



Info for Whitewater Kayaking Skill Building Weekend

Below is a list of items you will need to bring/wear to the upcoming Whitewater Kayak Skill Building Weekend. Please do not hesitate to call if you have any other questions.

What to Bring/Wear:

For Paddling

- 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)

For Camping

- tent (2 or 3 person tents only – tent sites are not very big- Frog Hollow does have tents available for an additional rental fee if participants do not have their own)
- sleeping bag and sleeping pad (appropriate for forecasted temps)
- All lunches and snacks (Frog Hollow will provide a simple camp dinner and breakfast, or participants may choose to go into Asheville and eat on their own)
- camp clothes

Session Layout

Day 1 - Bracing and Roll Refresher – Clients may choose this refresher session date.

Day 2 – Saturday, August 20 - drive to French Broad River, half day of whitewater kayak skill building on the French Broad River, camping at the French Broad River Campground

Day 3 – Sunday, August 21 - full day of whitewater kayak skill building, drive home



Direction Info

Pre-trip roll and bracing session refreshers (included in Kayak Skill Building Weekend rate) will take place at West Point on the Eno. Dates and directions for those sessions can be found at the following link:

http://www.froghollowoutdoors.com/index_files/Page1660.html

If none of those dates work for you, please email or call to set up a session on another date (additional \$15 fee).

Weekend Skill Building - We will be staying at the French Broad River Campground and directions to this campground can be found on their website:

<http://www.ncrivercamping.com/directions.html>

Participants may arrive as early as noon on Saturday afternoon. Saturday afternoon instruction will begin at approx 2:30pm at the campground.

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.