



Caravans

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TO: Junior High Rock & Roll Caravan
FROM: Stan Fishburn
Director of Camping
DATE: Summer 2010

WELCOME TO THE JUNIOR HIGH ROCK & ROLL CARAVAN! We will white water raft the Wenatchee River with YD Adventures, rock climb in the renowned Icicle Canyon, and backpacking in the beautiful Glacier Peak Wilderness Area. Good food, new friends, Bible study, and fun recreation will make this an experience to remember.

This Caravan is designed so that anyone in average physical condition can have an enjoyable time. No experience is required. You will be instructed in paddling skills, rock climbing, and wilderness camping during the Caravan. Because paddling and rock climbing requires upper body strength, exercises such as push-ups, pull-ups, and sit-ups will help prepare you for the Caravan. Jogging, swimming and biking will improve your endurance and ensure a more enjoyable time on the Caravan.

Our Caravan Leader this year will include Lyndsay and Jordan Mynatt. Jordan and Lyndsay will ensure that each trip is safe, well planned, and filled with fun, fellowship, and excellent Bible study. Jordan and Lyndsay are coming from Tennessee. They were married last year and for their honeymoon hiked the 2,650 mile Pacific Crest trail. They both have strong climbing skills and have climbing experience all over the United States. Also joining them is Stan Fishburn. Stan has had extensive experience instructing mountaineering throughout the Western United States and has led many successful accents of Glacier Peak, Mount Rainier, Smith Rocks and other Northwest climbing areas.

Included with this letter you will also find an Equipment List and a Rafting Waiver. Please return the Waiver to us. Please be sure to bring all items on the Equipment List. To keep things dry, please put your things in a large plastic bag inside of the pack. This is especially important for your sleeping bag.

Please meet Sunday, June 27, 3:00PM, at the Leavenworth City Park, near the Pool in Leavenworth. Look for the sign. We will return to the Park in Leavenworth, Friday, July 2, 3:00PM.

Don't hesitate to contact us if you have any questions. We are all looking forward to an adventurous time!

ROCK & ROLL EQUIPMENT LIST

Please bring all of the following items:

CLOTHING

- _____ 1 pair light hiking shoes or running shoes
- _____ 3 pair socks
- _____ rain gear (no plastic - see notes)
- _____ 1 lightweight windbreaker
- _____ 3 sets underwear
- _____ 1 swimsuit or some combination of clothes in which you feel comfortable swimming
- _____ 1 pair pants
- _____ 2 pair shorts
- _____ 1 long sleeved shirt
- _____ 3 short sleeved shirts
- _____ 1 warm sweater
- _____ 1 or 2 bandanna
- _____ 1 insulated cap

PERSONEL EQUIPMENT

- _____ 1 sleeping bag in stuff sack and plastic bag
- _____ 1 backpack
- _____ 1 insulated ground pad, such as an ensolite pad
- _____ 1 or 2 Water Bottles
- _____ personal toiletries including toothbrush, tooth paste, biodegradable soap, chapstick, toilet paper, sunscreen, etc.
- _____ towel
- _____ insect repellent
- _____ sunglasses
- _____ cup and spoon
- _____ flash light and extra batteries
- _____ Bible, notebook and pencil
- _____ no radios or tape players

OPTIONAL

- _____ 1 pair of rock climbing shoes (can be rented in Leavenworth)
- _____ pocket knife
- _____ camera
- _____ cards
- _____ small musical instrument
- _____ day pack

EXTRA NOTES

PACKING - Please have personal items identified with your name.

RAIN GEAR - Our chief concerns are a minimum durability of the material and fit. Don't bring plastic rain gear that will rip easily. Heavier plastic, rubber-coated nylon, are all acceptable. Make sure that the rain gear fits over clothing that would be worn in cold weather.

PARTICIPANT-RENTAL AGREEMENT, RELEASE, AND ACKNOWLEDGEMENT OF RISK

In consideration of the services of "RiverRider.com Inc.", their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as RR). I hereby agree to release and discharge RR, on behalf of myself, my children, my parents, my heirs, assigns, personal representatives and estate as follows.

1. I acknowledge that rafting on rivers entails known and unanticipated risks that could result in physical or emotional injury, paralysis, death or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity. The risks include, among other things: whitewater rapids will be encountered. I can be jolted, jarred, bounce, thrown to and fro and shaken about during rides through some of these rapids. It is possible that I could be injured if I come in contact with food boxes, other storage containers, or fixed equipment necessary to the operation of the expedition and the outfitting of the raft. Rafts could turn over or I could be "washed" overboard. I can slip or fall during a hike, resulting in damage to equipment or personal injury. Accidents can occur getting on and off the raft. Rafts are slippery when wet. Exposure to the natural elements can be uncomfortable and/or harmful. I am aware that this exposure could cause sunburn, dehydration, heat exhaustion, heat stroke, and heat cramps. Also prolonged exposure to cold water can result in hypothermia and in extreme cases death and accidental drowning is also a possibility. Rafting over waterfalls such as Husum Falls adds extra danger to the river trip. Kayak trips require extra attention to the guide/leader and add extra danger to the river trip as you are in sole control of the watercraft. Furthermore, RR guides have difficult jobs to perform. They seek safety, but they are not infallible. They might be ignorant of a participant's fitness or abilities. They might misjudge the weather, the elements, or the terrain. They may give inadequate warnings or instructions, and the equipment being used might malfunction.
2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
3. I hereby voluntarily release, forever discharge, and agree to indemnify & hold harmless RR from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of RR equipment or facilities including any such claims which allege negligent acts or omissions of RR.
4. Should RR or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold harmless for all such fees and costs.
5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I have no medical or physical conditions, which could interfere with my safety in this activity, or else I am willing to assume - and bear the costs of - all risks that may be created, directly or indirectly, by any such condition.
6. In the event that I file a lawsuit against RR, I agree to do so solely in the state of Washington and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portion shall remain in full force and effect.
7. When renting equipment, Riverrider.com makes no claim or representation, and accepts no responsibility, regarding the quality, nature, or reliability of the equipment or it's use by the renter..

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against RR on the basis of any claim from which I have released him or her herein. I have had sufficient opportunity to read this entire document. I have read and understand it and I agree to be bound by its terms.

Signature of Participant: _____ Print name: _____

Address: _____

Phone: _____ Date: _____ River _____

Parent's or Guardian's Additional Indemnification (must be completed for participants under the age of 18 years)

1. In consideration of _____ (print minor's name) ("Minor") being permitted by Riverrider.com Inc. to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless RR from any and all claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent or Guardian: _____ Print Name: _____ Date: _____