White Water Rafting
Deerfield River Monroe Bridge Section, VT
October 1\textsuperscript{st}, 2017

TRIP DESCRIPTION: The Monroe Bridge trip is full of big waves and fast whitewater action! The fun starts right below the Monroe Bridge dam with Class II warm-up rapids and then leads to a stretch of bigger, Class III drops such as "Devil's Odds" and "Landslide". Along the way our expert guides take time to play and work the river in a surfing hole or two. Each rapid gets more exciting as the trip builds toward the final and most difficult rapids of the day, "Dragons Tooth" and "The Terminator". These rapids require precise maneuvering by your guide and strong paddling by each rafter. Good runs through these Class IV rapids climax an awesome day of whitewater action in the Berkshires outfitted by Crab Apple Whitewater.

COST: $65 for students/faculty/staff, $95 for guests

INCLUDED IN TRIP COST:
- Transportation—12 passenger van, unless otherwise noted.
- Activity Equipment —with the exception of some clothing and personal items listed on the packing list.
- Meals – Sunday Breakfast and Lunch
- Instruction and Leadership

REGISTRATION:
- Fill out an Online Waiver for Campus Recreation and online waiver for Crabapple Whitewater
- Register Online
- You can also register at the Welcome Desk of the Rec Center on East Campus

PHYSICAL EXERTION LEVEL & PREREQUISITES:
- Moderate to Strenuous: due to rapids & cold water conditions. Ability to swim in cold and rapid water while wearing life jacket/PFD. No previous experience necessary.


PRE-TRIP MEETING:
- When: Wednesday, September 27\textsuperscript{th} @ 7:00 p.m. Meeting will likely last about 1 hour.
- Where: Meet in the Campus Recreation Center Meeting Room.
- What to Bring: Yourself and any questions you have.

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

- Sunday Oct 1, 2017
  - 8:30 a.m. LATEST, Meet in the Atrium of the Campus Recreation Center
  - Pack up & head out!
  - 10:30 Arrive at River Headquarters
  - 11:00 meet guides, sign waivers, and hit the river
  - ~4:00 BBQ Lunch at Base, review the action video and pictures,
  - Relax & play games after a busy day
  - 5pm Head back CRC option for a short hike before heading back
  - 7 or 8:00 p.m. (latest )Arrive at CRC, de-issue gear, debrief, goodbyes

Check out the Packing List on the Back...
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. 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.

- Water Shoes – must be closed-toed shoes such athletic shoes, that you can get wet. You can rent booties from the outfitter
- Swimsuit
- Towel
- Beanie Hat (quick fix for chilly conditions, wool or fleece is best)
- Insulating jacket (fleece is ideal, should be warm and synthetic)
- Shirts (quick-dry material such as nylon or polyester is preferred)
- Shorts and/or pants (dress for the current temps…avoid cotton, quick-dry material is preferred)
- Underwear
- Sunglasses (add a keeper strap for security)
- Sunscreen & lip balm (15 SPF minimum)
- Camera (protective case is highly recommended)
- Personal medications (inhaler, epinephrine, etc.)
- Personal medical insurance card
- Book or journal (great for the van)
- Hand sanitizer (keeping clean is a good thing)
- Insect repellent (no need for a huge bottle, personal size will be adequate)
- *Rain jacket
- *1 water bottles (quart size)
- Backpack or bag – to store personal items

For further questions or information, please contact us:
978-934-1932 | outdooradventure@uml.edu