

## PARTICIPANT CANOEING INFORMATION

Trip: \_\_\_\_\_ Date & Time: \_\_\_\_\_

Meeting Place: \_\_\_\_\_ Leader(s): \_\_\_\_\_

The Delaware Nature Society provides canoes, paddles, and life preservers. PLEASE LEAVE ANY UNNECESSARY VALUABLES AT HOME. To insure a comfortable, safe trip, we advise that you bring/wear the following:

### WEAR

- ◆ Old clothes & old sneakers—you may have to walk in a rocky stream
- ◆ Hat with visor to ward off sun/rain  
Optional: Bathing suit under your clothes should your clothes get hot (also, changing places are not always available)

### BRING

- ◆ Change of shoes & socks—other clothes optional, changing place may not be available
- ◆ Sturdy rope to tie in gear, string or elastic to tie on glasses
- ◆ Rain gear—comes in handy even when it is not raining, i.e. wind protection, ground cover, padding, etc.
- ◆ **If an all-day trip, bring lunch & beverage. Bring money for a quick dinner stop on our return to Ashland.**  
Optional: Sunglasses, sunscreen lotion, insect repellent, gloves to prevent blisters, foam padding to sit/kneel on, bee sting kit if necessary, binoculars

### PACK

- ◆ Everything in waterproof containers—bags, etc. & plan on securing equipment to the canoes

### OTHER NOTES:

- ◆ Trips are run rain or shine—canoeing can be fun in the rain provided that you have brought rain gear. In the advent of severe high or low water levels, the leader may select an alternative waterway
- ◆ Trip return time is estimated—please take this into consideration when planning other activities for the day
- ◆ **Like other water sports, canoeing can be hazardous. You will be required to sign a waiver of liability.**

