



Jumonville

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What You Need to Know for Canoeing Activities

What to Expect:

You will definitely get wet. There are normally 2 persons in each canoe. You will definitely need to work together and communicating with your partner will be critical. Most canoeing takes place on local rivers. There are no big rapids in the section of river that we paddle but there is definitely some moving current. You won't necessarily have to paddle all of the time, but you will spend most of the trip paddling.

What not to Worry About:

You don't have to worry if you are not a good swimmer as everyone is required to wear a life jacket (PFD) the entire time that you are in the canoe on the water. Most of the time the water is not very deep. There are few spots in the section of river that we use where the water is deep enough that you could not stand up if you wanted. We also always keep the group together by assigning a lead boat (that no one passes) and a sweep boat (that no one is allowed to get behind) so there is no chance of getting separated from the group.

What to Wear:

Most people prefer to wear a swimsuit with shorts and a T-shirt overtop of your swimsuit. Tennis shoes or Tevas or water shoes are also appropriate. Flip-flops are not acceptable.

What to Bring:

Bring a towel with you and a change of clothes so that you can put on dry clothes after you are done with the trip. Unless you have a waterproof container you will not want to bring a camera. Bringing sunscreen is very helpful as the extended hours with the sun reflecting off the water makes getting sunburned very easy.

What We Need to Know:

While we do not require a medical information form, we do need to know if any of the following conditions are present in your group: elevated blood pressure, any heart condition, seizure disorders, asthma, allergies serious enough to cause anaphylaxis, wounds, and/or orthopedic anomalies.

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