



Info for River Fundamentals Class

Below is a list of items you will need to bring/wear to the upcoming River Fundamentals Kayak Class. Directions and driving times can be found via the Googlemaps link on our website. Our meeting location is a primitive access and therefore does not have a toilet, 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
- 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

Due to largely fluctuating water levels in the NC Piedmont, locations for the River Fundamentals classes need to stay flexible. Most often these classes will take place on the Neuse River, meeting at the Poole Rd Access. A directions link can be found on the following webpage: http://www.froghollowoutdoors.com/index_files/Page1503.html

Alternate locations for this class are all within the Triangle Region (6 counties surrounding Raleigh, Durham, and Chapel Hill) If the location for the class changes, Frog Hollow Staff will be in touch with you via email **and** phone the day prior to the class date. If you do not hear from Frog Hollow Staff by 3pm the day before the class date, our meet location will be Poole Rd on the Neuse River.



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.