TRIP DESCRIPTION: Come join a group from UMass Lowell for early spring whitewater rafting on the Concord River, right in our backyard in downtown Lowell. This urban whitewater gem plunges over three major class III-IV rapids - Twisted Sister, Three Beauties, and The Middlesex Dam. When the water level is right, Three Beauties becomes an intensely fun surfing hole. Surfing involves paddling upstream into a wave or hole with the goal to fill the boat with water, splash the entire crew, or maybe even have the boat stand on end. We run this section twice and welcome adventurous rafters. Participants on this trip may be required to swim aggressively wearing a personal flotation device in rocky, fast whitewater. The trip will be outfitted and guided by Zoar Outdoor based out of western Massachusetts.

COST: $65 for students/faculty/staff, $89 for guests

INCLUDED IN TRIP COST:
- Activity Equipment —with the exception of some clothing and personal items listed on the packing list.
- Instruction and Leadership

REGISTRATION:
- Register Online
- Fill out an online waiver for Zoar Outdoor

PHYSICAL EXERTION LEVEL & PREREQUISITES:
- Moderate: Conditions include strong currents, Class III rapids, obvious obstacles, and moderately turbulent water. On guided trips previous experience is helpful but not required. Swimming ability with life jacket assistance is required. Trips usually run 3-5 hours.

ADDITIONAL INFORMATION: https://www.zoaroutdoor.com/rafting/concord-river.htm

Pre Trip Meeting:
- Over the phone with trip leaders in the week preceding the trip

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

- Sunday April 14th, 2019
  - 12:45pm Meet at the Inn & Conference Center, 50 Warren Street in downtown Lowell. Walk time from East Campus 25 Minutes. Riverhawk shuttle info here
  - 1 pm Get outfitted through Zoar Outdoor and get on the river
  - 4pm Clean up and head out from the ICC

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.

☐ Medical Questionnaire (Printed, Don’t Email), Complete online waiver.
☐ 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)
☐ Swim suit or extra clothes in case you swim
☐ 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
☐ *Rain jacket
☐ *1 water bottles (quart size)
☐ Backpack or bag – to store personal items

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For further questions or information, please contact us:
978-934-6151 | outdooradventure@uml.edu