

Twisted Beaver, River Adventures

Trip preparation guide

Important things to consider:

- * Your Health: canoeing and kayaking is a strenuous sport, you should have had your health checked within the last year.
- * Know your limits. Do you tire easily, is your heart in good condition, consider these things before determining the length of trip.
- * You should know how to swim before learning how to canoe or kayak.
- * Following pediatric safety guidelines, Children under the age of 15 must be accompanied by an adult.
- * All children under the age of 18 must have a legal guardian sign waiver.

Being prepared:

- * Wear (supplied by us) approved type 3 flotation vests at all times.
- * Wear aquatic/water shoes; the river is full of glass, metal and sharp rocks.
- * Dress appropriately; light weight clothing or swim wear is best. *
- * Carry a first aid kit and flashlight.
- * Bring plenty of fresh drinking water.
- * Bring food and snacks, in a water tight container or packaging.
- * Carry map of the trail with emergency phone numbers.
- * Take rain gear and a change of clothes (in watertight containers).
- * Take UV skin and insect protection.
- * Take your own litter bag- do not throw trash in or along the river.
- * Before taking your first canoe trip, learn the basic principles of canoeing so you can use the canoe safely and skillfully.

Planning for your trip:

- * Check recent and predicted weather conditions.
- * Even though the nearby rivers are class one rivers, it is very dangerous to canoe when it is flooded.
- * Call the U.S. Corps of Engineers (919) 921 - 3390 to get information on river levels.
- * Visit water release schedule: <https://www.duke-energy.com/lakes/scheduled-flow-releases.asp>
- * Allow for extra trip time during low water flow conditions.
- * Allow 2 mph canoeing time on the river under normal conditions
- * Allow 1 mph for inner tubes
- * Allow sufficient time. It is better to finish earlier than planned than to finish after dark.
- * Test equipment before leaving shore.

Play it safe -- don't be sorry:

- * Never boat alone. Two or more people are the preferred minimum.
- * Do not overload the craft. Center the load.
- * Place food, sleeping bags, and a change of clothes, etc. in watertight containers and tie them securely to the boat.

- * Wear non-slip shoes at all times as you may have to get out on sharp rocks in the water.
- * Secure glasses.

When you spill or capsized:

- * Be aware of your responsibility to assist your partner.
- * Stay calm and hold on to your boat, it has flotation.
- * If others spill, go after the boaters first; then rescue the boat safely.

Respect property:

- * Help keep the waterways clean! Carry refuse with you and dispose of it properly.
- * Don't cut or damage living trees.
- * The river trail is a publicly and river is flowing through private property. Thus, river users should not trespass, abuse or litter the waters, banks or shorelines of the trail.
- * Take nothing but pictures, leave nothing but ripples.