



Info for Intro to White Water Kayaking Class

Below is a list of items you will need to bring/wear to the upcoming Intro to Whitewater Kayaking Class. Day 1 meet location will be at the West Point on the Eno (directions link below) and Day 2 location will be determined during Day 1 of class. Most of these locations are “primitive” and therefore do not have toilets, changing rooms, potable water, etc. Please take care of things prior to arriving. Please do not hesitate to call if you have any other questions.

What to Bring/Wear:

- quick dry clothing appropriate for expected temperatures and that you do not mind being in and out of the water with.
- wind breaker
- Teva style sandals or water shoes
- sunblock
- sunglasses and strap
- hat
- bug repellent
- 1 quart water (minimum) and snack/lunch
- full change of clothes
- towel
- notebook to take notes during class (optional)
- helmet (if you do not have a helmet Frog Hollow can provide you with one)

Direction Info

Day 1 will take place at the West Point on the Eno. Directions for that location can be found at the following link:

http://www.froghollowoutdoors.com/index_files/Page1503.html

Day 2 location will be determined during Day 1s class. Due to largely fluctuating water levels in the NC Piedmont, locations for Day 2 of the Intro to Whitewater Kayak Class need to stay flexible. Essentially we will “chase the water levels.” Because the locations will vary, this means for some sessions we will run short sections of river, while other sessions we will “park & play” to work the most appropriate rapids for the scope of this class. This also means that our class locations for Day 2 could be as close as 20 minutes, or as far as 3 hours away.



Cancellation Policy

- **Cancellations within one week prior to a trip or class** - Registrants will be refunded half of their total registration fee.
- **Cancellations within 1 day prior to a trip or class date** - Registrants will be charged in full.
- **“No shows” or late arrivals for a trip or class** - Registrants will be charged in full.
- **Cancellations due to weather related or hazardous conditions** - Registrants will receive a full credit with Frog Hollow equal to their total trip or class registration that can be used anytime within 1 year of the cancelled trip or class. Refunds are not given.
- **Changing or shifting a trip or class date** – Registrants may shift or change the date of their trip or class at any time. If a date shift or change is made within the week prior to a scheduled trip or class there is a \$5 (per boat) service fee.