



# CASCADIA EXPEDITIONS

## Multi Day Trips Planner

*Thanks for choosing to embark on a multi-day adventure with us! Gear up for an experience you'll remember forever--spending multiple days out in nature is where it's at. Below is information that will help prepare you for your time in the wilderness. Please contact us with any questions at all--there are no bad ones, as we want you to feel as prepared as possible. See you soon!*



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## What to Pack?

### What Cascadia Expeditions provides:

- All specific activity gear (PFD's, helmets, wetsuits if needed)
- Camp chairs and tables
- Plates and silverware
- Food and beverages (from lunch on day 1 to lunch on last day, coffee, juice, tea, hot chocolate)
- Books related to the area (guidebooks, bird books)
- Games to play at camp



### Gear for Survival River Trip

Backpack which can hold the following

- Water bottle
- Headlamp
- Sunscreen
- Sleeping bag (summer rated)
- Sleeping pad
- Hat
- Sunglasses
- One Change of quick dry clothes
- Rain gear (just in case)
- Toothbrush
- Dry shoes to change into at camp

Child should show up wearing

- Sandals or shoes that can get wet
- Shorts/pants and shirt that is not cotton and quick to dry

Optional

- Other survival gear your child wants to bring is ok
- Fishing pole
- Knives are ok but will be held and used only under supervision of staff

### Camping Gear:

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## What to pack on a River Trip Cont...

### For cooler weather on the water:

Insulating layers 1 top, 1 bottom (fleece is best)  
Warm socks for feet (wool or wool blend) NOT COTTON!  
Warm footwear (neoprene booties and or neoprene socks)  
Warm thick hat! (Wool or fleece)  
Waterproof rain gear (1 top, 1 bottom)  
Neoprene gloves (optional but nice on cold days)

**Important Note:** Cotton is the worst material to wear in cold or wet conditions. Avoid cotton at all costs and instead go with synthetic materials that will keep you warm even if wet.

### Optional stuff to bring:

#### Binoculars

Waterproof camera (or regular camera and an "Otter box")  
Extra batteries (for headlamp, camera, etc.)  
Rash Guard (or similar Hydro-skin clothing), keeps you from chafing under your life jacket  
Small travel pillow  
Fishing rod and gear, with a good case (Oregon fishing licenses are required) Toys and games! Cards, Frisbee, kite, book, whatever you like!  
Personal small drybag for easy access, 9.5" X 18" size works well for 2 people  
Neoprene gloves (especially if you would like to be in an inflatable kayak) Small quick-drying towel

#### For kids (recommended):

- ☐ Games and "things to do" at camp (note: electronic devices are discouraged, because they can get ruined and take away from the true wilderness experience!) Solid, supportive
- ☐ footwear (something that covers their toes and heel)
- ☐ Sunblock, cheap sunglasses, good hat, bandana to wet, etc. Being in the sun all day can be exhausting for kids. Their favorite snacks
- ☐

### Optional stuff to bring cont...

#### Where to buy this stuff:

Near Portland, we recommend either Next Adventure or REI (you can easily return anything you don't like after the trip if need be). Additionally, you can find these things from an assortment of online gear stores (Sierra Trading Post often has deals). Call us with Questions!

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## Packing Tips:

- Pack light! Space is limited on our boats, so be sure to bring just what you need without bringing extra items. We will provide you with a large waterproof drybag at the meet up spot. These bags are roughly the size of a large gym duffel bag, and kids will need to fit all their gear in it. We suggest you plan ahead and pack things in separate, smaller bags beforehand so you are organized and can easily transfer your stuff into our drybags at the launch site.

Here are some specific tips: Bring a small travel pillow rather than a big one; only bring the layers you need; it can be fun to let loose and wear the same clothes for more than one day!

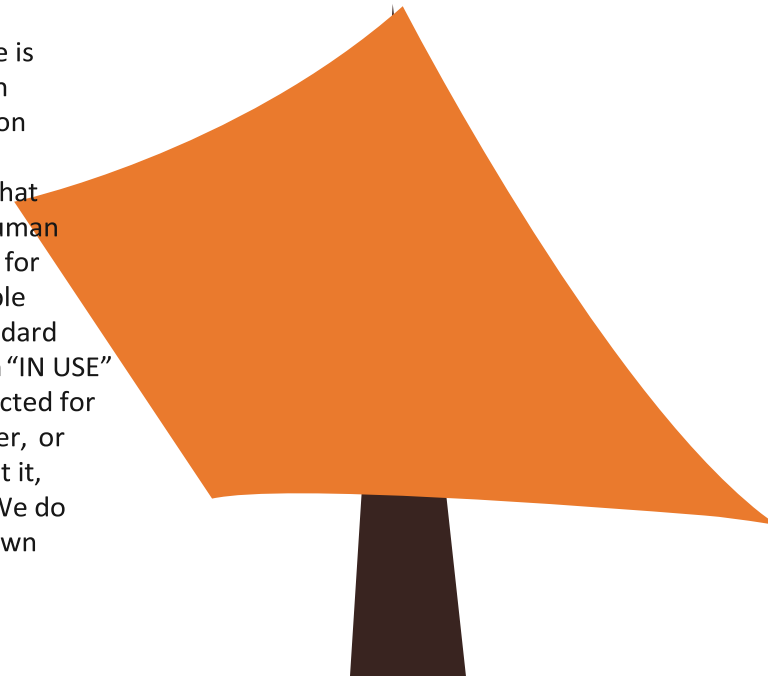
- All your gear for camp will go in the large drybag we give you, and things you'll need during the day (sunscreen, camera, layers, etc.) will go in a shared bag that will be accessible on the water. Many folks prefer to bring their own small drybag for convenient access on the water and so they don't have to share. Keep in mind, you won't have access to your large drybag during the day.
- Pack toiletries in zip-lock bags in case they break open.
- Bring a small first aid kit (we have plenty of high-quality first aid supplies, yet you may want some personal items for your convenience).

## Hygiene:

One of the most important ways to ensure everyone has a safe, healthy trip is to promote good trip hygiene, specifically where food and hand washing is concerned. We take food preparation and sanitation VERY seriously, as we know an upset stomach can ruin a whole vacation. We encourage all students to bring a small bottle of hand sanitizer with them and be sure to use it after going to the bathroom and before eating. We have many systems in place to ensure good hygiene, including: kitchen-cleaning systems (with bleach solution), hand washing stations, proper food preparation and storage, and sound cooler management. Staff will check with students to make sure they understand and are using correct hygiene.

### When Nature Calls... Toilet Facilities

One of the most anxious moments of any wilderness experience is wondering what the protocol is for going to the bathroom when there's no bathroom in site. Many of the rivers that we operate on are designated as "Wild and Scenic Rivers" and demand a "Leave-No-Trace" ethic. This requires us to pack out everything that we bring with us. Food scraps, coffee grounds, and yup, even human waste. Luckily, we carry super-modern, top-notch porta-potties for use when we're camping at a site without pit toilets. Our portable bathroom consists of a molded plastic "throne" (similar to a standard household toilet, only smaller) and a privacy tent, complete with "IN USE" indicator. The capacity of our portable toilet is small and is restricted for defecation only. All users are required to either urinate in the river, or in a "urinal" chamber located within the privacy tent. Don't sweat it, our guides will make sure you have all the details before-hand. We do take frequent bathroom breaks or "code yellows" as we move down the river, so don't hesitate to ask your guide for a potty stop.



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## Meals:

At Cascadia Expeditions, we know outdoor fun is GREATLY increased with a belly full of tasty grub. We have variety in mind when providing for our clients, so if there's anything we can do to accommodate your dietary needs, please let us know. We have several gluten-free and vegetarian options, and will absolutely accommodate anyone with food allergies (nuts, lactose intolerant, etc.). We provide meals from lunch on the first day, through lunch on the last day for our overnight trips.

**For Breakfast:** We know that a hearty breakfast is the precursor to a day filled with activity, so we'll be sure you get plenty of food for the day ahead. We will work with the kids to teach them the cooking skills required for eggs, bacon/sausage and hashbrowns on the river; we'll also have a selection of dry cereal and fresh fruit for lighter eaters. Coffee, Tea and Juice will be available every morning.

**For Lunch:** We'll pull off the river and provide all the fixin's for sandwiches as lunch time comes along. We carry plenty of fresh fruit, veggies and drinks to keep kids nourished and hydrated.

**For Dinner:** Our guides will supervise and instruct kids in getting some snacks going as soon as we get to camp in the evening and before launching into dinner preparations. Dinner is an educational experience in which staff teach students how to

organize and cook the dinner they eat that night.

*NOTE: We carry plenty of snacks and drinks, so if you get hungry on the water, feel free to ask one of our guides*

## Fine Print:

### Environmental Concerns

One of the most exciting parts of a wild river adventure is getting out in nature. The best way to enjoy yourself outdoors is to be prepared. Sun exposure is the greatest environmental concern on a hot summer's day. Be sure to bring sunblock, sunglasses and a hat. Cold can also be a factor, so be sure to check the weather before your trip and feel free to call us for any packing suggestions.

### Bathing

One of the great joys of a wilderness river trip is being able to swim regularly and bathe in the river. However, as all of the rivers that we visit are protected and pristine, we would like to minimize our impact as much as possible. Soap, Conditioners and other detergents can be extremely toxic to aquatic wildlife. If you would like to bathe by the river's edge, PLEASE be sure to bring bio-degradable soap and use it sparingly. Privacy is often difficult, but bathing in one's swimsuit is a common practice.

### Medications

Please be sure to bring adequate and appropriate medication for your entire trip. Also please inform us ahead of time if you're taking any medications for diabetes, seizures or have any allergies requiring an anaphylaxis kit



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(bee stings, etc.). All of our guides are trained in wilderness medicine and first aid, however we are prohibited by law from administering any medications to you.

## Alcohol Policy

On multi-day trips, guests are allowed to bring alcohol in shatter-proof containers for consumption while we're in camp (wine bottles are okay). Cooler space is quite limited on our trips, so if you choose to bring additional drinks or alcoholic beverages, please let us know in advance. To ensure everyone's safety, there will be NO consumption of alcohol while we are underway on the river. This is a wild and potentially dangerous river and you'll need your wits about you while we're underway. We encourage drinking responsibly while in camp, as we'll need everyone to be able to get an early start the next morning, feeling good and able to tackle another exciting day of whitewater!

## Gratuities

We do not solicit for tips; however it is customary in the outdoor industry to tip your guide between 10-20% (only if they earned it of course!). We encourage you to do whatever feels right to you. If you think your guides earned it and were happy with the work they did, then feel free to tip them—our guides work hard and will certainly appreciate it (FYI, our guides pool all their tips).

## Insurance

Every participant on one of our adventures will need to complete and sign a general liability waiver in advance of trip, acknowledging awareness of inherent risks in outdoor adventure. Additionally, we strongly recommend you protect yourself, your belongings and your vacation through the purchase of travel insurance. Travel insurance can cover unexpected costs in case of last minute cancellations, property loss or damage and in case of injury or illness. All personal belongings carried on our adventures are entirely at the owner's risk, and we cannot accept responsibility for lost, damaged or stolen property.

## Payment and Cancellation Policies

We require a \$100 deposit, per person, to reserve your spot on one of our adventures. Payment in full is due 30 days prior to your trip departure date, or upon booking if you book within 30 days of your trip. We strongly recommend booking at least 60 days in advance (especially if you'd like to go on a summer weekend), as all our trips are filled on a first-come, first-served basis and the dates you are hoping for might be already be taken.

## Fine Print Cont.

### Cancellation/Refund Policy

If you cancel more than 30 days prior to your launch date, then your \$100 deposit is refundable, minus a \$25/per person cancellation fee. If you cancel within 30 days of your trip, we cannot offer you a refund. Please understand once we receive the payment from you, we may be turning other people away because we have put you on our calendar as our priority and are working hard to plan for your trip. However, we understand that life happens. If you must cancel within 30 days of the scheduled trip, (emergency or unforeseen event), we are happy to offer you a transfer for another date (subject to availability). This transfer will be good for one year from the date of your trip. You will however incur a \$25/per person re-booking fee.

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## Cancellation by Cascadia Expeditions

Cascadia Expeditions will rarely have to cancel a trip; however it is possible we may need to, as some things are out of our control (wild fires, water levels, an emergency, etc.). We reserve the right to cancel, and if we have to, we will notify you as soon as possible and you will receive a full refund. That being said, we cannot pay for any travel costs that any participants have incurred, we are sorry.

## Connect with us

With the organic power of social media, we invite you to share your Cascadia Expedition experience with friends and family. Post pictures, reviews and stories regarding your awesome trip on Facebook, Twitter, Yelp, Youtube, and Instagram. You can also go above and beyond by tagging Cascadia Expeditions and/or use hashtag **#CascadiaExpeditions**.

[www.cascadiaexpeditions.com](http://www.cascadiaexpeditions.com) | (503) 395-7122

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