

WESTERN CAROLINA UNIVERSITY

Base Camp Cullowhee
First Ascent Nantahala Whitewater Rafting



Thank you for Registering

Thank you for registering for the Nantahala River Whitewater Rafting trip as part of the new student orientation at Western Carolina University. Enclosed you will find an information sheet that describes what to expect on the trip and what to bring. You will also find a **Medical Information Form** and a **Release of Liability & Assumption of Risk Agreement**. Both forms must be completed before the trip. You have the option of mailing the completed forms to the address below or you may also bring them with you on the day of the trip.

In addition to the rafting trip, you may be interested in the **First Ascent Backpacking and Rock Climbing Trip (July 6-11th, August 6-11th, or August 14-19th)** – a trip just for incoming freshman. This 5-day trip is guided by Base Camp Cullowhee's professional staff, ready to help you get a head start on your transition from high school to college life. First Ascent is about building lasting friendships while exploring North Carolina's forests. Groups comprised of no more than 12 students will explore the rugged landscapes surrounding WCU. For more information, please check out the website: <http://www.wcu.edu/8990.asp>

More on Base Camp Cullowhee:

Base Camp Cullowhee is the outdoor programs for Western Carolina University. Students, Faculty, Staff, and Guests have the opportunity to take advantage of a wide range of outdoor trips throughout the school year. We also have a comprehensive outdoor gear rental program to help you plan your own adventures. Check us out on the web at: <http://www.wcu.edu/8984.asp> or call us 828-227-3633.

Send completed forms to:

Orientation Rafting
Western Carolina University
210 A.K. Hinds University Center
Cullowhee, NC 28723

Have a great summer! We look forward to having you here at Western!

Josh Whitmore

Associate Director of Outdoor Programs

Jennifer Bennett

Assistant Director of Outdoor Programs

WESTERN CAROLINA UNIVERSITY

Base Camp Cullowhee

Nantahala Whitewater Rafting Information



When & Where to Meet:

Meet at 11am at Scott Hall for registration. Look for someone wearing a Base Camp Cullowhee t-shirt to sign in for the rafting trip. The Base Camp Bus will pick us up at Scott Hall to transport us to the river. Plan to return to Scott around 7:00pm. *Make sure to eat lunch prior to coming to meeting for your rafting trip or bring lunch with you eat on the way. You will need the energy!*

What to Bring: *Clothing:* Come dressed in what you will wear on the river! You should wear shorts, or bathing suit, t-shirt, tennis shoes, Tevas™ or river shoes (NO FLIPFLOPS OR SANDALS). Any type of cotton blue jeans, sweat pants or long pants are not recommended. Any synthetic fabric type clothing such as nylon, polyester, or polypropylene, is recommended. If you wear glasses, bring something to secure them such as Croakies™, string, or rubber bands. **Please, bring a dry change of clothes and a towel** in a small bag to take with you to the river to change into after we get off the water. ***Rafting Equipment:*** Base Camp Cullowhee will provide you with all the rafting equipment you will need. You'll have the option of borrowing a nylon paddling jacket or wet suit depending on temperature. ***Other:*** You may also want to bring some cash for a treat on the way home.

What to Expect: After meeting at Base Camp Cullowhee, there will be a “trip talk” to inform you of the safety precautions for whitewater rafting. After the trip talk, you will be issued gear, load into our rafting buses, and drive to the river (30min drive). The Nantahala River is 9 miles of class I to III rapids. This river is very appropriate for individuals and families with no rafting experience. You will receive a paddle and instruction on how to assist your guide in maneuvering your raft down the river. Also, you'll help with carrying rafts and equipment to and from the river. Everyone on the trip will receive a life jacket and will be expected to wear it while on the river. You should be in good physical health.

NOTICE: You are responsible for keeping up with your own equipment and any equipment assigned to you by the Base Camp Cullowhee instructors or guides. You must immediately report medical problems to your guide—both existing and ones that develop while on the trip. The most common injuries are bumps and bruises, however serious injuries can occur such as dislocations, fractures, sprains, or death can occur. We take all precautions and with your help we can minimize these risks. **Please remember that you are accepting responsibility for your participation in this activity.** Base Camp Cullowhee also reserves the right to change times and prices (only in extreme circumstances). We also reserve the right to cancel the trip in case of emergency or unforeseen incident.

See you there RAIN or SHINE!