

Ecuador Class III+ Rowing School Trip Details

TRIP CHECKLIST

- Confirm your passport is valid for 6 months after your arrival date
- Purchase travel insurance with [Travel Insurance Select](#) or other travel insurance provider
- Meet with your doctor to receive advice about vaccinations
- Make your flight and hotel reservations in anticipation of your arrival in Quito
- Complete your trip registration and sign your release form on our website
- Final payment is due 60 days before your trip

TRAVEL INSURANCE

We highly recommend that you purchase travel insurance that includes, among other things, an evacuation benefit. Your trip insurance should cover the trip costs since there are no refunds once you've made your reservation. For travel insurance we recommend [Travel Insurance Select](#).

THE RENDEZVOUS

MEETING PLACE

Quito Airport Hotels
Quito, Ecuador

MEETING TIME

Around 9 AM on your trip
start date

WHERE TO STAY IN QUITO, ECUADOR

Please stay at a hotel near the Quito Airport the night before you trip begins. We can pick you up at any airport hotel and suggest:

- [Holiday Inn Quito Airport](#)

We'll return to Quito around 2:00 PM on the last day and drop you off at your hotel.



CLOTHING

The Amazon rainforest can be warm and humid but can also be cool and rainy. You'll want to have clothes for both possibilities. Be sure to bring plenty of t-shirts and light layers.

It can get chilly on the water so you'll want a paddling jacket or dry top and paddling pants. If you're prone to getting cold you may consider bringing a wetsuit or light wetsuit pants. If your feet get cold easily, consider light neoprene booties that fit inside your river shoes.

A long sleeve lycra shirt and lycra pants are also nice to have for sun protection and mosquito protection on warm days.

PRO TIPS

- Bring a warm puffy jacket or hoody for the drive home after a cool day of paddling
- Light gloves may help your hands from getting blisters

SHOES

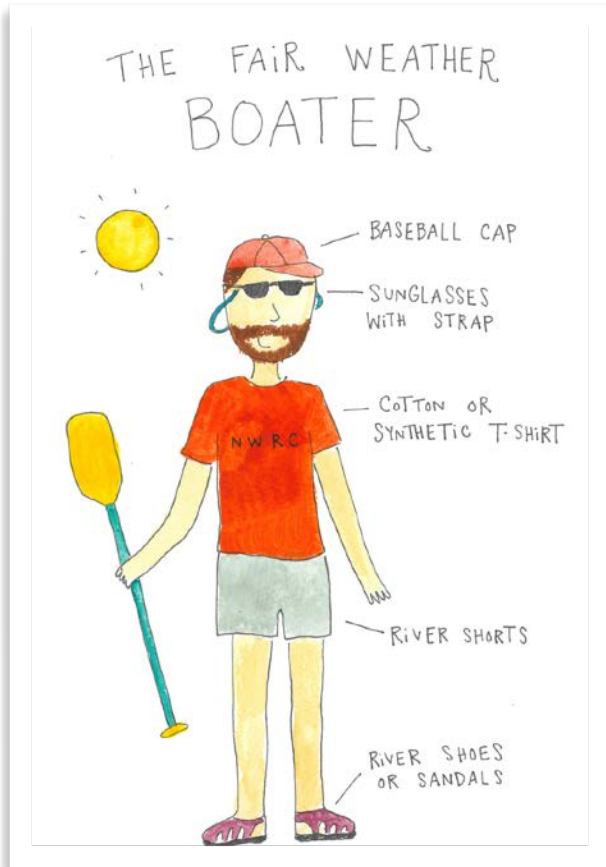
On the river we prefer you have river shoes instead of river sandals. If you bring river sandals please bring high quality ones that have good grip on wet rocks. You'll also want to bring some hiking shoes and some sandals for the shared showers.

RIVER GEAR

You'll need to some personal river specific gear. If you have questions about any of these items or need to use ours please let us know.

- **Personal Flotation Device (PFD):** Your PFD needs to be a USCG Type III or V and in good working order.
- **Helmet:** Your helmet must be designed for whitewater sports with the designation CE EN 1385.
- **Flip Line:** This is an approximately 10' section of rope or webbing with a carabiner designed for re-flipping your raft.
- **Throw Rope:** You'll need to carry a 50-80 foot throw rope or throw bag on your boat.
- **Day Bag:** A small day bag will help you keep your personal items dry while on the river.



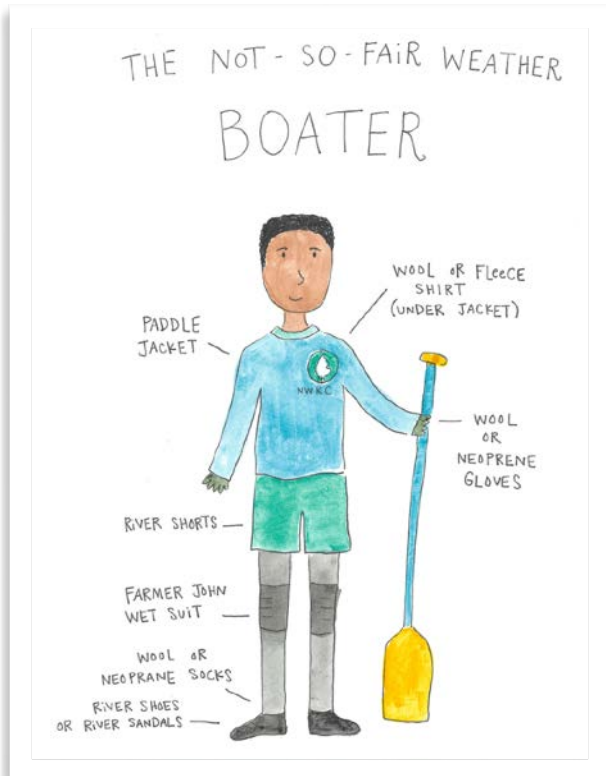


RIVER CLOTHING/GEAR

- PFD (USCG Type III or V)*
- Helmet*
- River Shoes or River Sandals
- Flip Line
- Throw Rope (optional)
- Small Day Bag
- Splash Jacket or Dry Top
- Splash Pants
- 1-2 Pair of River Shorts
- 2 Wool or Polypro Shirts
- Lycra Pants
- Lycra Shirt
- Water Bottle

DAILY CLOTHING/GEAR

- 2 Pair of Light Pants
- 2 Long Sleeve Shirts
- 4 T-shirts
- Light Puffy Jacket or Hoody
- Light Rain Jacket
- Hiking Shoes
- Casual Shoes or Sandals
- Socks and Underwear



MISCELLANEOUS

- Daypack
- Sunscreen
- Insect Repellent (DEET or Picaridin)
- Sun Hat or Visor
- Sunglasses with Strap
- Headlamp & Spare Batteries
- Personal Medications / First Aid Kit
- Toiletries
- Hand Sanitizer
- Light Sandals for Shower
- "Schnacks" (Snacks to Share)

OPTIONAL

- Wetsuit
- Neoprene Socks
- Gloves for Rowing
- Water Filter

*Available upon request

PARTICIPANT RESPONSIBILITIES

— All participants will be required to follow the safety policies and procedures of Northwest Rafting Company and its guides. All participants will be required to sign an agreement to assume all risks; release of liability/agreement not to sue & to indemnify in favor of Northwest Rafting Company.

ACCOMMODATIONS

— We'll be staying at the [Pacha Eco Lodge](#) perche above the Rio Misahuali. Its glamping cabins have internet, shared bathrooms, and king beds.

Upgraded rooms with private bathrooms may be available.

MEALS AND ALCOHOL

— NWRC provides all meals from lunch on the first day to lunch on the last day. We'll generally have breakfasts and dinners at the Pacha Ecolodge and lunches on the river. Dietary restrictions and allergies can be accommodated with advance notice.

Alcoholic beverages are available at the lodge for an additional charge.

"SCHNACKS"

— Sharing makes the trip a bit more social. We'll provide ample snacks, but it's always nice to bring something from home to share with the rest of the group during the trip. Feel free to share your favorite candy, trail mix, or bars with the rest of the group!

ROWING INSTRUCTORS

— Our rowing instructors have a deep appreciation for the rivers we run, and want you to enjoy your trip with them. They are happy to help you if you are an inexperienced camper or have questions about the river.

NWRC instructors are accomplished in outdoor skills and extensively trained in first aid and CPR. They have put in time learning and developing our whitewater rowing curriculum. In addition, they are mature, interesting people we think you'll enjoy.

GRATUITIES

— We are often asked if tipping is appropriate. Tips are certainly appreciated by your guides and are usually around 10% to 15% of the trip cost. Tips can be given to the trip leader who will distribute them between the guides and drivers.

Whether and how much you tip should depend on your satisfaction with the trip, your feelings about tipping, and your financial means