

After a previous Sojourn we asked “Do you have any advice for someone who has never been on a River Sojourn before?” Read on for some great suggestions and bits of advice that can help improve your experience.

Be ready for anything and have fun.

Wear shoes you've used before on land and in water.

Talk with anyone and everyone along the way.

Come to the River with open senses and an open mind. Be prepared to let them be filled with new things. Oh...and watch for pirates!

Graciously accept -- and offer -- help in and out of water and on portages. It's easy to have a good time coming alone.

Take a bigger tent, leave your car at the start

Paddle, paddle, paddle before you go... Practice first.

Practice controlling your boat before you join the sojourn

Don't think that because you're only doing 15 miles a day or so that you can just float with the current -- paddling is required!
And a lot of it!

Choose the right boat. If at all possible it may be wise to switch from a shorter more maneuverable boat after the first couple of days to a longer boat. Or use a boat that is pretty good for most kinds of water (I like the Wilderness tsunami 125). Also if you have the chance, go for a day long paddling trip in advance to learn more about your own skills and weaknesses

Read all information sent-- very thorough and accurate.

Make sure you are properly prepared

Don't expect to lose weight; food is outstanding and abundant.

Figure out the first night which tent(s) snore(s) and choose your tent site appropriately

Include your contact info to be shared with others on the master list (unless you plan to make NO new friends).

Go! Anybody can do it and the experience is wonderful!

Nothing beyond what SRGA tells newcomers.

Pack light and leave your car behind. Throw yourself into the 'journey' aspect of the trip, making do with only what you have - you'll be amazed at how resourceful you can be.

Extend yourself to the people on the trip, it's incredibly rewarding. On the paddling side, a longer boat really pays off. I had a chance to try the sit on top kayak from Emotion and that was so much more comfortable and easy to paddle than my boat.

The safety guides who stood in the river to help guide everyone through the difficult sections were incredible. And though safety was stressed, there was still plenty of fun with the water fights and capture the flag game.

I noticed a number of people - mostly older - that had clothing that covered their arms and legs. For those of us that are concerned about over exposure to the sun I would recommend the clothing mentioned above.

Pay attention to the advance instructions and the daily safety briefings. Bring plenty of liquids in your kayak/canoe

Get in shape! I would encourage you to advise sojourners to get into some sort of physical fitness program "prior to" the trip. Unless, of course, they are only going for a day or two. A week on the river can be exhausting for the unprepared.

Be prepared to be dirty, sweaty, and not take normal showers

It is very strenuous but A LOT of FUN!

Build up your kayaking endurance beforehand

1- Don't bring food. 2 -You don't have to be an Olympic athlete but be in reasonable shape.

If possible, leave your car parked for the entire trip. Shuttling, usually at rush hour, takes about 2 hours of your precious time.

To get in shape, join a gym and take lessons to paddle but try it out, you'll be amazed how much fun it is to go on a sojourn.

Wear a broad-brimmed hat, not a baseball cap

Bring earplugs for the Conshohocken camp (train tracks are next to the campsite.)

Prepare to be amazed by the quality of the safety people

Paddling gloves are a good idea

Be prepared for many, difficult ins and outs

Don't overpack your camping gear; all you need on the boat is a bottle of water and sunscreen. It's way more fun that way."

It's not as daunting as it sounds.

Bring what they suggest

Bring Advil!