Women’s Sunset Paddle
Merrimack River, MA
April 26th, 2019
6:00-8PM

TRIP DESCRIPTION

Join us for a relaxed all women paddle on Lowell’s beautiful Merrimack River. Our female instructors will provide you with information on trip planning and gear, as well as provide insight on where to go locally and regionally, and what to bring. We’ll also address topics such as backcountry hygiene, Leave No Trace, and answer any questions you may have about kayaking or how to translate your knowledge into a more advanced trip. This trip will provide a chance to connect with other females interested in the outdoors and can be tailored to entry experience level. We will paddle upstream from the boat house and explore the river. This trip should have lots of bird and river animal sightings, as well as some great views and possibly a tunnel under a historic mill!

Cost: $10 UML Student/Faculty/Staff. $25 Guests.

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

ONLINE REGISTRATION
- Register Online

PHYSICAL EXERTION LEVEL & PREREQUISITES
- Moderate:
  Participants will paddle 1-5mi/ 2-8km and current may be present but weak. Waves will be less than 1ft with the potential for winds up to 10mph. Expect potentially cold water. Previous experience is recommended but not required. Swimming ability with life jacket assistance is required. Trips usually run 3-5 hours a day sometimes over multiple days.

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

5:45pm meet at the Bellegarde Boathouse 500 Pawtucket Blvd, confirm paperwork and payment.
6:00pm Introductions, itinerary, gear distribution
Basic kayak/canoe instruction and safety brief, launch, paddle!
8:00pm Arrive at boathouse, debrief, collect equipment and store boats, 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.

☐ Medical Questionnaire (Printed, Don’t Email), Complete online waiver.
☐ Personal medications: inhaler, epinephrine, etc. Major medications should be noted on your Health Statement.
☐ Personal medical insurance card
☐ Baseball cap or full-brim hat (for sun protection).
☐ *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 water bottle (quart size).
☐ 1 healthy snack
☐ *Dry bag for keeping items dry while in the boat.
☐ Bag for personal belongings.

Note: We will distribute other equipment specific to the activity at the pre-trip meeting or on trip departure day.

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