

Client Pre-Trip Document

Thank you for booking a trip with Ottawa River Adventures. Please take the time to review this document so you can be properly prepared for your tour.

Just a reminder, you should not participate in this trip if you are pregnant or have a medical condition involving the neck or back.

A quick break down of your day.

Arrive at put in
Fill out waivers
Get changed into river gear
Receive Safety Briefing
Depart on trip
Review Safety Briefing and practice manoeuvring
Participate in Adventure Activities
Return from trip
Change back into regular clothes
Depart

We ask that you bring:

- A base layer you do not mind getting wet, ie: bathing suit or underwear.
- Clothing to wear on the river. Such as wool or polypropylene fabrics. ABSOLUTLY NO COTTON!
- A change of clothes. Something you can change back into at the end of the tour. The colder it is the warmer these clothes should be.
- Shoes that can get wet. Old sneakers or water shoes. NO FLIP FLOPS!
- Wool or synthetic socks. To be worn in old sneakers or water shoes
- Your own personal wetsuit if you have one. If not, we can supply you with one of ours free of charge.
- Any medication you may require through the course of the trip.
- Sunscreen
- A sense of adventure!

Things that we supply you with:

- Helmet
- Life-jacket
- Wet suit
- Fleece sweater
- Splash top/wind breaker

If you have any questions please do not hesitate to contact us.