

# Beginner Youth Kayak Camp



Sunbeam

## Upper Main Salmon "Day Stretch"



**Dates-** July 25th - July 28th

**Rapids-** Class II / III

**Trip Length-** 4 days

**Course Location-** Sunbeam, ID

**Age-** 12-14 years old

**Skill-** Beginner

**Cost-** \$800

*Includes 4 days of professional instruction on the river, all meals, camping accommodation, equipment, and all transportation to and from the river each day.*

This course is for youth who are looking to learn the sport and adventure of Whitewater Kayaking. Students will be introduced and taught the skills to begin a lifelong love of playing and traveling on the river. Kayaking allows people to not only learn a challenging skill, but also improve their confidence, inspire growth in their abilities, and practice valuable decision making skills. Most importantly, whitewater kayaking is FUN!

White Otter Outdoor Adventures invites you to spend four days learning to whitewater kayak safely and competently with a small group on Idaho's Salmon River. Professionally renowned, SWR Level IV ACA Whitewater instructors lead this highly regarded program.



**Professional, safe and knowledgeable kayak instructors**



**Homemade, responsibly sourced and delicious meals**



**Time to connect, play, learn and experience nature**



**Quality safety equipment and all camping gear**



**A supportive and safe learning environment to practice new skills**



Youth complete this program with greater technical skills, new paddling friends and mentors, enhanced river safety and awareness, and an unforgettable memory.



**Reserve Your Spot Today!**

Contact us at [\(208\)788-5005](tel:(208)788-5005) | [info@whiteotter.com](mailto:info@whiteotter.com)

or visit [www.whiteotter.com](http://www.whiteotter.com)

# Schedule Overview

**July 25th** - On the first day of the course we will meet at the White Otter headquarters in Sunbeam at 10:00am. We will run through the basics of equipment and gear, and make sure everyone is properly outfitted for the course. After a round of introductions, the instructors will give a thorough safety speech and begin with a talk about river hazards, risk mitigation and reading water. Students will start on a calm section of water where they will start to develop familiarity with their equipment and the river. In the evening, the group will share a delicious homemade meal prepared by the Sunbeam Cafe, set up their campsites and hang out around a campfire.

**July 26th-27th** - Each day, students will wake up and enjoy breakfast together while checking in and preparing for the day ahead. The majority of time will be spent on the water, practicing different techniques and skills. As the skill level of the entire group increases, students will be introduced to different sections of the river.

**July 28th**- On the final day, students will run the "day stretch" section of river, combining everything they learned throughout the course. Students will share a final meal and participate in a closing ceremony to reflect on the skills they learned and the new community they built throughout the week. Student pickup is at 12:00pm in Sunbeam on the afternoon of the 28th.



## Packing List



- Swimsuit
- Short Sleeve Shirt or Tank Top
- Shorts
- Sun Hoodie or Long Sleeve
- Synthetic Fleece or Sweater
- Long Pants
- Long Sleeve Shirt
- Rain Jacket
- Sun Hat
- Sunglasses
- Warm Hat
- Small Towel
- Personal Toiletries
- Headlamp
- River Sandals
- Tennis shoes or Hiking Boots
- Sunscreen
- Reading Material or Journal
- Sleeping Bag
- Pillow



- Kayak
- Helmet
- Personal Flotation Device (PFD)
- Paddle
- Spray Skirt
- Dry Top

*\*if students don't have their own kayak equipment, they can rent or borrow anything they may need from White Otter.*

# Frequently Asked Questions ?

## What is the weather typically like?

*On the Upper Main Salmon and in Sunbeam, it is typical for daytime temperatures to reach into the 80's and 90's, and for night time temperatures to dip down into the 40's. As we do operate in a mountain environment, it isn't impossible to see abnormal weather patterns either - such as snow in June or 100+ degree days in the middle of the summer. Please be prepared for changing weather conditions. Typically we have beautiful weather for the month of July.*

## What are the rapids like?

*The Upper Main Salmon has two class III rapids and a handful of Class II rapids. This is a great section of river to learn kayaking on, as there are many different river features to explore and practice on. There are also calm sections of deep water that offer perfect opportunities to practice rolling.*

## What About Cameras and Phones?

*One of our favorite aspects of this course is the opportunity to disconnect. We notice that students benefit immensely from giving themselves a reprieve from their technology. We will take photos from the river to record memories from the trip. Please note that there is limited cell-reception in Sunbeam.*

## What are the accommodations?

*Each night students camp in our private Sunbeam campground, right at our headquarters. Together, we set up tents, sleeping pads and sleeping bags for everyone. We know that camping might be a new experience for some people, and our guides and instructors are dedicated to helping all students feel safe, comfortable and competent when it comes to camping in the wilderness. We encourage students to bring their own camping gear. Otherwise, we are happy to provide camping equipment for anyone in need.*

## What is the food typically like?

*Meals will be provided by our Sunbeam Cafe team, and are completely organic, non GMO, handmade, and locally sourced. If campers have any allergies, they must indicate so in the information form after completing the booking process.*



# White Otter Guest Agreement

1. **I will come prepared.** I have read the Trip Information Packet and will arrive at our meeting location on time.
2. **I understand the risks.** My safety is ultimately my responsibility and I agree to act in a responsible and safe manner for the duration of the trip.
3. **I will wear a properly fitted personal flotation device (PFD) and a helmet** at all times while on the river.
4. **I will not partake in drugs or alcohol.**
5. **I will listen to and follow the guides' instructions at all times.**
6. **I will make a conscious effort to minimize my overall impact on the environment.**
7. **I will treat my fellow students and guides with respect.**

## White Otter Policies

### Deposit

25% of your total trip cost is due as a non-refundable deposit at the time of reservation.

### Payment Method

Your full payment can be made via cash, check or credit card.

### Balance Due

Your final balance must be paid in full by May 1st in the year of your reservation.

### Cancellation / Refunds

White Otter Outdoor Adventures is a small business with a short operating season. Given the nature of our industry, if a reserved seat is cancelled, it is near impossible to resell with little notice. Therefore, all trip deposits are non-refundable. In the event that a student decides to cancel, they will be refunded the trip cost less the non-refundable deposit. IF White Otter Outdoor Adventures is able to fill the vacant spot prior to the launch date, the student will then be refunded 100% of their initial payment. In the event that White Otter Outdoor Adventures decides to cancel the course due to low enrollment, water levels, wildfires, weather events, river corridor closures or other unpredictable circumstances, your trip will be fully refunded. If your trip is cancelled by White Otter, please understand that we will try to give you as much notice as possible, however the nature of outdoor adventure can be highly unpredictable. Please be advised that if this course does not meet the minimum requirement of 10 registered students, White Otter Outdoor Adventures reserves the right to cancel the course and will offer 100% refunds to all participants.

### Trip Insurance

Although we do not provide trip insurance, we highly recommend that all guests purchase a short-term trip insurance policy with a "Cancel For Any Reason" clause, in case of any cancellations or unforeseen events.

### Scholarships / Financial Aid

White Otter Outdoor Adventures recognizes that there are economic barriers to participation in the outdoors, and we offer small scholarships for local participants who require a scholarship to help them participate in this course. If you would like to apply for a local's only low-income scholarship, please email [info@whiteotter.com](mailto:info@whiteotter.com).