



## **SCHUYLKILL RIVER SOJOURN 2012 IMPORTANT INFORMATION**

### **POLICIES**

For your safety and that of your fellow Sojourners, the following policies will be in effect:

1. No glass containers allowed on the river.
2. All participants must attend the daily MANDATORY safety briefing conducted before launching. Skills instruction will be available. Participants must adhere to the safety guidelines presented.
3. Participants must wear a secured USCG approved Type III personal flotation device (PFD) at all times.
4. Participants under the age of 18 years are the responsibility of, and must be accompanied by, a parent or guardian.
5. Children must be able to swim and weigh at least 40 pounds to be properly fitted with a PFD.
6. Directions of the Safety Officers must be followed in the event of bad weather, hazardous conditions, or an emergency.
7. No pets allowed.
- 8. All participants must sign all liability releases, medical release and photo waiver. Parents must sign for children under 18.**
9. Alcoholic beverages are not allowed on the river, in municipal parks or on private property and will not be served at this Sojourn event.
10. Participants are responsible for their own trash.
11. Person-powered watercraft only.
12. Organizers and safety officers of the Schuylkill River Sojourn reserve the right to take anyone off the river that is either challenged by the amount of paddling required per day, in a craft that does not fit or is beyond their skill level, or creates a hazard by not following policies.

### **SAFETY RULES**

1. The first boat is always the "Lead Boat" and may not be passed. This boat will be designated by the Trip Leader.
2. The last boat is the "Sweep Boat" and no boat may be behind this boat. This boat will be designated by the Trip Leader.
3. There will be one group on the river. Each boat is responsible for keeping the boat behind in close range (approx. 50 ft. or less).
4. More experienced paddlers will be expected to assist less experienced paddlers or to function as safety boats if requested by the Trip Leader.
5. Whistle signals will be used by all to communicate on the river. These signals will be explained daily to all paddlers.

## CLOTHING

What to wear while paddling depends upon the weather and water conditions. Temperatures of 80° and sunny allows for bathing suits, shorts and t-shirts. In cooler weather, avoid cotton garments when paddling, as wet cotton is actually colder than bare skin, conducts heat away from the body and does not dry as fast as synthetic fabrics. Even in the summer, cold water, wind and wet cotton can be a deadly combination. Cotton materials include flannel, chamois, canvas and most sweatshirts. Make sure your “fleece” sweatshirt is synthetic fleece, not cotton fleece.

These recommendations are for your comfort and safety. Hypothermia, a lowering of the body’s core temperature, can come on quickly in the right conditions (or wrong conditions, if you’ve been in the water).

You should have available in your boat the following:

(preferably in a dry bag or other waterproof container that is securely fastened or stored with no trailing ropes or lines):

- **Rain Gear (No Ponchos** or any other item that can become a hazard in the water)
- **Windbreaker**
- **Fleece or wool hat:** In addition to a brimmed hat for sunny days, consider a warmer hat for cooler conditions
- **Synthetic or wool clothing** (Sweaters, tops, long underwear, socks) - Wool provides warmth, even when wet. Synthetic fleece and other materials are popular for their wicking qualities (drawing water away from your skin). Synthetic fibers dry quickly and help keep your body warm when it’s cold. You can also use synthetic pants or lycra tights for your lower half.

If you have questions about clothing, check with a store that sells clothing for outdoor adventures.

## BOATS

### Canoes

River worthy canoes are recommended. No square stern canoes will be allowed—this type of canoe doesn’t perform well on a river. Because most days include a portage, don’t load your canoe with extra gear or equipment that can increase the weight. Consider your center of gravity when sitting in your canoe.

Please be aware there are areas of the river that are rocky and canoes can be damaged by going over the rocks. Aluminum, canvas, and wood canoes may be problematic in the rocky parts especially the first several days. If you have a question about your canoe, contact Allan Quant at Canoe Susquehanna (570) 524-7692 or [allan@paddlehappy.com](mailto:allan@paddlehappy.com).

### Kayaks

If you will be using a whitewater kayak, you must wear a helmet and be able to do a wet exit. The helmet requirement does NOT apply to recreational kayaks unless you are using a spray skirt that makes it very difficult for you to escape the boat while in use. Usually these are neoprene skirts and fit very tightly with the expectation that the paddler is in whitewater and will be rolling, not swimming, if he/she flips over. If you have a question about the kayak you are bringing, contact Allan Quant at Canoe Susquehanna (570) 524-7692 or [allan@paddlehappy.com](mailto:allan@paddlehappy.com).

Any canoes or kayaks rented from Kelly’s Canoe & Kayak are appropriate for the Schuylkill River Sojourn.

## GENERAL INSTRUCTIONS

**Each Sojourner is limited to 2 duffel-type bags (medium or large) for all gear. Waterproof bags are strongly recommended.**

### **What to bring (personal) Please mark ALL your possessions with a permanent marker**

- Coast Guard approved Type III Life Vest (one required for each person)
- Snacks and drinking water
- Sweaters, jackets, gloves (warm clothes, cotton not recommended)
- Emergency dry clothes
- Hats, visors and sunglasses
- Sun block and/or suntan lotion, first aid kit, medicine, spare glasses
- Mosquito/tick repellent/bee sting kits/other medications
- Ear Plugs (train tracks are typically close to campsites, especially in West Conshohocken)
- Rain gear (Ponchos not permitted)
- Swimming apparel
- Sneakers, hiking shoes, water shoes, sport sandals (other sandals are not appropriate)
- Dry bag or double plastic bags for anything you want to keep dry on the water
- Camping gear (tent, sleeping bag, flashlight, ground cover, ear plugs)
- Toilet paper, personal toilet kit, bath towel
- Silverware Kit (*optional*)
- Whistle, pocket knife, matches
- Bird/nature guides, diary/journal, camera, binoculars

**Please note:** Participants will not be permitted to camp out of their cars because of privacy issues. Camping in a van or pick-up truck with a cap is permitted, but likely in an area apart from tent campers. No RV's allowed due to limited space.

### **What to bring (equipment) Please mark ALL your possessions with a permanent marker**

You are responsible for providing or renting a canoe or kayak.

- Tie-downs (rope, bungee cord)
- Bow and stern lines for canoes
- Bailer & large sponge
- Seat pad, knee pads

Some people bring portage wheels for the Sojourn. You are responsible for transporting this type of equipment, and it must fit **safely and securely** inside your canoe or kayak.

### **Showers**

Showers are not available all nights. Arrangements for showers are made where possible. Saturday night showers are available at the Port Clinton Hotel for \$5 per person. See Saturday Daily Plan sheet for more information.

### **Information for all participants**

- On the morning, or evening, you arrive, you must **first check in**. Look for the white Sojourn Flag.
- Maximum people per canoe – 2 adults and 1 child. Any other arrangements must be approved by Canoe Susquehanna.
- When you get off the river in the evening, a box truck will be at the location with your camping gear.

## GENERAL INSTRUCTIONS, cont'd

### Shuttles

After the sweep boat is off the river, shuttle buses will take people back to the morning's launch site to retrieve their cars. **THE ONLY CHANGE IS SUNDAY NIGHT** Jim Dietrich Park at Muhlenberg Township. After the canoes/kayaks are off the river, the buses will leave at 6 or 7 p.m. for Port Clinton, and then onto the Senior Center in Schuylkill Haven. Sojourners will then return to Jim Dietrich Park at Muhlenberg for the final program of the evening.

For the Full Trip Sojourners, on Friday, June 8, at the end of the Sojourn, Canoe Susquehanna can shuttle a limited number of people and gear to the Senior Center in Schuylkill Haven. If you plan to take advantage of the final vehicle shuttle to Schuylkill Haven, contact Cindy Kott at SRGA by the published May deadline at [ckott@schuylkillriver.org](mailto:ckott@schuylkillriver.org) or 484-945-0200.

### Photos

After the Sojourn we will provide links to websites with Sojourn photos. Visit the Sojourn section of our webpage: [www.schuylkillriver.org/sojourn.aspx](http://www.schuylkillriver.org/sojourn.aspx), for links.

### Food and Water

Food will be provided for all meals except for dinner Friday night in Schuylkill Haven. Water and energy-drinks are always available at the morning, lunch, evening and scheduled water stops. Don't forget to bring a supply of your favorite high energy snacks. **Please make sure you have a refillable water bottle with you at all times. Plastic/paper cups will not be available at water stops.** Sorry, we cannot accommodate special diets. Some meal providers may offer non-meat options.

### Programs

The Schuylkill River Heritage Area has assembled an impressive and diverse array of programs relating to recreation. These programs are the backbone of the journey. Out of courtesy to our speakers, and because the programs will enrich your Sojourn experience, we ask all participants to make every effort to attend the programs.

### Last Words

Be prepared and plan for hot sunny days, cold rainy days, bugs, poison ivy, and every possible combination thereof!

Enjoy the river and experience of a Pennsylvania River Sojourn. We look forward to having you with us on this year's Schuylkill River Sojourn.