

Pre-Trip Checklist: Canoe

Information: Meet at the Visitor Center.

- Guests must arrive 30 minutes before the program starts. This allows guests to get their gear properly fitted and does not take away time from the main program.
- **Minimum age 10-year-olds.** No pets allowed.
- This tour is weather-dependent, meaning if there has been any amount of rain, the tour may be cancelled. Please inform guide of any medical needs or conditions upon arrival at the Recreational Area. Please have all necessary medications with you (inhalers, EpiPen's, etc.).
- Minors under the age of 18 **MUST** be accompanied by a parent or legal guardian.
- Signed acknowledgement forms will be required before the tour starts. All minors must have a signed form by a parent or legal guardian prior to entry.
- Paddles can be cancelled for multiple reasons including, but limited to high water, low water, severe weather forecasts, and the trip minimum of 4 not being met.

The guest must bring: (These items are mandatory for the guest's health and safety).

- Clothing you do mind getting wet (wicking material preferred, NOT cotton.)
- Closed-toed shoes. **NO** sandals, flip-flops, crocs, or backless shoes. This includes Chacos and Teva's.
- Strongly Recommended: sunglasses, sunscreen, water, snacks.
- **No Large Coolers Allowed**

The park will provide: Guests can bring their own.

- Canoes
- Paddles
- Personal Floatation Device-PFD
- Transportation to and from the river

About the Program: The trip is a 5.5-mile paddle. The beginning has short section with some riffles and rocks which can be tricky for guests but not impossible. After that, there are two ledges to maneuver through. After that, guests will have to paddle since the current slows for the rest of the trip. The pace will be set the group leader, and the group **must** stay together. Education, Relaxation and Recreation are some the key terms to describe the trips. ****Guests are required to paddle during the trip****

Payment is due when the reservation is made.

Guides have been through canoe training and are able to instruct guests on proper paddle techniques and preform rescues.

Tour will start strictly on the time slot. It is important that guests arrive early, and guests must be registered by 6 p.m. the day before the trip due to time constraints and program scheduling.

Questions? Call the Stock Creek Recreational Area at (276) 940-1673