**Introduction to River Kayaking**

**Peterborough, NH**

**September 10, 2017**

**TRIP DESCRIPTION:**
Paddling out and back from Peterborough is one of the prettiest stretches on the Contocook River in New Hampshire. The Contocook River is one of the main tributaries that feeds into the Merrimack. Along the way we will likely see some wildlife and enjoy a great day gaining some introductory river paddling experience. This area is mostly forested and makes for some wonderful views.

The Enriching Essential Learning Outcomes (E2LO) Initiative helps you build connections between the core outcomes that you achieve in the classroom and events and experiences that take place beyond it. The program you are attending is designed to enrich your student experience related to Social Responsibility and Ethics by exposing you to the concepts of Leave No Trace Outdoor Ethics. By attending programs like this your student experience may be enriched in a variety of ways! For information on E2LO events, experiences, rewards and scholarship opportunities please visit the [UMass Lowell E2LO website](http://example.com).

**TRIP COST:** $15 UML Student Faculty Staff/ $45 Guest

**INCLUDED IN TRIP COST:**
- Transportation—12 passenger van, unless otherwise noted.
- Activity Equipment —some clothing and personal items not included, review the packing list.
- Park Entrance Fees
- Instruction and Leadership

**REGISTRATION:**
- Fill out an [Online Waiver](http://example.com)
- [Register online](http://example.com)
- You can also register at the Welcome Desk of the Campus Recreation Center on East Campus

**PHYSICAL EXERTION LEVEL & PREREQUISITES**
- Mild to moderate: flat water, swift water, and Class I rapids. Must be able to hold head independently above water while wearing a life jacket/PFD. No previous kayak experience necessary.

**PRE-TRIP MEETING:**
- By phone with the trip leader two days prior to the trip

**TENTATIVE ITINERARY:** Due to the nature of outdoor trips, itineraries are subject to change.

- **8:00am**  Meet at the Bellegarde Boathouse 500 Pawtucket Blvd, confirm paperwork and payment
- **8:15am**  Introductions, itinerary, gear distribution
- **9:30pm**  Arrive at Contocook. Basic kayak/canoe instruction and safety brief, launch, paddle!
- **6:00pm**  Arrive at boathouse, debrief, collect equipment and store boats, dismiss

Check out the packing list on the next page!
**PACKING LIST:** The items on this list are **HIGHLY** recommended for your trip. Current temperatures and personal preference should be considered when packing. Wearing the same piece of clothing multiple times is OK on an outdoor trip, so do not over-pack...but at the same time, do not skimp on needed items. A (*) denotes items that can be provided for you at no additional charge.

- Lunch and Snacks - *bring plenty of snacks to stay fueled!*
- Baseball cap or full-brim hat (for sun protection)
- *Beanie Hat (wool or fleece is best).*
- Insulating jacket (fleece is ideal, should be compact and synthetic).
- Swim Suit
- Personal medications: inhaler, epinephrine, etc. Major medications should be noted on your Health Statement
- Personal medical insurance card
- Bag for personal belongings
- *Rain jacket (depending on weather)*
- *2 water bottles (quart size)*
- *Dry bag for keeping clothing dry while in the canoe.*

Note: We will distribute other equipment specific to the activity at the pre-trip meeting or on trip departure day. If you have any personal equipment (backpack, sleeping bag, etc.) that you would like to bring on this trip, please bring it to the pre-trip meeting so trip leaders can make sure it is appropriate for the needs of this trip

**For further questions or information, please contact us:**
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