponchos. You should be able to find most of the gear you need in your closet, garage or neighbor's basement and what you can't find or borrow, you can rent from us. Your instructors will help you make last-minute decisions, but please feel free to call us if you have any questions as you go through this list; we want you to have the best trip possible.

## PERSONAL EQUIPMENT LIST

### CAMP ITEMS: These will be packed in your dry bag and will generally not be accessible during the day.

- \*Compact sleeping bag, (down or synthetic, rated to 35°)
- \*Closed-cell foam or self-inflating sleeping pad, (ensolite, Thermarest, or air mattress)
- \*Sleeping bag liner or flat bed-sheet (perfect for hot nights and will add warmth on cold nights)
- \*Small tarp or groundcloth
- \*Compact, lightweight tent, (free-standing work better; tents will be packed in a separate communal bag)
- Your favorite pillow (an extra pillow-case is handy for organizing stuff in your bag)
- 2 complete changes of clothing (versatile pants and shirts, cotton is fine - something exciting for dinner is welcome!)
- Extra swimsuit or shorts and T-shirts for on the river and in camp
- Extra socks, (wool or fleece are best), and underwear
- Camp shoes, (flip-flops, trail running shoes, tennis shoes; something you can walk and hike in comfortably)
- Small towel, soap and shampoo (*Campsuds* & *Dr. Bronner's* are the most environmentally friendly, Ivory is fine)
- Personal hygiene items, including medicine, insect repellent, dry-skin lotion, etc. Please bring twice the amount needed of any essential medicine.
- Warm jacket, (thick fleece is great - will work on-river as well or compact/down coat)
- Small flashlight with extra batteries, (headlamps are great)

### RIVER ITEMS: These will be worn or packed in your personal semi-dry day bag and WILL be accessible during the day.

- Sandals with heel strap (Chaco, Teva) or old running shoes  
NO FLIP FLOPS OR SLIP-ONS
- Swimsuit or shorts and T-shirt, (nylon, quick-drying shorts and synthetic "tech-dry" type shirts are best - women often prefer to wear shorts over their swimsuits)
- Polypropylene pile or synthetic fleece top (essential)
- Waterproof rainshell (essential) and rainpants
- Brimmed hat, (baseball-style or visors work well; you will be wearing a helmet)
- Lightweight cotton clothing, (synthetic long-sleeved or old cotton dress shirts) for sun protection
- Fingerless biking/sailing gloves to prevent blisters (essential)
- Waterproof sunscreen/block (SPF 30+), lip balm
- Sunglasses with strap, (maybe not your best pair)
- Small water bottle, 1 quart, (essential - even if it's just an empty plastic Gatorade bottle)

### OPTIONAL ITEMS: These are not absolutely necessary, but you are welcome to bring them.

- Waterproof camera, (if you want to bring your cell phone to use as a camera, we strongly recommend getting a sturdy case such as an Otter Box or EscapeCapsule)
- Locking carabiner, handy for securing your day-bag
- 1 or 2 plastic garbage bags & gallon size zip-lock bags for organizing gear
- Musical instrument or special game that you like to share
- Book, sketch pad, journal, etc.

\* These items are available to rent from ARTA and can be reserved when you complete your on-line registration.

Underlined items are the preferred choice of our professional river guides!

ARTA will provide a chair, cup, plate and eating utensils for each guest.

Please do not bring any irreplaceable items.

# Utah Junior Whitewater School~ life on the river



## 7 day guide training course

### Professional Tips

Our **dry-bags** are great for keeping things dry but are somewhat awkward for packing and living out of, (they are tall and narrow with a small opening at the top). Compact sleeping bags are much more convenient, and small stuff sacks or zip-lock bags are helpful for dividing up your stuff inside the bag. Trying to put your entire duffel bag or rolling luggage into the dry-bag never seems to work.

**Layering your clothing** is an effective way to adjust to the daily weather changes that you will encounter. A light polypropylene layer under a heavy fleece top under a rainshell will get you going on the chilliest of mornings and allow you to shed layers as the day warms up.

**"Fleece"** is a generic term for a spun, polyester fabric developed for outdoor use. It is thick and fluffy and does not absorb water, making it ideal insulation on a river trip. It is commonly called Polartec or Polarfleece.

"Polypropylene" is a thinner, stretchier, woven variation used predominately for long underwear. Any polypropylene long underwear will work; heavy-weight is the most versatile.

Our girl guides say that one of the most versatile things to bring on a trip is a **sarong**. Comfortable and colorful, sarongs get used for quick clothing changes, beach throws, sun screens and dinner celebrations.

You will be doing a lot of rowing and paddling during the school; **fingerless cycling gloves** will help you avoid getting blisters.

### A day on the river

Every day will be different; every day will be full. A typical day might start with the cook crew getting up first, making breakfast, and handling the kitchen duties. Others will be in charge of preparing the gear and others may have the morning off. Each day we'll rotate so that everyone shares in the responsibilities of a successful trip. After a big breakfast, we'll load the rafts and maybe have a quick on-shore lesson before heading downriver. One or two students will act as "Lead Guide" each day and, working closely with an instructor, be in charge of the trip. They will plan the itinerary, supervise any activities, disseminate information, and coordinate the group. At some point, we'll stop for a picnic lunch and maybe play a game, practice a skill or learn a new trick. In the afternoon, we'll continue to work on our rafting skills and maybe take a short hike or stop to swim or scout a rapid. Evenings will be lively with camp responsibilities, cooking, games, contests, stories, and time to reflect on the day. By dark, we'll be exhausted and we'll fall asleep to the sound of the river and the light of the stars.

### How to dress

On **hot days** you will want clothing that dries quickly (nylon shorts and bathing suits) and something to shield you from the sun, (a high-tech SPF long-sleeved shirt or an old lightweight cotton dress shirt and maybe even lightweight long pants or capris). Also, a brimmed hat and a bandana will help you stay cool.

On **cool days** you will want a thick, synthetic fleece top, (pullover is best), and a sturdy, fully-waterproof rainshell. You may also want fleece pants or polypropylene long underwear bottoms and rainpants, particularly before mid-July. Don't bring a cotton sweatshirt for on the river; cotton does not work for on-river insulation when it is wet.

### How to pack

**Camp items** will go in a watertight dunnage bag provided by ARTA, (one per person). These are generally not accessible during the day. The bags are roughly 17 inches in diameter and 24 inches tall, (the size of a large duffel bag; plenty big, but you should try to limit all of your gear to about 25 pounds). We will show you how to close the dunnage bag so that it stays watertight even if temporarily submerged, but packing your sleeping bag in a garbage bag provides extra protection. Zip-locks, stuff sacks, and pillow cases are good for keeping track of small and/or wet things.

**River items** will go in a semi-watertight, personal dry-bag provided by ARTA, (one per person). These bags are 9 inches in diameter and 12 inches tall, perfect for rain gear, fleece, sunblock, and other things you want to keep handy during the day. The bags are marginally waterproof so for expensive cameras or other things that must stay dry we recommend a small Pelican Box which can be found online and at outdoor stores. If you want to bring your cell phone to use as a camera, please get a sturdy waterproof case.

**Tents** will get packed into a separate, communal tent bag.

### How to find it

**Bring it:** Local mountaineering or sporting goods stores should have everything you need and fleece garments are now available at most department stores (and our guides find a lot of fleece and other trip clothing at thrift stores). Great selections of river trip gear are also available on-line through REI, Columbia or Patagonia.

**Rent it:** We have good equipment available to rent. Reserve and pay for it in advance, pick it up at the pre-trip meeting, leave it behind when you're done.

**Sleep Kits** (polarguard bag, liner, self-inflating pad & tarp) are \$40 for the school.

**Tents** (two-person, free-standing, comfortable) are also \$40 for the school.

Call us or reserve your rental gear when you register on-line.