



Chilko-Chilcotin-Fraser Rivers TRIP PLANNER

Congratulations! You are about to embark upon the vacation of a lifetime...O.A.R.S.' Chilko-Chilcotin-Fraser adventure in British Columbia.

As you plan for your trip, many questions may arise. What should I pack? What equipment will be provided? What will the weather be like? What about accommodations before and after the trip?

Please use this Trip Planner as a resource for general information on your Chilko-Chilcotin-Fraser adventure. The information enclosed covers most everything you'll need to know before your trip. Of course, if you have questions that are not answered in this packet, we are happy to help! Just call 1-800-346-6277 in the USA or Canada or 1-209-736-4677 if outside the USA or Canada to speak with an adventure consultant, or email us at info@oars.com.

Pre-Departure Information

*****Please fill out the Guest Registration form included with your confirmation e-mail and return it to our office at least 90 days prior to your departure—this information is invaluable to us in planning your trip.*****

Getting There

Your Chilko-Chilcotin-Fraser trip begins and ends at one of the Vancouver Airport private charter terminals.

By Air

- Vancouver International Airport is served by numerous air carriers and unless you have pre-trip plans elsewhere in Canada, this will be your point of arrival. Your flight reservations should be made as far ahead of time as possible. Please contact your travel agent or your favorite online booking site as soon as you have decided on travel dates, in order to avoid last-minute inconveniences.

By Auto

- Vancouver, British Columbia is 140 miles from Seattle, Washington and the drive itself takes approximately 3 hours. Keep in mind there may be traffic delays depending upon your timing and you will have to cross the border as well.

Rendezvous

- We recommend that you arrive in Vancouver the day before your trip begins. You'll feel more rested if you've arrived the night before and you won't have to worry about arriving in time for your flight to the river.
- Our flight to the Chilcotin region departs at **11:00 AM sharp. Important Note for Those Arriving at Vancouver International Airport on Day One:** *It is essential to arrive a minimum of two hours before our 11:00AM flight.* You need to allow enough time for possible flight delays, time to clear customs, and time to transfer from the Vancouver International Airport terminal to a private charter plane terminal. We will be meeting at either the Landmark Terminal or the Million Air Terminal. You will be notified ten days to 2 weeks prior to departure. This is not the main Vancouver International terminal—it is smaller private departure lounge near the south terminal. Any taxi can take you to the terminal from the Main International Terminal (10 minute drive) or from your hotel. For those driving, there is long-term parking available for a daily charge.
- Once at the terminal, you will meet your pilots and load the aircraft for the scenic flight to the Chilcotin Country. Upon arrival, we'll transfer by vehicle to the headwaters of the Chilko River. If you are going to be late for your flight, please call us as soon as possible (**800-346-6277**) to see if we can hold the plane.

Unfortunately this may not be possible, and participants missing our charter flight will be responsible for their own airfare and expenses to Chilko Lake.

Pre- and Post-Trip Accommodations

We recommend that you make reservations well in advance in order to guarantee lodging—Vancouver is a popular destination. While there are countless accommodation options in Vancouver, we recommend the facilities listed below. Both are fine establishments. (Pre- and post-trip lodging is not included in the trip cost).

- Sandman Signature Vancouver Airport* www.sandmansignanture.com (800) 663-1840
- Fairmont Vancouver Airport www.fairmont.com (866) 540-4441
- Granville Island Hotel www.granvilleislandhotel.com (800) 663-1840

*The Sandman Signature offers our guests a preferred rate of approximately \$169 plus tax when booked through our office.

After Your Trip

- Weather permitting, you should arrive back at the Vancouver International Airport in time to make connecting flights that depart after 7:00 PM, but **we highly recommend you overnight in Vancouver**. It is approximately 10-15 minutes by shuttle to the main terminal of the airport.

What's Included?

- Skilled professional guide service
- 6 nights of catered camping
- All meals from dinner day 1 through lunch day 7
- Round trip air charter from Vancouver to Chilcotin Country
- Quality beer, wines, and some liqueurs in camp
- Expedition equipment, including 2-person shared tent, sleeping bag & sleeping pad, personal flotation device, wetsuit, spray jacket and dry bags (a large expedition sized bag plus a small day bag)
- All park fees and necessary permits

What's Not Included?

- Transportation to and from Vancouver
- Pre- and post-trip accommodations and meals
- Airport taxes and fees
- Excess baggage charges
- Single supplement tent (\$30 plus tax)
- Insurance of any kind, including travel and **mandatory** medical and evacuation insurance
- Fishing gear and license
- Items of a personal nature (an equipment list will be provided)
- Gratuities

Equipment & Clothing

Please refer to your detailed packing list for a complete list of what to bring on your trip.

Equipment Notes

The personal equipment list we provide you with has been developed through years of practical experience. Your personal equipment should not weigh more than 40 pounds and all clothing should be quick drying and be made of synthetics. Warmth and comfort are the main objectives with this outline. Weather conditions can vary considerably in the North. It's important to dress in layers so that you can maintain a comfortable body temperature no matter what Mother Nature may have in store. The inner layer should move perspiration outside, where it can evaporate. The intermediate layer should insulate while the outside layer should act as a barrier to wind and rain.

Boatwear

Start with sunscreen, shorts, and long-sleeved shirt, and then add additional layers of long underwear, socks, rain

pants, and rain jacket depending on the time of year. As the day warms up layers can be taken off and stored in your day pack.

Hiking Clothes

Choose lightweight, synthetic fabrics that breathe well for warm weather walking. Whatever you choose, be sure you have comfortable freedom of movement, especially for uphill and downhill walking.

Rain Gear

In the summer months in the North, you're more likely to have the occasional shower than to have an entire day of rain. Still, you'll be more comfortable if you stay dry and warm, so be sure to pack some rain gear—both tops and bottoms. A jacket is the most important item to keep your torso warm and dry. We also recommend rain pants. The jacket and pants should be compact enough to fit easily into your daypack.

Pile or Fleece

The best we've found is 200-weight Polar Plus, which is used by a variety of companies. This fabric is warm, dries quickly and is not excessively bulky. It can be found in many different styles and colours.

Long Underwear

Synthetic materials like polypropylene, polyester and natural fibers like silk and wool work well. Both are quick drying and bacteria resistant, as well. Do not bring cotton long underwear. When wet, cotton dissipates heat from your body and takes a long time to dry.

Footwear

We plan to hike and walk as much as possible. The importance of good footwear cannot be overstated. Given that our trails are often gravelly or sometimes muddy, you need a good walking boot with a firm sole, good ankle support and a degree of water resistance. It's now easy to find a "hybrid" walking boot, which combines the lightweight, ventilated features of a shoe with the support and durability of a boot. If you buy new walking shoes or boots for the trip, make sure you break them in well before you go.

For daily wear in the raft, we recommend an amphibious sport shoe or sandal (with an ankle strap) such as those made by Teva, or a comfortable pair of athletic shoes with good soles. These shoes will be wet all the time in the raft. Make sure you get good-grip, no-slip soles! Some people prefer to wear sport sandals in the boat and on wet hikes, and cushioned-soled athletic shoes or lightweight boots for the longer hikes. If you choose sandals over an amphibious shoe, make sure it's one that has good support and gives you sure footing both in and out of the boat. If you plan to buy footwear for the trip make sure you get it far enough in advance to break it in and wear your footwear until it's comfy— if your feet hurt you won't enjoy the trip. Wetsuit booties or neoprene socks are recommended as an option to help keep your feet warm while rafting or kayaking.

Socks

Bring at least one pair for each day of hiking. We recommend merino wool material. It may be a good idea to bring along some additional items such as foot powder, cushioned pads and/or bandage or Spenco 2nd Skin®, which provides cushioned comfort with an antiseptic for blistered and sore feet. Many people find a product called moleskin gives them great relief from blisters. The guides carry a blister kit as part of their first-aid supplies. Wool or fleece socks will keep your feet warm, even when wet, on the river.

Sun Protection

Protecting yourself from the sun should be taken seriously. A sun hat, sunscreen, lip balm and sunglasses are a must. Also it's a good idea to have a long-sleeved cotton shirt and lightweight long pants (preferably light colors) to cover up when you need a break from the sun.

Cameras

We provide a small waterproof bag (17" tall x 9" diameter—approximate sealed size) to hold your camera and other items you might want during the day. It is secured in a readily accessible spot on the raft. While our bags are waterproof you may wish to further protect your camera by placing it in a zip-loc plastic bag or special waterproof camera case. We also recommend padding it with a towel or clothing. Sand can be a problem—so

clean your camera with tissue, a brush and lens paper. We also strongly recommend you take out a rider on your homeowner's policy to cover your camera—especially if it's fine equipment. Make sure to bring additional memory cards, batteries, and any other extras you will need. Disposable waterproof and panorama cameras are also a fun option.

For Women Only

Even if you aren't anticipating your menstrual period, come prepared for it. We recommend you bring some sandwich size zip-lock bags. They can be used during the day while you are on the water or hiking and can be disposed of when you reach the camp. (o.b. ® tampons are one third the size of regular tampons, tuck discreetly into pockets and have less paper wrapping). Many women suggest bringing a small supply of baby wipes.

A number of our female guests have found a feminine urinary device (F.U.D.) very helpful on rafting trips and for camping in general. A F.U.D. allows women to urinate while standing and requires minimal undressing for discreet bathroom use. You can use the device in conjunction with a pee bucket (supplied on our trips) to avoid midnight visits to the privy. Previous guests recommend practicing with the device at home to maximize the benefits on your outdoor adventure. For additional information, see Accessories and Unique Items for the Pee Pod Feminine Funnel in the OARStore at <http://oars.newheadingsllc.com>. For interesting and informative reviews, search for FUD at www.rei.com.

Packing Your Gear

While we encourage you to travel light, you'll also want to be sure you pack all the essentials. We are flying from Vancouver in small passenger planes, so please pack your gear into soft duffle bags (NO SUITCASES). The gear you're taking on your Chilko trip should weigh less than 40 pounds in total. Please make sure you are prepared for both land and water environs. At the same time, weight and volume restrictions come into play with our air charters, so please follow our recommendations closely.

Valuables

Canada is very safe for travelling, but still there is no point in carrying lots of valuables when travelling. Regrettably, tourists are among the most easily targeted, so please exercise some caution. We also recommend that you check your personal insurance policy before travelling to ensure that you are covered for theft and loss while travelling. As a safety precaution, do not travel with excessive amounts of cash or jewellery if it is not necessary.

Extra Luggage

We recommend you take on the river only what's absolutely necessary. Keeping gear to a minimum insures it will fit into the waterproof bags we supply and reduces unnecessary packing and unpacking in camp. If you do have extra luggage that you need to store, you may be able to store it at the hotel you are staying at prior to your trip if you are planning to return there. We will return your soft luggage to you at take-out and before your flight back.

Weather

You may want to check one week prior to your trip for an up-to-date weather forecast. We recommend you check the following web site: www.wunderground.com

VANCOUVER		
	°F/°C	°F/°C
Jul	73/23	54/12
Aug	73/23	54/12

The weather is one of the few details we can't control. However, we plan our trips for times when the likelihood of good weather is greatest. The Chilko-Chilcotin tends to be dry in climate and much warmer than the coast. In summer, daytime highs in the interior can reach 90° F and the temperatures will drop quite a bit during the evenings. While we don't expect rain, it is always a possibility in British Columbia. Be sure to follow our

recommended equipment list, as our experience suggests a multi-layering approach with a range of temperatures and conditions in mind.

Essential Travel Documents

Your Passport - If you don't have a passport, apply for one immediately because the process can be lengthy. If you do have a passport, find it and check the expiration date. Make a photocopy of the photo page of your passport and carry it separately from your passport. If your passport is lost or stolen, a photocopy will help the authorities speed up authorization for replacement. We also request that you send us a copy to keep on file for emergencies during your trip.

Check your passport for blank pages. If you do not have a least two blank pages in your passport, we recommend that you apply to have additional pages added.

Please do not pack your passport in your check-in luggage. You may be asked for your papers not only upon departure but a various times during your trip. If you are carrying a customs form, please keep it in a safe place at all times, perhaps in your pouch along with your other valuables. We recommend that you pack this in a plastic 'ziplock' that you can store in the bottom of your large dry bag while on the river.

Visas - Visas are not required for U.S. citizens to enter Canada. For others, please check with the Canadian Consulate.

Travel and Evacuation Insurance - Travel insurance that includes medical emergency evacuation is mandatory in order for you to take part in this expedition. You must provide proof of purchase of evacuation insurance prior to the trip. Travel Insurance Services offers three levels of coverage. Call them at 1-800-937-1387 or visit their website at <http://www.travelinsure.com/cobrand/select/oars>. Coverage for baggage loss, medical protection, trip cancellation and trip interruption is highly recommended. When selecting a policy please make sure you are very clear about what it will and will not cover. No travel insurance covers all scenarios. Proof of insurance will be required prior to your trip.

Physical Preparation

Our trips are designed for people who enjoy the out-of-doors, rather than for fitness fanatics. Still, they are active holidays. Age is unimportant when it comes to your ability—the more important consideration is your physical condition. You'll enjoy your adventure more if you've been doing some exercise before you go. No previous experience is required.

Activities that involve aerobic conditioning, such as swimming, walking, jogging and tennis are great for overall physical conditioning. Keep in mind the relative topography of where you live compared to the region you will be visiting. If you live in flat country, for example, consider supplementing your training with artificial hill training on a treadmill or stair-master.

Special Considerations

Please let us know if you're having a birthday or anniversary on the trip, so we can plan a surprise or two! We'll also need to know of any medical or dietary requirements that you'd like us to consider in planning your trip (i.e. if you're a vegetarian or vegan, or if you have any food allergies.). Please note this on the Guest Registration Form (be specific as to what your needs are) and return it to our office at least 90 days before your trip. If, you're booking your trip less than 90 days before departure, please make sure you've discussed any special requests with our office.

During Your Trip

Camp Life

After each active day on the river, we pull ashore to camp for the night. Upon arrival, our first task is to unload the boats using a fire line of crew and passengers to expedite the process. Individuals then collect their waterproof bags and locate an area on the beach to camp for the night. On the first night in camp, a crew member will give a demonstration on setting up a tent, which you'll see is quick and easy. The guides will set up the kitchen and central dining/seating area with camp chairs. They will also locate a secluded area away from camp to set up the privy. As dinner is being cooked by the guides, hors d'oeuvres will be served and you will have an opportunity to

relax, enjoy a drink if you wish, and reflect on the day with your fellow traveling companions. In the morning, the first call will be for “coffee,” which includes other drinks such as hot tea, cocoa, and juice accompanied by fresh fruit. You can then begin to pack up your personal belongings and sleep gear as the guides prepare breakfast. After breakfast is served, the entire camp will be broken down and packing will be completed. The gear will then be loaded onto the boats and we’ll head downstream to see what new adventures await us.

Meals

The meals we serve are hearty and delicious, complete with fresh ingredients and a variety of foods. A typical day might start with French toast, bacon, fruit, orange juice, and lots of coffee or tea. Lunch might be a delicious spread of cold cuts and cheeses with several types of bread, or pitas stuffed with veggies and hummus. There are always cookies and a cooling drink to top it off. At dinner, our guides' cooking skills truly shine—sizzling steaks and salmon, chicken enchiladas, and delicious pasta dishes are all part of their repertoire. Dinner generally includes a salad, and desserts are frequent. Hors d'oeuvres are a pleasant surprise before many meals.

Alcohol

We provide a selection of beer, wine and some liqueurs in the evening. We also supply a selection of appropriate non-alcoholic beverages with meals and plenty of fresh drinking water throughout the day. For your safety and the safety of others, alcoholic beverages are limited to camp.

Hikes

Each day varies, but on an average you'll spend 5-7 hours a day on the boats. The rest of the time will be spent hiking and exploring, eating, or just relaxing in camp. While we generally plan at least three guided hikes on each trip, there is ample opportunity for the curious to explore the area at length. Please let your trip leader know if you are an avid hiker and remember to bring extra water bottles and good shoes. Remember, however, that all hikes are optional and you can choose to sit by the river and take in a few tanning rays or read a book instead.

Fishing

The Chilko is a truly world class fishing river. For the fly fisherman there are plenty of rainbow trout and dolly varden. It also has the third largest sockeye salmon run in the province (over 2 million return annually) and is a spawning ground for spring and coho salmon as well as steelhead. Our trip spends an afternoon and evening exploring at Chilko Lake. Here you can fish the river or the lake. If you plan to fish at Chilko Lake only, rods can be arranged with advanced notice. If you plan to fish the remainder of the river trip, you will need to bring your own gear. We suggest you bring a rod with case and the smallest of tackle boxes with the appropriate lures or flies.

If you plan to fish, you must have a license. US citizens fall under non-resident alien and can choose a \$20 one day or \$50 eight day basic license www.env.gov.bc.ca/fw/fish/licences/#Basic. This license is good for Chilko Lake and the lower river. To fish the top classified section of the Chilko River (17 miles / fly fish only) requires a “Class II” license for \$20/day plus the basic license. www.env.gov.bc.ca/fw/fish/licences/#ClassifiedWaters. Unless you have additional time in Vancouver to purchase a license, please purchase it online prior to your trip.

The “Privy”

While the idea of a river trip is appealing to most people, many are inhibited or reluctant because of modesty or uncertainty. Perhaps a few facts will relieve (pardon the pun) your concerns. We use what is called a “porta-potty” system that is set up each day at camp in a secluded location that assures privacy. It is essentially a toilet without plumbing and is available from the time you pull into camp each afternoon until you leave camp the next day.

Bathing

Bathing is allowed in the river here and many people enjoy a swim. We also bring solar showers which you can ask your guides to set up for you. We recommend using a liquid biodegradable soap such as *Campsuds* or *Dr. Bronner’s* (www.drbronner.com) which can be purchased in most stores that have a camping section and can also be used to wash clothes. You may also find a good selection at your local health food store. Disposable anti-bacterial towelettes (*Coleman Swash Cloths, baby wipes, etc.*) are especially convenient as well.

Currency

The Canadian monetary unit is the Canadian dollar (CDN). Like U.S. currency, coins are the penny, nickel, quarter and the dollar or “Loonie” piece. More recently, a two-dollar coin has come into circulation to replace two-

dollar bills. Avoid carrying large sums of cash at any time during your holiday. Credit cards are widely accepted, especially VISA and MasterCard.

American dollars and traveller's checks are accepted everywhere though at exchange rates that thieves envy. When converting American to Canadian dollars, you'll get the most favourable rates at banks. Most banks are open from 9:00 AM to 4:00 PM Monday to Friday though some branches stay open later and on Saturday mornings. ATMs are everywhere.

Canada's Goods & Services Tax (GST)

On July 1, 2010, British Columbia combined their Goods and Services Tax and Provincial Sales Tax into the Harmonized Sales Tax (HST) of 12%. However, outfitters are able to credit non-Canadian travelers for the applicable tax rebate with the completion of a simple form which will be included with your confirmation. Please make sure this is returned to us with your other required paperwork.

Emergency Phone

Our trip leader carries a satellite phone for emergency purposes only. Should you need a phone at your disposal, you should make arrangements for your own satellite communication. Because of our remote locale, cellular phones are not an option.

Something Voluntary

In reviewing your statement, you'll note a \$1/person/day donation to B.C. Creek Protection Society a non-profit conservation organization dedicated to protect free flowing natural watercourses in Canada, particularly British Columbia, as part of ecologically unique systems of societal significance. One-hundred percent of these funds go directly to public education and research on the impacts of run of the river projects on society and the ecosystems formed by free flowing natural watercourses. Your contribution is tax-deductible. This donation is voluntary and may be removed from your invoice if you choose not to participate. Please notify our office if you would prefer to delete the donation from your balance.

Gratuities

Guests often ask whether gratuities are appropriate, and in what amount. If you feel your guides have provided a very special trip for you, a gratuity may be left with the trip leader and will be shared among the crew. Entirely discretionary, anything between "Thank you" and 10% of trip cost is a general tipping guideline. If you plan to tip, remember to bring cash—ATMs are hard to find in the backcountry!

Contact Information:

- For more information on this or any of our over 75 rafting, sea kayaking or multi-sport adventures, please call 1-800-346-6277 in the USA or Canada or 1-209-736-4677 if outside the USA or Canada or email us at info@oars.com and one of our knowledgeable adventure consultants will be happy to help you.

A Few Important Details

Reservations and Deposits

- An \$800/person non-refundable deposit is required at the time of reservation. The balance is due 90 days prior to departure.

Cancellations and Refunds

- If you find it necessary to cancel your trip, notify us as soon as possible. All payments are nonrefundable and we regret that we cannot make exceptions for personal emergencies. For this reason, we strongly urge our participants to investigate trip cancellation insurance (see Insurance).
- If you transfer from one trip to another within the same season, there is a \$50/person charge up until 60 days before the trip. Transfers made after this time will be treated as cancellations.

Medical

- Under most circumstances, if you are of an adventurous spirit and in reasonably good health, you should have no problem enjoying a R.O.A.M. trip. People with medical conditions, including pregnancy, should have a physician's approval before taking an adventure travel trip.

Insurance

- Although every effort is made to insure a safe trip for all, **we require that you purchase medical evacuation insurance to participate in this expedition.** Call Travel Insurance Services at 800-937-1387 or visit their website at www.travelinsure.com/what/imedhigh.htm?32635 for inexpensive options that cover this requirement. We also strongly recommend that you protect yourself, your belongings, and your vacation through the purchase of a short-term traveler's policy. A trip cancellation policy covers your non-refundable payments in most cases, should you have to cancel your trip at the last minute due to illness or injury, as well as including the coverage required above. Trip participants should realize that in the event of illness or injury on a river trip, evacuation could be prolonged, difficult, and expensive. Personal belongings and cameras are carried entirely at the owner's risk, and R.O.A.M. accepts no responsibility for lost, damaged, delayed, or stolen property.

Acknowledgement of Risk

- Everyone is required to sign an Acknowledgement of Risk form before the trip, acknowledging awareness that some risks are associated with the trip. Safety is of the utmost concern on our trips. However, due to the nature of the activities, a condition of your participation is that you will sign this form and return it to our office before the trip begins. Anyone who refuses to sign the form will not be allowed to participate, and consistent with R.O.A.M.'s cancellation policy, there will be no refund of the trip fees at that time.

Responsibility – An Important Notice

- R.O.A.M., Inc./ROAM Adventures Inc. and cooperating agencies act only in the capacity of agent for the participants in all matters relating to transportation and/or all other related travel services, and assume no responsibility however caused for injury, loss or damage to person or property in connection with any service, including but not limited to that resulting directly or indirectly from acts of God, detention, annoyance, delays and expenses arising from quarantine, strikes, theft, pilferage, force majeure, failure of any means of conveyance to arrive or depart as scheduled, civil disturbances, government restrictions or regulations, and discrepancies or change in transit over which it has no control. Reasonable changes in itinerary may be made where deemed advisable for the comfort and well being of the participants, including cancellation due to water fluctuation, insufficient bookings, (this trip requires a minimum of 4 guests), and other factors. There is risk in whitewater rafting, particularly during high-water conditions. Rafts, dories and kayaks do capsize. You could be swept overboard. Your guide will make every attempt to assist, but you must be strong and agile enough to "self-help" and "float-it-out" without further endangering yourself or others. We reserve the right not to accept passengers weighing more than 260 pounds or with a waist/chest size exceeding 56 inches. We may decide, at any time, to exclude any person or group for any reason we feel is related to the safety of our trips. We are experienced at accommodating people with various disabilities. Please give us an opportunity to make you feel welcome. We need to discuss any special requirements ahead of time. On advancement of deposit the depositor agrees to be bound by the above recited terms and conditions. Prices subject to change without notice.