

# TATSHENSHINI RIVER



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## TRIP PLANNER

Please use this Trip Planner as a resource for general information on your Tatshenshini River 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 e-mail us at [info@oars.com](mailto:info@oars.com).

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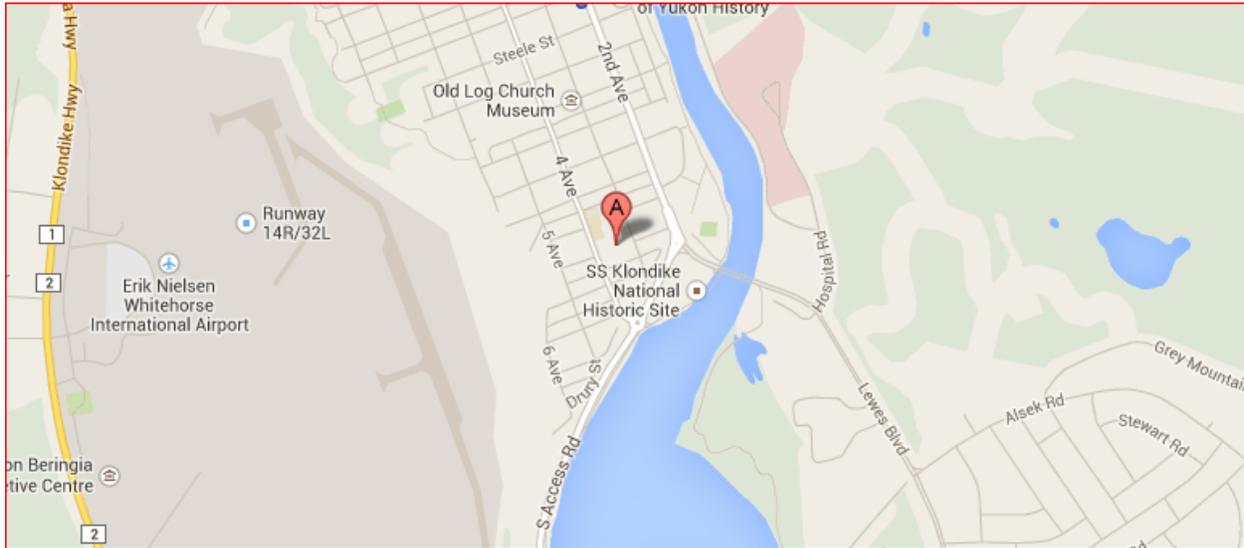
## TRIP PREPARATION CHECK LIST

- Purchase Travel Insurance:** For your protection, we require that all participants have evacuation insurance. If you don't have proof of insurance at the start of the trip, you cannot take part in the expedition. A policy including trip cancellation insurance is highly recommended to cover your non-refundable payments, in most cases, should you have to cancel your trip due to illness or injury. As with most major travel arrangements, there are cancellation fees that will apply regardless of why or when you might need to cancel.
- Trip Forms:** Everyone will need to complete the required trip forms. Refer to your confirmation email for details. Forms must be filled out no later than 90 days prior to your trip. If you are reserving your trip within 90 days, please complete the forms immediately.
- Reserve flights, shuttles and lodging:** Confirm travel arrangements to and from your departure and return cities. Verify with your adventure consultant that your trip has met minimum numbers prior to booking flights.
- Reserve pre-trip and/or post-trip lodging, if required or extending your visit.
- Whitewater Orientation:** To increase your safety, we expect everyone to watch our 23-minute Whitewater Orientation video before joining us. Check out the 5-minute animated CROA Safety Video on the same webpage. Watch at <http://www.oars.com/videos/oars-whitewater-orientation> or call 800-346-6277 to request a free DVD. Please don't leave home without watching.
- Physical Conditioning:** Your outdoor adventure will be an active participatory trip. Regular exercise prior to your departure will certainly add to your enjoyment. Take the time to get into shape with a consistent fitness routine.
- Payments:** Final payment is due in our office 90 days prior to your trip (refer to your invoice for final payment date). Please let us know if you would like us to automatically charge your credit card on file when final payment is due.

## TRAVEL ARRANGEMENTS

### Meeting Place & Time

The day before your trip, we will meet in Whitehorse, Yukon Territory, Canada at 8:00 PM in the lobby of the Coast High Country Inn for a pre-trip meeting. Your trip leader will provide a thorough trip orientation and distribute waterproof bags so that you can pack your belongings this evening. The trip leader will also confirm the meeting time for the following morning and give you an opportunity to ask any last-minute questions.



### Getting to Whitehorse, Yukon Territory, Canada

Flights arrive into the Erik Nielsen Whitehorse International Airport (YXY). Air Canada ([www.aircanada.com](http://www.aircanada.com)) and Westjet ([www.westjet.com](http://www.westjet.com)) offer direct flights from Vancouver. Air North ([www.flyairnorth.com](http://www.flyairnorth.com)) offers direct flights from Vancouver, Calgary and Edmonton.

Let us know if you'd like assistance with arranging your international flight logistics. Our partners at Exito Travel specialize in international destinations and we'd be happy to obtain a quote from them on your behalf.

The Whitehorse airport is approximately a ten-minute taxi ride to town. Many hotels offer a complimentary airport shuttle.

*Please do not purchase airfare until your departure has been confirmed by the minimum number of required guests.*

### After Your Trip

On the final day of your adventure, depending on the weather, we should arrive back to Whitehorse in time to make connecting flights that depart after 8:00 PM. However, we strongly recommend that you stay in Whitehorse one more night. Often the group will gather for a farewell dinner in Whitehorse. Should you decide to connect out of Whitehorse that night, you will be dropped off at the airport upon our return into town.

*\*A delayed return into Whitehorse of one to two days is possible due to weather or other unforeseen circumstances. We suggest having flexibility in your post-trip plans or obligations. O.A.R.S. will notify your hotel if our return is delayed, but cannot change your flights on your behalf.*

### **Pre- and Post-Trip Accommodations**

We recommend that you make reservations well in advance in order to guarantee lodging. (Pre- and post-trip lodging is not included in the trip cost). The below list is only a few of the options in Whitehorse.

- Coast High Country Inn (800) 716-6199 ([www.highcountryinn.yk.ca/](http://www.highcountryinn.yk.ca/))
- Edgewater Hotel\* (877) 484-3334 ([www.edgewaterhotelwhitehorse.com](http://www.edgewaterhotelwhitehorse.com))
- Best Western “Gold Rush Inn” (800) 780-7234 ([www.highcountryinn.yk.ca/](http://www.highcountryinn.yk.ca/))
- Westmark Whitehorse (800) 544-0970 ([www.westmarkhotels.com](http://www.westmarkhotels.com))
- Inn on the Lake B&B (867) 660-5253 ([www.innonthelake.ca](http://www.innonthelake.ca)) \*35 min outside of Whitehorse

To assure pre- and post-trip lodging for our guests, we arrange a room block at a local hotel. Ask your O.A.R.S. client services representative for details.

### **ESSENTIAL TRAVEL DOCUMENTS**

#### **Passports**

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. It is also a good idea to leave a copy with your emergency contact at home. We also request that you send us a copy to keep on file for emergencies during your trip. If your passport is lost or stolen, a photocopy will help the local consulate speed up authorization for replacement. Also, check your passport for blank pages. If you do not have at least two blank pages in your passport, we recommend that you apply to have extra pages added.

Do not pack your passport in your check-in luggage or leave it in Whitehorse. You may be asked for your papers not only upon departure, but at various times during your travel. If you are carrying a customs form, please keep it in a safe place at all times, perhaps with your other valuables. We recommend you pack these in a plastic zip-lock 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 non-U.S. citizens, please check with the consulate.

#### **Mandatory Evacuation Insurance**

Emergency medical evacuation coverage is mandatory in order for you to take part in this expedition. You must provide proof of *emergency medical evacuation* coverage prior to the trip. An example of a policy that fulfills the evacuation requirement is at: [www.medexassist.com/individuals/products/medexsafetrip.aspx](http://www.medexassist.com/individuals/products/medexsafetrip.aspx). Coverage for baggage loss, medical protection, trip cancellation and trip interruption is highly recommended. An example of a full service travel insurance policy is at: [www.travelinsure.com/cobrand/OARS](http://www.travelinsure.com/cobrand/OARS). If you don't have proof of insurance at the start of your adventure, we regret that you cannot take part in the trip. 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. *Due to the possibility of delays while on the river, we suggest adding a couple extra days to the coverage.*

### **TRIP DESCRIPTION**

**Boat Type** (see photos at [www.oars.com/our\\_adventures/river\\_ratings.html](http://www.oars.com/our_adventures/river_ratings.html))

Oar Raft - The O.A.R.S. flagship, oar rafts carry the bulk of the gear on most of our multi-day adventures. Your guide pilots the raft with long oars from a center-mounted aluminum frame. Ample deck space allows for lounging in calm stretches, sturdy weight and width give your guide confidence to hit the big waves head-on. (Three to five passengers)

### **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 portable toilet, where privacy is assured.

As dinner is being prepared 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 wake-up call will let you know that coffee, hot water for tea or cocoa, juice, fresh fruit and cold cereal are ready on the hors d'oeuvres table. You can fill your mug and grab a bite, 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 morning on a multi-day trip might start with French toast, bacon, fruit, orange juice, and 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 or 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.

### **Dietary Restrictions**

We need to know as soon as possible about any dietary restrictions we should consider in planning your trip. If you have additional food allergies or necessary restrictions, we will do our best to accommodate your needs. **However, there may be an additional supplemental menu fee ranging from \$5-20 per person per day to cover our increased costs.**

Beyond our standard menu, we can provide options for vegetarian, vegan and many allergy-restricted diets without applying a fee. However, we cannot always provide the same diversity or sophistication for restricted diets as we do for our regular menu.

Due to the constraints of cooking for a large group, availability of ingredients in remote locations and limited packing space, we are often unable to cater to dietary *preferences (likes or dislikes)*.

### **Beverages / Alcohol**

We provide a variety of canned beverages, water, lemonade and a limited supply of beer and wine with dinner. You are welcome to bring your own favorite beverages, alcoholic or non-alcoholic, in non-glass containers. If you choose to bring additional drinks or alcoholic beverages, please let us know in advance. For your safety and the safety of others, alcoholic beverages are limited to camp.

### **Drinking Water**

Our drinking water comes from the river and is filtered through a purification system we provide. We store the purified water in large containers that are accessible in camp, at lunch time and before hikes for filling personal water bottles.

### **Hiking**

We plan to hike and walk as much as possible. 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 stay at camp and relax or read a book instead.

### **Fishing**

The Tatshenshini-Alsek is one of the north's most prolific salmon habitats and commercial fisheries. It has massive sockeye salmon runs and is a spawning ground for spring and coho salmon. However, because of the glacial run-off from the world's largest non-polar ice fields, the fishing is not great. If you plan on staying in the Yukon before or after your expedition, there are a number of wonderful char, grayling and trout fisheries in the region. We suggest you bring a rod with case and the smallest of tackle boxes with the appropriate lures or flies.

Neither the Tatshenshini or Alsek Rivers are classified; a non-resident of Canada only requires a basic non-resident angling licence to fish these rivers. Note that a conservation surcharge stamp for steelhead is required if the angler is targeting steelhead, and a conservation surcharge stamp for salmon is required if the angler intends to keep salmon of any species. Angling licenses (including conservation surcharge stamps) may be purchased online at <http://www.fishing.gov.bc.ca/> or through one of the many license vendors in the province.

### **The Portable Toilet**

While the idea of a river trip is appealing to most people, many are inhibited or reluctant because of modesty or uncertainty. To minimize our impacts, we carry out all solid human waste and use a portable toilet system that is set up each day at camp in a secluded location where privacy is assured. 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.

We also carry a small container called the "day tripper" that can be easily accessed during the day should the need arise. It is a personal disposable toilet, which includes an odor-proof transport bag, chemical solidifier and odor eliminator, toilet paper and oversized hand wipe.

On popular stretches of wilderness rivers, the common refrain is "dilution is the solution to pollution." We practice this approach by urinating in the river during the day. For use in camp at night, we provide pee buckets so that urination can occur in a secluded location and then be dumped into the current where it will be carried downstream.

### **Bathing**

Bathing is allowed in the river, however the water is cold (some say very). On occasion though, after a long hike or on a warm day, some of our guests have been moved to take a dip. Most often they prefer to cleanse with disposable anti-bacterial towelettes (Coleman Swash Cloths, baby wipes, etc.) which are especially convenient. We also bring a rudimentary shower that can be set up on layover days and filled with heated water—ask your guide if you're interested. We recommend using a liquid biodegradable soap, such as Campsuds or Dr. Bronner's ([www.drbronner.com](http://www.drbronner.com)), which can be purchased at camping and health food stores. It can also be used to wash clothes.

### **For Women Only**

Even if you aren't anticipating your menstrual period, come prepared for it. You can use sandwich-sized Ziploc baggies during the day to store feminine products while you are on the river or hiking, and you can then discretely dispose of the baggies when you reach camp. When possible, we recommend o.b.® tampons, which are 1/3 the size of regular tampons, tuck discretely into pockets and have less paper wrapping. If you use pads, be sure to bring extras. Many women suggest bringing a small supply of baby wipes. We provide some feminine products on most trips for emergencies.

### **Cameras**

We provide a small waterproof bag (17" tall x 9" diameter—approximate sealed size) to hold your camera and other items you might need during the day. While these bags are designed to be waterproof, you may wish to place your camera in a zip-lock plastic bag or waterproof casing for additional protection. We also strongly recommend you take out a rider on your homeowner's policy to cover your camera—especially if it's fine equipment. If you are planning on bringing a digital camera make sure to bring additional memory cards, batteries, and any other extras you will need.

We are not able to provide a power source for recharging camera batteries. A small solar charger is a good option if you think you'll need to recharge a camera battery during your trip.

### **Electronics & Technology**

The use of electronic devices, especially music players, on your trip may represent an intrusion into the wilderness experience of your fellow guests. We ask that you please be mindful of the impacts to others and respect the wilderness nature of the trip.

Many of our guests travel with their smartphone even though there is no cell service. On a trip like this, there is always the risk of water damage to smartphones and other electronic devices, even when they are stowed in a dry bag. If you intend to take your phone or other electronic device with you on the water, consider investing in a small, waterproof container just for your phone.

### **Communication**

Once you are on the river, there is limited communication with the "outside world." Cell phone service is not available. Our guides carry satellite phones which are strictly used to call out in case of an emergency situation during the trip. If you have someone that needs to contact you about an emergency at home, they should call our office (800-346-6277). If possible, we will relay the message to you. Keep in mind it could be several days, or longer, before the message actually reaches you. For your family at home you should define for them what you consider an emergency and provide them with instructions to call our office in the event one occurs during your trip.

### **Money Matters**

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. Establishments may accept U.S. dollars, but at a high exchange rate. You're better off using a credit card or withdrawing cash from an ATM machine. ATM's are readily available.

If you intend to convert U.S. to Canadian dollars, you'll get the most favorable rates at banks. Most banks are open from 9:00 AM to 4:00 PM Monday to Friday; some branches stay open later and on Saturday mornings.

### **Canada's Goods & Services Tax (GST)**

Canada has a Goods and Services Tax (GST) of 5% and the province of British Columbia has a 7% Provincial Sales Tax (PST), as well as a liquor tax and hotel tax. For non-residents of Canada, a portion of the GST taxes can be recuperated. Be sure to keep receipts and ask customs officials on your departure from the country for the necessary forms and information.

Information is at: <http://www.cra-arc.gc.ca/tx/bsnss/tpcs/gst-tps/rbts/vstrs/trprtr/nhrs/menu-eng.html>

### **Weather**

Average daytime highs in August can reach the 60's (°F), while average nighttime lows can creep into the 30's. We will still experience the North's long hours of daylight and your trip may also witness the dramatic northern

lights. There is no guarantee against a few days of overcast weather, rain or even snow, so follow our recommended equipment list as our experience suggests a multi-layering approach with a range of conditions and temperatures in mind. You may want to check one week prior to your trip for an up-to-date weather forecast. We recommend you check [www.wunderground.com](http://www.wunderground.com) or [weather.noaa.gov](http://weather.noaa.gov) for weather in Haines Junction, Canada.

Averages for Tatshenshini-Alsek Nat'l Park:

	Air (High) °F	Air (Low) °F	Rainfall
Aug	59	46	11.2"
Sept	54	41	18.3"

## GETTING READY

### Physical Requirements

Our primary goal is for you to have an enjoyable experience. The nature of the trip is such that it involves some physical exertion and potential exposure to the elements, including cold water, heat, sun, wind and rain. We have experience accommodating people with a wide range of physical disabilities and/or health conditions. However, individuals who are overweight or lack conditioning can endanger themselves, other guests and the guides. Please consult your doctor if you have medical or health conditions that could impact your ability to participate in this outdoor adventure. In general, trip participants must be able to:

- Wear a Type V Coast Guard approved personal floatation device (maximum chest size of 56 inches)
- Climb on and off the boats multiple times each day
- Navigate uneven terrain in camp and on hikes
- Carry your own dry bags (20–30 lbs) from the boats to your camping location, and back
- Self-rescue by swimming to a boat or to shore in the event of an involuntary swim in a whitewater rapid
- Self-rescue by climbing into a boat with the help of another person in the event of an involuntary swim in a whitewater rapid

### Physical Preparation

Due to the physical nature of this trip, we highly recommend that you engage in regular exercise for at least three months prior to departure to ensure preparedness. No gym membership required! Simple exercises like push-ups, sit-ups and squats go a long way to improving core fitness. Start with these exercises and do three sets of ten repetitions each, three to four times per week. Cardiac training is also easy to accomplish without expensive equipment. Take 30-40 minutes, two to three times a week, and go for a brisk walk, easy jog or bike ride around town. If you have access to a pool, lake or the ocean, swimming is obviously an ideal choice for cardiac exercise. It provides a full-body workout and is training that may come in handy in the event of an involuntary swim in a whitewater rapid. It is important to push yourself in the months leading up to your trip by increasing your strength training repetitions and the pace of your cardiac training. **Getting in shape will certainly add to your enjoyment of the trip.**

### We Provide

- Skilled professional guide service
- All meals from lunch on day 1 through lunch on day 11, with limited beer and wine at camp
- 10 nights catered camping (based on double occupancy)
- 1 waterproof bag to hold your gear for the trip (33" tall x 16" diameter—approximate sealed size—with a maximum capacity of 110 Liters).
- 1 small waterproof bag for camera and other small items you'll want during the day (17" tall x 9" diameter—approximate sealed size)
- 2-person tents on a shared basis (there is a \$30 + tax charge for a private tent)
- Sleep kit—consisting of a sleeping bag, pad and pillow

- Floater jacket—combination personal flotation device (PFD) and jacket which must be worn at all times on the river in compliance with safety regulations. It is warm and waterproof.
- Rubber boots—*upon request*. Account for thick or multiple socks when requesting your size
- Camp chairs
- Eating utensils, cups and plates
- Highest quality inflatable rafts and related equipment
- Transfers from Whitehorse to the river and flight from the river back to Whitehorse

## PACKING FOR YOUR TRIP

All clothing (with a few exceptions) should be quick-drying and made of merino wool or 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.

### Clothing

**Boatwear**—Start with sunscreen, base layers, pants and a long-sleeved shirt. Add additional layers of fleece, socks, rain pants and the provided floater jacket. As the day warms up, layers can be taken off and stored in your small waterproof bag (provided). Rain pants should be large enough to accommodate several base layers.

**Hiking Clothes**—Choose lightweight fabrics that breathe well while walking. Base layers can be added or removed based on the weather. Whatever you choose, make sure you have comfortable freedom of movement, especially for uphill and downhill walking.

### Footwear

**Boatwear**—Most of the time you will want high-top rubber boots (such as those used for sailing or gardening) and warm socks. At times an amphibious shoe, or a comfortable pair of athletic shoes, with good soles may be appropriate. Sandals will not provide the protection you want from the water. Your feet will get wet getting in and out of the boat and the water is chilly. No-slip soles are ideal. If you plan to buy footwear for the trip, allow time for break-in and wear your footwear until its comfy—if your feet hurt you won't enjoy the trip. Wool or fleece socks are recommended to help keep your feet warm while rafting.

**Hiking**—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 shoe or boot with a firm sole, a degree of water resistance and some ankle support. 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 before you go.

**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 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. You will need a supply of wool or fleece socks for the river. They will keep your feet warm, even when wet. It's a good idea to change into clean, dry socks once you're off the river at camp.

## Headwear

**During the day**—Wide-brimmed hats are a good choice for sun protection, or a ball cap. In colder temps, a beanie-style hat is desirable.

**In camp**—When the weather is cold, you'll want a beanie-style hat to wear in camp. They are the perfect remedy for bed-head as you rise from your sleeping bag to secure your morning cup of coffee or tea, or for retaining warmth in the evening hours after the sun sets.

## To Avoid Being Cold

Merino wool or synthetic long underwear is a must-have on river trips. It keeps you warm even if it's wet, dries quickly and can be layered under your rain jacket and pants. Be aware that cotton items, once wet, do not insulate; only synthetic and wool materials will keep you warm if wet.

**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 colors. Bring good fleece tops and bottoms, along with a warm hat and gloves. You'll want to double-up on your synthetic layers so that you'll have a set to wear in the boat and a set of warm, dry clothes for camp.

## Raingear

It is one of the essential items that all passengers should have, no matter what time of year you are traveling. We provide a hooded, waterproof flotation jacket to be worn on the raft. You will want a waterproof rain jacket and pants for day hikes and in camp. Look for jacket and pants that are 100% waterproof, not just water resistant. A hooded jacket is recommended, with secure closures for your head, neck and wrists. Pants should be large enough to accommodate several base layers underneath.

## Sun Protection

Protecting yourself from the sun should be taken seriously, even in the far north. A sun hat, sunscreen, lip balm and sunglasses are a must. At the end of each day you will want to have some good moisturizing lotion to replenish your skin from the drying effects of sun and water.

## Bugs & Mosquitoes

Mosquitoes are generally not a problem on this trip, however small flies (white socks) can be a nuisance at times. It therefore is a good idea to come prepared with a small amount of insect repellent just in case.

## Sleeping Gear

We supply a sleeping bag, pad and pillow, as well as a shared tent as mentioned in "We Provide." The complete sleep kit that we provide is designed for your comfort and maximizes available luggage space.

## SUGGESTED PACKING LIST

### Equipment and Personal Items:

- Daypack: for day hikes. It should be large enough to carry raingear, jacket, camera and water bottle
- Water bottle: 1 heavy-duty and minimum 1-liter capacity with a carabiner to attach it to the boat. For day hikes, hydration systems like a CamelBak® are great, but you will still want a water bottle while in the boat.
- Headlamp or flashlight, extra batteries and bulb
- Plastic bags: Large trash bags and assorted zip-lock bags to separate wet or dirty clothes
- Sunglasses with securing strap and a spare
- Small, quick-drying towel and washcloth
- Bathing towels/wipes: pre-moistened disposable wipes such as Coleman Swash Cloths
- Toiletries including biodegradable soap

- Sunscreen: waterproof & SPF 30 or higher
- Lip protection: SPF 30 or higher
- Moisturizing lotion
- Insect repellent: Mosquitoes are generally not a problem, but biting flies can be bothersome.
- Personal first aid kit (medications, Band-aids, antibiotic ointment, ibuprofen, moleskin, eye drops, anti-itch cream for insect bites, etc.) Bring extra medications in case of delays on the river or with travel
- Spare pair of glasses and/or contacts (wind can cause problems for contact wearers)
- Cash for gratuities and incidentals

**Footwear:**

- High-top rubber boots: we can provide these with advance notice (plan for thick or multiple socks)
- Lightweight hiking boots or shoes: 1 pair, comfortable and with good tread for hiking and in camp
- Sport sandals or amphibious sport shoes (such as Teva) or sneakers: 1 pair to wear in camp
- Socks: 5-10 pair, wool or fleece socks

**Clothing:**

- Long-sleeved shirt: 2–3 quick drying (UPF rated shirts are great)
- Long pants: 2–3 lightweight and quick-drying
- Shade hat or visor with securing strap and a spare
- Rain jacket & pants: high quality and *waterproof* (not just water resistant) to protect you from the wind and splash from rapids, as well as rain. Compact enough to fit easily in your daypack
- Swimsuit / swim trunks
- Underwear: quick drying
- Quick-dry shorts: 1-2 pair
- Quick-dry t-shirts/tops: 3–4
- Base layers/long underwear—tops & bottoms: 3 sets, light to mid-weight merino wool or synthetic
- Fleece pants: 1-2 (medium to expedition weight)
- Down or synthetic insulated jacket for camp wear
- Beanie-style hat and gloves—wool or fleece are ideal

**Optional Items:**

- Binoculars: small
- Camera and accessories
- Whiskbroom: small (no long handle) to sweep wet sand off tent
- Paddling gloves for in the boat—often neoprene
- Lightweight cord and clothespins for drying clothes
- Sketchbook, notebook and pen, paperback book
- Fishing rod with case and tackle (fishing license is required)
- Bandana

**Packing Your Gear**

At the pre-trip meeting each person will be given a large waterproof bag (approximate sealed size: 33" tall x 16" diameter). This bag will be for your clothing and personal items and will be your "checked luggage" and accessible in camp. Tents and sleep kits are stowed separately. We also provide a small waterproof bag for day use where you can keep items such as raingear, camera, sunscreen, lip balm, etc. (approximate sealed size: 17" tall x 9" diameter). The bags are cylindrical in shape and pack from the top. At the end of the river trip, you will return to Whitehorse with your waterproof bag, where you will be able to unpack your gear before your trip home.

### 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 your hotel in Whitehorse. Please check with them prior to departure.

### Valuables

We recommend that you leave your valuables at home. For necessary personal items such as a wallet, passports, etc., we recommend putting them in a zip-lock bag and at the bottom of your waterproof bag with your clothing.

### 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 5% and 10% of the trip cost is a general tipping guideline. If you plan to tip, have U.S. or Canadian dollars, as checks or credit cards aren't easily shared. ATM's are available in Whitehorse.

### Something Voluntary

In reviewing your statement, you'll note a \$1/person/day donation to the Alaska Wilderness League, a non-profit conservation organization leading the effort to preserve Alaska's wilderness by engaging citizens, sharing resources and collaborating with other organizations, educating the public and providing a constant voice for Alaska in the nation's capital. Currently the League is fighting to permanently protect the Arctic National Wildlife Refuge as wilderness, promote the sustainable future of the Tongass National Forest and check the unbalanced and potentially destructive development of Alaska's Arctic waters and Western Arctic public land. One-hundred percent of these funds go directly to Alaska Wilderness League and 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.*

The O.A.R.S. Foundation is a not-for-profit 501 (c) 3 organization with the express goal of providing opportunities for young people to experience the magic of a river trip. Visit [www.oarsfoundation.org](http://www.oarsfoundation.org) to learn more about how your tax deductible donation can change young lives for the better.

### HELPFUL LINKS

Shop for the latest in top-quality gear for your trip

[www.oars.com/OARStore](http://www.oars.com/OARStore)

O.A.R.S. practices Leave No Trace outdoor ethics

[www.lnt.org](http://www.lnt.org)

Suggested Reading

[www.longitudebooks.com/find/d/23818/r/O3](http://www.longitudebooks.com/find/d/23818/r/O3)

Watch our "How To Pack For A River Trip" video

[www.oars.com/videos/how-to-pack](http://www.oars.com/videos/how-to-pack)

Watch our Whitewater Orientation video

[www.oars.com/videos/oars-whitewater-orientation](http://www.oars.com/videos/oars-whitewater-orientation)

### TERMS & CONDITIONS

#### Reservations and Deposits

- A \$1000/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, please notify us as soon as possible. All payments are non-refundable and we regret we cannot make exceptions for personal emergencies. For this reason, we strongly urge our participants to investigate trip insurance (see Insurance).
- If you transfer from one trip to another within the same season, there is a \$50/person charge up until 90 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 this trip. People with medical conditions, including pregnancy, should have a physician's approval before taking an adventure travel trip.

#### Insurance

- We **require** that you purchase medical evacuation insurance to participate in this expedition. Since this trip enters into U.S. territory, certain policies do not provide coverage. Ask your O.A.R.S. client services representative for information on available policies. We also **strongly recommend** that you protect yourself, your belongings and your vacation through the purchase of a travel insurance plan. A travel insurance plan covers your non-refundable payments in most cases, should you have to cancel your trip due to illness or injury—yours or that of an extended family member—even at the last minute. Check that the plan you choose includes the required medical evacuation coverage mentioned above. Evacuations can be prolonged, difficult, and expensive. Personal belongings and cameras are carried entirely at the owner's risk, and O.A.R.S. International accepts no responsibility for lost, damaged, delayed or stolen property. Delays may be experienced during travel or on the river, therefore we suggest adding extra days of coverage.

#### Liability Release

- Everyone is required to sign a standard liability release form before the trip, acknowledging awareness that there are inherent risks associated with the trip. 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 O.A.R.S. International cancellation policy, there will be no refund of the trip fees at that time.

#### Responsibility – An Important Notice

- O.A.R.S. International, 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 6 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.

#### R.O.A.M. Adventures, Inc.

- R.O.A.M. Adventures, Inc., a travel partner of O.A.R.S. International, is the operator of this trip. A representative will escort you throughout the program. These staff members are the very best and will strive to ensure your complete satisfaction.