River Cleanup and Cookout Day  
June 17, 2017 10am & 1pm  
Bellegarde Boathouse  
500 Pawtucket Blvd. Lowell MA

TRIP DESCRIPTION

We're joining forces with the Merrimack River Watershed Council to clean up the Merrimack River that we all enjoy! Join us for a fun, community building, service event. Registration fee includes BBQ lunch on the boathouse deck and boat rental for the cleanup session. Space is limited so register online by June 14, 2017.

REGISTRATION BEFORE JUNE 14th

- Register online for either the **10 a.m. cleanup session** or **2 p.m. cleanup session**. Both sessions include lunch served at 1pm on the boathouse deck.
- Register in person at the kayak center

ONLINE WAIVER

Each participant must have a completed online waiver submitted before they are allowed on the water. Fill them out by clicking on the link below or visiting [https://www.uml.edu/CampusRecreation/Boathouse/kayak-center/plan.aspx](https://www.uml.edu/CampusRecreation/Boathouse/kayak-center/plan.aspx)

- **Adult Waiver**
- **Minor Waiver**

INCLUDED IN RIVER CLEANUP DAY

- Kayak/Canoe Equipment Rental—with the exception of clothing and personal items listed on the packing list.
- Leadership and Kayak/Canoe Instruction.
- Lunch on the Boathouse Deck

PHYSICAL EXERTION LEVEL & PREREQUISITES

- Low to Moderate: due to river conditions and water temperatures.
- Must be able to independently keep head above water while wearing in a life jacket/pfd
- No previous kayak experience required.

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

**AM SESSION**
9:45 a.m. Meet at the Bellegarde Boathouse 500 Pawtucket Blvd, confirm paperwork, prepare
10 a.m. Introductions, safety brief, itinerary, gear distribution
10:15 a.m. Basic kayak/canoe instruction and safety brief, launch, paddle!
10:45 a.m. Land on shore and clean it up! Paddle as needed.
12:30 p.m. Arrive at boathouse, debrief, sort cleanup materials, wash up

**BOTH SESSIONS**
1 p.m. Lunch is served on the boathouse deck

**PM SESSION**
1:45 p.m. Meet at the Bellegarde Boathouse 500 Pawtucket Blvd, confirm paperwork, prepare
2 p.m. Introductions, safety brief, itinerary, gear distribution
2:15 p.m. Basic kayak/canoe instruction and safety brief, launch, paddle!
2:45 p.m. Land on shore and clean it up! Paddle as needed.
4:45 p.m. Arrive at boathouse, debrief, sort cleanup materials, wash up, high five and dismiss!
PACKING LIST: The items on this list are HIGHLY recommended for your trip. Current temperatures and personal preference should be considered when packing. Please contact us if you have any questions or have trouble acquiring any of the items on the list, we may be able to help you out. A (*) denotes items that can be provided for you at no additional charge.

☐ Baseball cap or full-brim hat (for sun protection).
☐ Sturdy closed toe water shoes for walking around on shore in and out of the water
☐ Sun shirt to keep shoulders from getting burned.
☐ *Work or garden gloves for handling trash and debris. Nitrile gloves supplied by kayak center.
☐ Beanie Hat (quick fix for chilly conditions, wool or fleece is best).
☐ Insulating jacket (fleece is ideal, should be compact and synthetic).
☐ Swim Suit (for cooling off in the river)
☐ Rain jacket (depending on weather)
☐ 1 reusable water bottle (quart size).
☐ 1 healthy snack
☐ *Dry bag for keeping items dry while in the boat.
☐ Bag for personal belongings.
☐ Waterproof, Floating camera (optional)

For further questions or information, please contact:
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