

## River Tracing 1 day course

### Pre-departure instructions

- Be sure to sleep well before the date of attendant, so you will have enough energy to support long-term outdoor activities.
- Carry health insurance card, daily medicine with you.
- Medical History: Lightheadedness, Dizziness, Arthritis, Heart disease, Hypertension, Diabetes, Asthma, or recent Injury, Major Surgery, Stroke, Pregnancy, or others and those who are not active in sports must be informed in advance. Please consider whether your physical fitness is suitable. If you have concealed the disease, you will have to bear the consequences.
- Follow Leave No Trace rules.
- Suggest to go to restroom before departure, there is no restroom in wild place. No.1 used to in the water, No.2 used to look for a private place in the forest and lend you a small shovel to dig a cat hole. Remember to carry your own trash bag.
- It's ok to attend river tracing during menses period, suggest to use tampon or menstrual cup.
- After departure, please stay with our guide all the way, do not leave alone.
- Instruction during course, please listen clearly, those are all about your safe.
- Our guide will carry waterproof camera to take photos for you, if you would like to carry your own Gopro or camera, please keep it well by yourself.

### We will offer during the course

- Safety helmet, high buoyancy anti-collision life jacket, 3MM flexible wet suit, wading shoes, gloves, titanium tableware, waterproof bag, and other sharing equipments.

### Personal equipment checklist

- Apparel :  Wearing swimming suit inside of T-shirt, take off T-shirt and take on wet suit, that will save your time in changing clothes.  Wearing dry fast clothes and take on wet suit is ok as well.  Jeans and cotton are not allowed.  Take off all jewelry accessories, in case lost them or hurt yourself.  Wearing sandals or flip flop, change to wading shoes during course.
- Glasses :  Recommended to use glasses straps with your glasses and sunglasses.  If you wear contact lenses, please bring a spare pair.
- Sunscreen :  Wear a hat for physical sun protection, avoid to use sunscreen which may pollute the ocean.
- Others :  Prepare a towel and clean shirt on car, you may change clothes after course.  Do not carry expensive stuff to the wild place, where without lockable cabinet.  Keep your water bottle on car, we drink river water during course.  Tide up your hair and trim your nails, wear sock if you concern foot skin.