



Teen Leadership Expedition Pacific Northwest

WHITewater ADVENTURE 7-DAY

TRIP COST: \$1,435

AGES: 13–14

TRIP HIGHLIGHTS:

- ▶ Whitewater rafting & kayaking
- ▶ Multi-day river expedition on one of Oregon's finest wild and scenic rivers
- ▶ River Navigation and camping skills
- ▶ Leave No Trace (LNT) training
- ▶ Teambuilding & Outdoor Leadership
- ▶ Explore the Deschutes River

WHY TAKE THIS COURSE?

- ▶ Gain rafting, kayaking, camping, navigation, and backcountry cooking skills
- ▶ Challenge yourself in new and rewarding ways
- ▶ Gain the skills necessary to explore the wilderness by boat

WHERE YOU'LL BE:

- ▶ Deschutes River
- ▶ Willamette National Forest
- ▶ Central Oregon

TRIP INCLUDES:

- ▶ All lodging and transportation during the trip
- ▶ Equipment for all activities
- ▶ Up to two (2) dedicated NCOAE Field Instructors
- ▶ All meals, admissions, and gratuities
- ▶ Shuttle to/from PDX airport (If driving, contact NCOAE for alternative drop-off/pick-up locations)

** NCOAE recommends students bring a small amount of spending money for extra snacks and souvenirs.*



9809 River Rd. | Wilmington, NC 28412 USA
(910) 399-8090 | Fax: (888) 399-5957
info@NCOAE.org | www.NCOAE.org
www.facebook.com/NCOAE



Scan QR code
for more info.

For complete itinerary details, see reverse side ▶

PACIFIC NORTHWEST — TEEN LEADERSHIP EXPEDITION WHITewater ADVENTURE

The setting for this adventure is the Deschutes River which runs hundreds of miles from the mountains near Bend, Oregon to the confluence of the Columbia River. Paddle through stunning gorges, as you learn the basics of kayaking and whitewater paddling!

- ▶ **Day 1: After a morning airport pickup, we'll drive to our basecamp in Maupin, OR.** You'll meet the other participants, then begin with an orientation, teambuilding, kayak paddling ground school, expedition planning, and outdoor skills activities.
- ▶ **Day 2: Put-in on the Deschutes River.** The real fun begins when your group hits the water! You'll paddle to your campsite, then learn about campsite setup, water purification, Leave No Trace, knots, and more. Then, enjoy dinner and s'mores before lights out after our first day of expeditionary travel.
- ▶ **Day 3-5: Multi-day river trip.** Practice your paddling skills and learn the basics of river ecology, as you travel along an iconic Oregon river. Navigate your kayaks & rafts downstream, as you discover how to read the currents of the river and participate in training on swift water rescue techniques. You'll camp along the river each night and learn backcountry camping skills, including map & compass navigation, plant and animal identification, stove use, and backcountry cooking – eating tasty food we prepare ourselves.
- ▶ **Day 6: After a hearty breakfast, you'll paddle a short distance to the take-out.** After leaving the river, your group will return to the NCOAE's basecamp to clean-up, then enjoy dinner, showers, a campfire, and lawn games.
- ▶ **Day 7: Closing Circle and departure.** We'll come together one last time to celebrate our individual and group accomplishments during a one-of-a-kind closing circle. Then, after good-byes depart Portland, OR for home.