

# White Water Rafting Trip 2010

## Schedule:

(Saturday)

8:00am	Load-up
8:30	Leave Church
12:30pm	Lunch
4:30(ET)	Arrive
5:30	Dinner
7:00	Free time
11:00	Lights Out

(Sunday)

6:45	Breakfast
7:15	Leave Hotel
8:15	Rafting
12:15pm	Change and Leave
1:00	Lunch
8ish	Arrive at Church

## Contact Information:

- Eric Miracle's Cell  
529-9225
- Quest Expeditions Outpost  
663 US Hwy 64  
Ocoee, TN 37361  
423-338-2979
- Comfort Inn & Suites  
107 Interstate Dr NW  
Cleveland, TN 37312  
423-330-1000

## What to bring:

- Clothing for 2 days.
- Swim trunks/swimsuit (for pool and/or WWR)
- 2 pairs of tennis shoes
- Sunscreen
- Snacks (Optional)
- Money for Food
  - 4 meals
  - Breakfast provided that morning.
- CD player or mp3 player

## What to bring for rafting:

- Cotton clothing keeps you cool.
  - Old shorts or swim wear.
  - Old shirt
- Old tennis shoes.
- SMALL Waterproof Camera with strap (please note this may get in your way of rowing).
- Small bag for van.
  - Towel
  - Trash bag (for wet clothing)
  - Change of clothing
  - Change of shoes
  - Deodorant

## What NOT to Bring for rafting:

- No hats. You will have a helmet.
- No prescription glasses or sunglasses. They will fall off so bring something to hold them on or leave them with your suitcase.
- Money or wallet

## WWR Q & A

1. How are rapids rated for difficulty?

- Class I: Easy
- Class II: Novice
- Class III: Intermediate
- Class IV: Advanced
- Class V: Expert
- Class VI: Almost Impossible

2. Is rafting really safe?

- Team members go through extensive training before being checked out as a trained guide. All of their guides are trained in CPR and First Aid with many being trained in advanced wilderness first aid as well.

3. What if I cannot swim?

- Many rafters cannot swim. On all trips, coast guard-approved lifejackets are provided and must be worn.

4. What do I wear?

- In the summer shorts, a bathing suit and shoes that will stay on your feet are recommended. For spring and the fall we recommend layering with synthetics such as fleece or polypropylene.

5. Do I have to fill a raft?

- No. If you do not have a full boat they will combine groups. The rafts on the Chattanooga hold about 5-6.