HEADWATERS
New Student Wilderness Trip
Registration

Name:________________________________________

Mailing Address (after June 15, 2008, if different than above):
__________________________________________

Contact Phone:________________________ Email:________________________

Transfer Student? __Yes __No  Intended Field of Study:________________________

First Term of Study at Cascades: S'08__ F'08__ W'08__

Entering Class: __Freshman __Sophomore __Junior __Senior

How did you hear about Cascades Adventures?____________________________________

Please indicate any food preferences, allergies, likes/dislikes:
________________________________________

Trip Preferences

___ 5 Day, 3 Night flat-water canoe trip on the Upper Deschutes River. Sept. 18-20, 2008


Offering outdoor and adventurous challenges in a positive & sharing community.
Please circle any of the following gear you can not provide yourself:

Sleeping Bag

Backpack – internal or external frame design (~5000 cubic inches for an internal design)

Sleeping Pad

Tent

You will need to provide:

Clothing (synthetic/wool mandatory – nylon, polyester, polypropylene, merino wool, wool, etc) – shorts, t-shirts, lightweight pants, insulating layers (long sleeve, warm shirt and pants, a heavy weight upper layer), fleece jacket, socks/underwear, rain jacket, warm hat, sun hat

Shoes (hiking boots, sturdy athletic shoes; sandals ok for camp use)

Insect repellent, sunscreen, sunglasses

Cup, bowl, spoon/fork, mug,

Water bottles (ability to carry 2 liters at a time) Camelbacks are ok.

Camera, flashlight, journal, compass, lighter

Snack foods

We will provide:

Cook stoves & equipment

Meals

Water filters

First aid kits

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