



WHITEWATER SKILLS CAMP

15 to 22 days

" Course Fact Sheet "

This course is designed to give participants an in-depth understanding of river running, the riparian environment, the need to understand and protect it plus river rescue techniques. It will also facilitate opening lines of communication, enhancing self-image, improving group interaction, and emphasizing self-reliance skills

The focus is to develop river-running competence in a variety of crafts. These include paddle and oar power rafts, kayaks, canoes, and inflatable kayaks. Participants can choose to specialize in one or two modes of river travel or experiment with all options. As the basics of reading and understanding the hydraulics of the river are primary skills, the ability to move comfortably from one craft to another will be greatly enhanced.

Dvorak's wants your course to be exciting; you should expect the unexpected. Many of the course activities are well publicized, but you will probably find some surprises. We want to give you something you can take away with you-- hopefully a sense of appreciation for what you can do!

Minimum impact camping techniques will be taught and stressed as will an environmental awareness that will carry beyond the river. The scope of the camp is participatory in nature and attendees will be involved in all aspects of wilderness river expeditions. This includes, but is not limited to the following:

- Trip planning & Logistics
- Outfitting kayaks & canoes
- Rigging & de-rigging rafts
- River Hydraulics
- Scouting rapids and reading the river
- Setting up camp
- Cooking over open fires & propane stoves
- Dutch oven baking
- River etiquette
- Interpretation of natural & human history
- Identification of local flora & fauna
- Side Canyon hiking
- Swiftwater Rescue and Safety Techniques

The enclosed information is important in preparing you for the course. If you read it carefully and follow the suggestions, you will be ready for the most the course must offer. We are excited that you are coming, we're looking forward to sharing an adventure with you.

WHAT IS TAUGHT ON A WHITEWATER SKILLS CAMP?

The basics of white-water boating which includes Equipment selection, maintenance, and repair, reading the river, scouting and running the rapids, rescue and evacuation techniques, minimum impact camping, Dutch oven cookery over open fires.

These rivers are suitable for beginner to advanced boaters. You learn from us how to captain both paddleboats and oar powered boats and how to kayak or canoe in white water. The kayaking/canoeing skills you gain in addition to those listed above include* Wet and dry exits* the basic strokes* ferrying* eddy turns* hydrology* Eskimo roll* kayak/ canoe etiquette* surfing and play boating.

PERMITS

Outfitting since 1969

We operate on the Dolores, North Platte, Colorado & Arkansas, San Miguel Rivers under Commercial Use Permits from the Bureau of Land Management, Grand Resource Area, Moab, UT, Uncompahgre Resource Area, Montrose, CO and D.P.O.R. in Denver, CO. We are Colorado's first licensed outfitters, licensed by Colorado's Division of Parks and Outdoor Recreation. All our permits and licenses are your assurance that Dvorak Expeditions is legally operating on the river and that our guides, past performance, and qualifications have met detailed requirements and are professionally trained.

GUIDES & INSTRUCTORS

Our guides professionals and are experienced men and women skilled at handling their craft. They all have current Advanced First Aid/CPR (some are EMT) and are certified Swiftwater Rescue Technicians. They have fulfilled guide qualification requirements in the states of Colorado, Texas, and New Mexico. Trip Leaders have thousands of river miles on all classes of rivers including all those Dvorak Expeditions runs.

WEATHER

In June and July weather is usually stable with daytime highs from 70 - 90° and nighttime lows in the 45 - 60° range. It is unusual for it to rain at this time of year but the rain that do come periodically can be substantial. There is a bug season on the various rivers and for this reason we advise tents with screens to assure a peaceful night's sleep for all.

CARE OF THE ENVIRONMENT

RIVER USE ETHICS: The river areas are fragile environments that degrade without proper care by visitors. To protect the river, we use minimum impact camping techniques carrying out all trash and human waste, etc. The guides will instruct you in simple procedures that minimize the impact our group has on the canyon, and we request your cooperation. We **take pride in having the highest standard of river ethics possible.**

DvorakExpeditions.com

719 539-6851 Worldwide

THE COURSE PACKAGE

Dvorak's provides the following.

- All boating equipment/life jackets/drinking water
- Kayaks, canoes, inflatable kayaks & associated equipment, i.e., wet suits, booties, helmets, pfd, etc.
- Pre-and post-trip arrangements as arranged prior to start.
- 22 day's instructional course in raft/canoe/kayak/inflatable's/ Swift water rescue.
- All meals (lunch day 1 through lunch day 22)
- Rain jacket with pants (PVC)
- Eating/cooking utensils, Dvorak cup.
- Waterproof dry bags/containers for personal gear
- Rain tarps for shelter on course (Tents by rental)
- All Transfers to rivers etc. during course.

You are responsible for the following

- Sleeping Bag (3 season) and Insolated Pad
- Backpacking tent single or shared with 1 person.
- Transportation to meeting point. **Special arrangements can be made for pick up from Denver or Colorado Springs airport prior to course or on return at end of course.**
- Meals & lodging pre- & post course.
- Personal clothing & sundry items

In addition, Dvorak's will provide....

Rugged inflatable self-bailing rafts 12 to 16 feet in length. We provide all necessary river equipment, pfd's (Type V), waterproof dry bags for personal gear, first aid and safety supplies. There is a guide on every raft and ratio of 1 to 4 on instructional courses. We will be training in Avon, Hyside or Incept Rafts, state of the art kayaks, as well as Hyside Inflatable kayaks. Dvorak's will provide some camping gear: rain gear/ wetsuits & boots/ helmets. (RENTALS ARE AVAILABLE)

If you have some or all your own personal paddling equipment or camping gear, we encourage you to bring and use it during the course.



SKILLS CAMP OPTIONS

22 Day Skills Camp - complete Sections I through IV

15 Day Skills Camp - One Section - Two

*The shorter courses are available by special arrangement.
Cost to be determined.*

15-22 DAY ITINERARY

The Skills Camp begins by arriving on the day before your course date. If your course itinerary begins with the Green River the arrival point will be at Dvorak Expeditions Main Base, Nathrop, CO. Arrangements can be made to pick you up from either Denver or Colorado Springs Airport. Day one of the course we will issue equipment and go thru basic orientation. We will go over the course itinerary and cover any last-minute adjustments now. *Accommodation for any nights prior to the course start date are not included in the course costs. (Early arrival accommodations are your responsibility to arrange (see notes).*

➤ **Section I (15 Day Course)**

- Day 1-2 Student arrivals (Pickup @ airport option), Equipment issue-orientation- Introduction to kayaking boats for preparing Dolores River instructional / raft supported trip.
- Day 3 pack up gear / food and DVK transport to the first green river 6-day trip. The rivers may vary with each course.
- Days 4-9 Colo on Dolores River (Ponderosa / Slickrock Canyons).
- Day 9 Take out from green river trip and return to DVK Main base - derig -debrief (Day 10: Possible add on Colorado river before returning to base) TBD
- Day 10-12 @ DVK Finish derig and repack for Arkansas River Browns Canyon, for 2 days whitewater guiding (paddle and oar rafts). Overnight.
*** River Rescue safety clinic on the Arkansas river.**
- Day 13: possible 14,000 peak climb Mt Shavano or Mt Princeton. (Collegiate Peaks).
- Day 14 Final Dinner and certificates: *Last choice for activity for 15-day course students* in Arkansas Valley base camp in Nathrop, Colorado. (Fishing, Rafting, Kayaking, Standup paddleboards, rescue techniques).
- Day 15: Departures / pick up by parents and Airport returns.

Section II – (22 Day Course continues)

- Days 16-18 Training on various sections of the Arkansas River with two days available for mountain biking, peak hiking, fishing, hot springs pools, alternate activities.
- Days 19-20 Swiftwater rescue & safety techniques clinic.
- Days 21 Final River sessions with choice in raft, kayak, inflatable etc. (Choice by students)

COURSE FINAL DINNER

- Day 22 Final Debriefing & equipment check in. Pre-arranged departure to Denver or Colorado Springs Airport. Confirm departure time. Pick up from Nathrop at midday.

NOTE: Actual trip itinerary and rivers may vary due to environmental or logistical considerations. Alternatives may include one of the 9 other rivers.

CAMPING

Campsites on the rivers range from numerous and spacious, to small and limited. Most have interesting side canyon hikes nearby and are well kept as wilderness. Some are adjacent to fresh free flowing streams and springs, which give us a chance to refill our drinking water as well as pools to swim in. Minimum-impact camping practices have enhanced these sites and you'll see few reminders other than footprints of previous visitors.

We recommend tents with screens for camping. Although you may sleep out under the stars, during some part of the season sandflies can be a problem at night.

CAMP RESPONSIBILITIES

All on-river meals are provided, beginning with lunch on the first day and ending with lunch on the last day. The food is fresh and hearty, and the guides will facilitate and instruct you in its preparation. These are participatory trips and learning the art of baking in a Dutch oven and cooking over an open fire and camp stoves are inherent in the course. Cooking duties rotate and, on the days you're not on duty, you'll be free to set up your camp, go for an evening hike, relax, read, or catch up on your journal. (*We encourage you to bring and keep a journal during the course*). You could also brush up on skills you would like to spend extra time on.

A TYPICAL MENU

Dinners may include as a main course BBQ Steak, Baked Fish, Pork chops and dumplings, chicken enchiladas, seafood spaghetti, cashew chicken Chinese, Teriyaki Chicken, Mexican chili, combination entrees, fresh vegetables and salads, Dutch-oven desserts, or breads, hors d'oeuvres, fresh fruits, fruit juices, coffee and tea.

Lunches are buffet style with a wide variety of salads, sandwiches, fruit, cheeses, sliced meats, nuts and juices or sodas.

Breakfast includes fruit juice, eggs in all styles, special pancakes, French toast, melons, fruit, cereals with milk, sausage, bacon, coffee, tea or hot chocolate.

We can accommodate special diets with notice and almost always the menu suits the vegetarian.

Though we carry ample supplies of **water**, juices, coffee, tea and hot chocolate you may want to buy extra sodas that you prefer. We can arrange the purchase of specific sodas or drinks with our food coordinator prior to the course start date. All drinks must be in unbreakable containers.

ALCOHOL / DRUGS

There is a NO TOLERENCE POLICY for the course. Full observance of this rule about no alcohol or drug consumption during White Water Skills Camp is strongly enforced! Expense for returning home will be the individual's guardian's responsibility.

FISHING

Desolation and Gray canyons of the Green River are made up of ancient sandstones like Castlegate, Green River and Wasatch Formations and during run off the river can carry a large amount of silt in suspension making the water clarity very limited. Therefore, the fishing is limited to channel cats,

bullheads, carp, and Colorado Squaw fish. This is a unique style of fishing and takes a dedicated cat fisherman to catch these fish.

The Gunnison River is a gold Medal trout river with the reputation as perhaps the best float fishing river in the state of Colorado. Arkansas is also a noted trout fishing river that offers excellent fishing opportunities.

You must have a valid fishing license from each state you may visit (Colo/Wyo/) ***we encourage everyone to catch and release. This is mandatory in Utah for Endangered species such as Colorado Squaw Fish, Humpbacked Sucker and Humpbacked Chub.***

BEFORE THE COURSE

You don't have to be a super athlete, but you need to get used to sustained physical activity. Parts of the course are strenuous; you will enjoy it more if you arrive in good condition. See your doctor for a physical examination. See medical form enclosed to return. Visit a dentist for a regular check up. Give up tobacco as we discourage any use of it during the course. Get in shape with proper eating habits and regular exercise for general conditioning. Endurance, Flexibility, and Strength are areas of concentration.

PREPARE YOUR MIND

The suggested reading will familiarize you with different aspects of the course.

- The Monkey Wrench Gang - Ed Abby
- Cadillac Desert - Marc Reisner
- Immense Journey - Eiseley
- Run, River, Run - Ann Zwinger
- River Running - Verne Huser
- The Guide's Guide - William McGinnis
- The Floater's Guide to Colorado - Doug Wheat



NOTE: DAY 1 MEETING COURSE!

Best Option: Dvorak's Main Base

Arrangements will be made for you to meet for the course depending on your travel plans. If you are flying into Denver or Colorado Springs and require airport pick up, please call the main office to make those arrangements. 719 539-6851

You can arrange to meet your course at the Main Base @ 17921 US Highway 285 Nathrop CO 81236

PRE-TRIP SPECIAL ARRANGEMENTS

Please note all meeting times are Mountain Time Zone

BY PLANE: Arrive in Colorado the day of the course start date. We will go over course itinerary/logistics and answer questions. (MEETING AT NATHROP BASE OR PICK UP FROM DENVER OR COLORADO SPRINGS AIRPORT BY ARRANGEMENTS ONLY) This may necessitate a day earlier for arrival for planning. Please advise early of travel plans and meeting location.

The following morning you will travel to the Green River (Sand Wash) put in. At the end of the 5–6-day trip students will be traveling back to Dvorak's Base in Nathrop, CO.

BY CAR: If you are driving, please see directions to the Dvorak Expeditions Main Base. 17921 US Highway 285, Nathrop, CO 81236

TRAVEL ARRANGEMENTS AT TRIPS END

- After debriefing and equipment check in on the last day of your Skills camp, Dvorak Expeditions will either:
- Transport you to a Denver or Colorado Springs Airport or lodging drop off point (to be determined)
- Transport you to airports departure time no earlier than 3:00 p.m. (confirm arrangements prior to course)
- Alternatively, you can be picked up at the Dvorak Expedition Arkansas Base at noon on the last day of course. (3 hours drive from Denver or 2 from Colorado Springs, CO.

AIR TRAVEL INFORMATION

BY AIR: all major airlines service Denver International Airport and Colorado Springs. Flights into Walker Field, Grand Junction airport from a variety of connecting cities.

BY CAR: Dvorak's Nathrop base can be reached by Hwy. 285 out of Denver or Colorado Springs Hwy. 24 & 285. Time is between 2.5 hours and 3 hours from Denver. Grand Junction can be reached from east or west on Interstate 70. It is approximately 6 hours drive from Denver.

ACCOMMODATIONS

Contact DVK to confirm your travel plans. If you are meeting us at the Dvorak Main Base in Nathrop, CO you will not require any alternate lodging. We can make suggestions for parents / guardians who will be bringing students to the DVK Base.

Call us @ 719 539-6851 for details.

PERSONAL EQUIPMENT LIST

Please limit your gear to 30 pounds in weight. It should be able to be packed into a standard duffel bag. This list should cover everything for a safe, comfortable trip. Your issued Dry bag size 3.3 Cubic Ft.

- Long pants (one light weight to block the sun & one warm wool or pile/fleece type*) Lite layers rather than heavy one
- 2 Nylon shorts - swim suits (wetsuit/boots provided)
- Long sleeved shirts (one warm*/one lite weight) 2 T-shirts
- Polypropylene top/bottoms (long underwear set)
- Warm jacket*, wind proof and/or Fleece jkt, waterproof
- Pair of tennis shoes - tie on preferred or wet boots.
- Wool socks will help keep feet warm in tennis shoes
- Dark sunglasses with loss protector (with UV protection
- Lip & Body Sun block waterproof (Altitude /UV exposure)
- Hat for sun protection (tie-on) or baseball cap low profile.
- Rain gear is provided unless you want to bring your own
- Small towel / biodegradable soap/shampoo/lotion etc.
- Flashlight and extra batteries with new bulb. or Head Torch!
- Bandanna and a pair of light gloves for sun protection. We do have paddling gloves available in the shop.
- Personal items kit (hygiene) medicines etc.
- WOMEN: Bring extra feminine pads/tampons for 2 periods. The change in activity and altitude can cause irregular periods.
- A waterproof camera or a very good waterproof case/ disposable type are good options.
- EXTRA BEVERAGES - An adequate supply of water and juice drinks is provided. If you require diet drinks, please request them in advance.

OPTIONAL ITEMS:

- Field glasses, Pocket Knife, Whistle
- Extra batteries for flashlight and/or head torch.
- Journal for course or notebook, pen, stationary, stamps
- Bird/Flora/Fauna reference books or we have river guides/ books available to purchase for your own.
- Pliers in a belt style holster with pocketknife or leather-man tool. (THIS IS A GUIDE'S TOOL KIT)
- Day pack for side hikes
- Lite hiking shoes for mountain biking as well

DRINK LOTS OF WATER BEFORE THE COURSE AND DURING DVK'S MAIN BASE IS AT 8,000 FT AND ALITUDE SICKNESS CAN BE ELIMINATED BY DRINKING LOTS OF WATER!!!



REMEMBER

- Return all forms 30 days prior to confirm your place
- Pack everything into one duffel bag and make sure to label your items and bag.
- Expensive camera equipment is best left at home unless you can provide your own waterproof container.
- Pack a clean set of clothing to wear home
- Expenses additional to tuition are Transportation/ boots / clothing / pre- post meals / damaged equipment.
- Please leave your valuables at home.
- ***YOUR Cell phone will be held in security, and you will be unplugged except for emergency use only***

RESPONSIBILITY

Dvorak Expeditions will assume no responsibility for injury to trip members, damage, or loss of belongings, or for time or expense incurred. We require you to READ and SIGN a liability release form prior to your trip Please fill out the health questionnaire.

TRAVEL PROTECTION

Bill Dvorak Kayak & Rafting Expeditions Inc. recommends that you purchase a Travelex travel protection plan to help protect you and your travel investment against the unexpected. Travel protection plans include coverage for Trip Cancellation, Trip interruption, Emergency Medical & Emergency Evacuation-Repatriation. Trip delay, baggage delay and more.

For more information on the recommended plans or to enroll, click on the link below or contact **Travelex Insurance Services @ 800- 228-9792 and reference location number #06-0520** Please note: To be eligible for the waiver of pre-existing medical conditions exclusion, the protection plan must be purchased within 21 days (Travel Select) or 30 days (Travel Max) from the time you make your initial trip deposit. However, the plan can be purchased any time prior to departure.

For a summary of plan details on benefits, coverages, limitations, and exclusions, please refer to the applicable Description of Coverage. Travel Insurance is underwritten by Transamerica Casualty Insurance Company, Columbus, Ohio; NAIC #10952. 1308294

e-mail: Info@DvorakExpeditions.com
website: DvorakExpeditions.com

PERFORMANCE

It is sometimes necessary to cancel or modify a trip because of unusual circumstances. We reserve the right to cancel or modify any trip due to weather or water conditions or other circumstances beyond our control. In such cases, we cannot be responsible for paying expenses other than refunding all or part of the fees paid to Dvorak Expeditions. The determination of refunds (if any) will be made after reviewing trip details. Guides and other on-river personnel employed by Dvorak Expeditions are not authorized to make or promise trip refunds or trip credits. Such determinations can only be made by company officers. **PLEASE READ AND ACKNOWLEDGE THE POLICY OF CANCELLATION.**

RESERVATIONS & CANCELLATIONS

Please read our cancellation policy carefully, as it applies in every instance. If YOU must cancel your reservation, you may be eligible for a partial refund. Our cancellation policy is firm. We operate under stringent federal regulations, which restrict the number of guests per trip and the number of trips per season. We incur substantial expenses before each trip departs. ***In the event of late cancellation, Dvorak Expeditions cannot recover costs, nor can we make refunds.***

DEPOSIT REQUIREMENTS

- A minimum advance deposit of 25% of trip cost per person (whichever is greater) is required when making reservations. The total is due 45 days prior to the trip.
- When cancellations are made more than 30 days before the trip - all money is refunded **LESS** a \$100 per person fee.
- If cancellation is made less than 30 days before the trip, the deposit of 25% per person is non-refundable.
- With less than 14 days' notice, **no moneys are refunded** (this includes all credit card charges)

If you must cancel at the last minute, and do not have vacation insurance, try to find a friend to take your place. The risk of last-minute cancellation costs you and it is the best reason to purchase vacation insurance.

FORMS REQUIRED

Thank you for joining us on the White-Water Skills Camp this season. You will find most information in the river notes. We request that you fill out the forms enclosed and return them to us as soon as possible.

- **Please send us your letter of 'expectations and your personal hobbies and skills in the outdoors / boating etc.'**
- Trip Questionnaire for participants
- Liability Acknowledgment form 1 each person
- Camping RENTAL reservation form
- Instructional questionnaire if kayaking
- Pre/Post travel arrangements confirmed w/ office
- **Current Sports Physical - Medical Form**

DVORAK EXPEDITIONS

17921 U.S. Highway 285, Nathrop, CO 81236

Ph. (719) 539-6851 or (800) 824-3795

Info@DvorakExpeditions.com Email:

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