



Wilderness Skills for the Young River Runner

Putting People and Rivers Together Since 1976

Introduction:

This 3-day educational experience is designed as a fun and immersive guided introduction to the ins-and-outs of wilderness rafting trips. The intention of this course is both to whet the appetite of a future generation of river runners and to give them the tools to develop a basic framework that will allow them to pursue those activities in a fun and safe manner.

We believe the best way to model and encourage respect for the wild places of the world is to experience them. Luckily, our backyard is full of rivers, mountains, and deserts that are the perfect backdrop for creating experiences that begin to build a sense of confidence and autonomy for young explorers.

This course will focus on basic river running skills, group management and planning, low impact group camping/leave no trace ethics, and commercial grade camp life and cooking. Lots of these skills can be carried on into other outdoor experiences and we hope will be building blocks of environmental appreciation and stewardship for young generations.

For any additional questions please contact us:

Email: willblackstock@farflung.com, info@farflung.com

Telephone: 575-758-2628

Course Overview

MEETING PLACE & TIME: We will meet at Bode's General Store in Abiquiu, NM at 8:00am on the morning of the trip. After meeting and loading into our vehicle it will be roughly a 1hr 30min drive to the put-in.

Day 1

Morning

After we meet and shuttle to the river, we will begin with some group introductions and go over some basic instructions pertaining to day 1 on both river experiences and any wilderness adventure.

- A. Gear familiarization, group organization and leadership, put-in etiquette, awareness
- B. Plan setting:
 - a. Weather, water, group experience, safety, desires/expectations, campsite and lunch plans.

- C. Basic Paddling, River Safety and Group Management
- D. Study Map, Choose First Camp Crew
- E. Once on the water we will begin to practice basic paddling techniques, on water communication and eddy catching.

Afternoon

- A. Setting up lunch: Cleanliness, organization and teamwork.
- B. Reaffirm camp destination
- C. Fun afternoon on the water and practice more river skills
- D. Setting up a river camp:
 - a. Leadership, organization
 - b. Food prep and clean up

Under supervision we will have the Camp Crews prepare dinners and breakfasts. After dinner and clean-up will be free time to hang out or play games.

Day 2

Morning

- A. Morning Food Prep for Cook Team 1
- B. Pack up Kitchen and plan for lunch
- C. Boat Loading
- D. Look at map and make plan for the day
- E. Rollover to new camp crew

Afternoon

- A. Setting up lunch: Cleanliness, organization and teamwork.
- B. Reaffirm camp destination
- C. Setting up a river camp.
 - a. Leadership, organization
 - b. Food prep and clean up

Throughout the day we will be practicing on-water skills:

- A. Rapid Scouting
- B. Running Rapids and downstream safety
- C. Throwbag practice
- D. Flip and Recovery

Day 3

Morning

- F. Morning Food Prep
- G. Pack up and boat loading
- H. Look at map and make plan for the day
- I. Group coordination for take-out and pack up

For our last morning the guides will do most of the cooking and cleaning to give the students time to take advantage of being in the wilderness. Though, if some people volunteer to help that is certainly welcome!

Day 3 on the river and in camp we will be watching for students to demonstrate some use of all the skills learned over the past days. Following our take-out students will engage in constructive feedback as a group and go through some favorite experiences and take-aways from the trip.

ABOUT US

Far-Flung Adventures is a professional tour operator, outdoor educator and river-running organization dedicated to safe, high-quality experiences both for our current clients and also future generations. We offer a wide array of experiences: From long international expeditions and itineraries to family friendly half-day float trips in our own backyard. We hope that you, your family or your group will join us again! For more information you can check out our website at farflung.com



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