



Interpretive trips with **Friends of the Rappahannock**

The active voice for a healthier, more scenic river!

“One touch of nature makes the whole world kin.” –William Shakespeare

Thank you for signing up to take part in our interpretive trips! We want you to have the most enjoyable time possible on our trips and on the river. In order to do so, it is important to plan ahead and come prepared for your trips.

What to bring:

While each trip is a little different, it is important that you bring a couple things with you to ensure your comfort and safety while on your trip.

- First and foremost, please wear appropriate clothing and shoes!
- Clothing: Be prepared to get wet if you are participating in a canoe float. Have spare clothing stored in your car in the event that you need to change upon return. Wear long pants or socks if you are on a hike, in case you are exposed to poison ivy or other hazards. In cool weather, wear layers and avoid cotton fabric. Polypropylene (fleece) garments can keep you warm even when wet.
- Shoes: For all trips, please be sure to wear appropriate footwear. DO NOT wear flip-flops. Wear old sneakers or river sandals (with secure heel strap!) if on a float, and wear hike-appropriate shoes if attending a nature hike.
- Food and water- Always bring water with you to an event (preferably in an eco-friendly, reusable bottle). Event descriptions will indicate whether or not you should bring a bag lunch. In any event, when bringing food it is best to pack light. Bring bag lunches in a back pack or a soft cooler. This is easier for you to carry on your person and saves space. Please DO NOT bring Styrofoam coolers as these are not environmentally friendly and pieces often end up in the river.
- Hats, sunglasses, bug spray, and sunscreen are often a good idea. Use personal discretion and be mindful of weather conditions, the time of your trip, and the nature of the event.

Cancellation policy - Please provide 48 hours notice if you need to cancel. You will be charged 1/2 price if less than 48 hours notice is provided. No refund for no-shows.

In the event of unsafe weather or river conditions, a trip may be canceled. FOR staff will determine if a trip must be canceled either the evening before or the morning of the trip. We will call participants in the event of a cancellation. Participants can call FOR or visit our website for event status updates. If FOR cancels a trip, you will not be charged. You will have the choice of a full refund or a credit towards another trip.

Please contact us as (540) 373.3448, or info@riverfriends.org, if you have any questions!

We look forward to your company and hope that you make friends with and on the River!

The FOR Staff