

Lower Columbia Canoe Club

Member Handbook



*What every Northwest paddler
needs to know*



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The Lower Columbia Canoe Club: *Who Are We?*

The LCCC is a Pacific Northwest nonprofit paddling organization dedicated to promoting boating safety, river access for paddlers, and river and watershed conservation. We provide members with frequent opportunities to share in the excitement and adventure of **single- and double-bladed** paddling on rivers in the basins of the Lower Columbia and Willamette Rivers. Based in Portland, Oregon, the club strives to feature a year-round schedule of whitewater outings for **canoeists and kayakers**, as well as occasional moving or flat-water trips.

Since the beginning in the 1980s, the club has grown to over 100 households in Oregon and Washington. We also have a few members scattered across the United States. The majority are whitewater enthusiasts that paddle kayaks, inflatable kayaks (IKs), and canoes. We welcome paddlers of every skill level. The club meets periodically to conduct business and/or to present a program. We often have an annual picnic. There is a winter party in January. The club communicates through an online forum and our e-newsletter *Cascade Currents*.

LCCC Newsletter: *Propaganda, Slander, & Other Info*

The newsletter, *Cascade Currents*, is generally sent via email to members the first week of the month. In each issue, you will find notices on upcoming events and articles on issues important to club members, such as safety and conservation. Members are encouraged to write trip reports and articles on other paddling subjects for the newsletter. This is a good forum for sharing information about a particular stretch of river. You can also use the newsletter to post notices about a canoe or other paddling equipment you would like to sell—or to see if someone else is selling something you want.

If you would like to contribute to or comment on the *Cascade Currents* newsletter, please send your articles, letters, trip reports, photos, or other contributions to lowercolumbiacanoecub@gmail.com.

Website, Online Forum and Facebook Site

The LCCC maintains a [public website](#). This site provides information about the club, joining, and [videos of us](#) in action. Members can renew their membership at the website.

Information on current club trips and other member messages are posted on the LCCC's [members-only online forum](#).

The [club's Facebook site](#) provides excellent information on whitewater safety, as well as local and national boating and river issues. You'll find cool paddling photos and videos from all over the world collected and posted by members of our club.

Club Policies: *How to Do It Our Way*

The LCCC has only a few policies, but members are responsible for following them. These policies stress safety – your safety and the safety of those with whom you paddle – so please follow them as if your life depends on them. In some circumstances it might.

1. Personal Flotation Devices (PFDs), Type 1, II, III or V, approved by the US Coast Guard must be worn and fastened as the manufacturer designed them to be at all times while on the water. PFDs must be in good condition (no rips, holes or duct-tape repairs).
2. ALCOHOL and/or MARIJUANA are not allowed before or during a day's run and associated car shuttles. Alcohol and/or marijuana may not be supplied by the LCCC or a host at any club function.
3. [Liability Release WAIVERS](#) are to be signed by members annually and by non-members (guests) when they paddle on club-sponsored trips. An online waiver is available for renewing members.
4. The MINIMUM NUMBER OF BOATS required for a club trip is three. Each boat must have a whistle aboard while on the water.
5. HELMETS – As a safety-conscious club, the LCCC requires that helmets be worn when running Class II and above rapids. Please observe this rule when paddling on any club trip.
6. EMERGENCY PLAN – In the event of an emergency on a club outing, members are advised to contact rescue services by calling 911 as soon as cell phones are within range or they can reach phone service.

You are expected to know and practice these policies. In the interest of safety, trip coordinators may question participants about appropriate paddling skills for the planned trip and often conduct short reminders of the universal river signals. However, **trip coordinators are not responsible for judging your qualifications, enforcing club policies, or ensuring your safety on the water.** These are all your responsibilities.

Safety: *Stayin' Alive*

The LCCC adopts the American Whitewater Association safety code's declaration of an individual's responsibility for his or her own decisions. **Only the individual paddler knows his or her own health, strength and preparedness.** However, the LCCC disavows the code's characterization of a trip as a "common adventure" in which participants "share the responsibility for the conduct of the trip." The LCCC views safety as the responsibility of the individual.

Club Meetings: *Good Times Are What We're All About*

The LCCC holds several meetings each year where members get to enjoy each other's company and share river tales off the water. These meetings are usually held at a member's home. Sometimes they are potlucks. Meeting dates and locations are announced in the newsletter and through the club's online forum. Our winter party is generally held at the end of January.

If a potluck, everyone is encouraged to bring enough food for a crowd, as well as their own plates, flatware, and beverage. Homemade items are preferred, unless you're a bad cook! For environmental reasons, disposable dinnerware is strongly discouraged.

The meeting portion of the night is held once it seems like everyone is there and, if there is a potluck, after most people have finished eating. After the discussion of any club business, the entertainment starts. Presentations often consist of a slide show or video of a recent trip or an educational presentation on safety, river conservation, or another paddling topic. Program recommendations and volunteers to give presentations are always appreciated. Contact the club president (lowercolumbiacanoecub@gmail.com) if you're interested in presenting or know of someone who would like to present to the club.

Be sure to attend meetings whenever you can. They are excellent opportunities to meet other club members, both old and new, and exchange trip information.

Boats and Equipment: *This is a Gearhead's Sport*

It is impossible to compile a complete list of all the equipment available, but perhaps this section will provide some assistance.

The type of paddling you do will determine the type of boat (or boats – you can never have too many!) you buy. Flatwater or touring canoeists will want a shallow boat with a straight keel line. Whitewater canoeists will want a deeper boat with rocker. Kayakers have a wide range of choices and often have a quiver of boats for everything from creeking and downriver runs to river play and slalom racing.

Canoes and Kayaks

For use on flatwater, canoes and kayaks are generally built of fiberglass or Kevlar laminates for low weight, or of aluminum or polyethylene for durability and low cost. Aluminum is not well suited to river paddling because of the aluminum magnets (sometimes called basalt!) found on NW rivers. Racing boats are often made of fiberglass or Kevlar fibers in a polyester or epoxy matrix for lightweight and strength. Whitewater boats are usually made of polyethylene plastic, Royalex, T-Formex, or some other tough, durable material that is hard to crack and dent.

Paddles

Paddles are just as varied in substance as boats, ranging from wood, aluminum, plastic, carbon fiber, fiberglass and Kevlar. They range in price from under fifty dollars on up. Most paddlers favor a paddle that is relatively light and stiff. A flexible paddle will rob you of power during your stroke.

PFDs

The most important accessory you need is a personal floatation device (PFD); that is, a life jacket. You need a PFD that fits you well and can be fastened snugly. You must have a PFD that provides you with sufficient floatation (Type I, II, III or V) and that is Coast Guard-approved. Whitewater paddlers will want a high lift system to compensate for the reduced buoyancy in aerated water.

Helmets

How much is your head worth? **The LCCC requires the wearing of helmets in Class II and higher whitewater** for your safety and the safety of those paddling with you. A helmet designed for whitewater paddling is required. Comfort is imperative in a helmet so that you will enjoy wearing it – be sure to get a good fit. Get one with a visor attachment for shade in our rare, sunny moments.

Clothing

As with all the other equipment, there is a wide variety from which to choose. Generally, flatwater/movingwater paddlers can wear whatever is appropriate for the weather. Wicking fabrics and wool are recommended because they keep you warm even when wet. Waterproof, breathable fabrics make good outer layers (coat and pants). Carrying a change of clothes is recommended in case of a capsize.

For whitewater enthusiasts, **drysuits and drytops** are worn to paddle Oregon and Washington rivers nearly 10 months of the year. Rivers run cold here and often only July and August can be counted on for truly warm air temperatures. In these months, and in-between days, neoprene and advanced materials like Hydroskin are good fabrics for outer wear. On truly hot days, nylon sunshirts and nylon pants offer sun protection and dry quickly. Cotton (T-shirts, jeans, etc.) is a poor choice because it loses its insulating capacity when wet.

For shoes, most club members wear watersport shoes or regular athletic footwear in their boats.

Miscellaneous

After paddling with members of the club and talking with other club members, you will have a fairly good idea of what you need, what you will want to wear, and where to get it. The list of miscellaneous items is endless. There are floatation bags to displace water in an overturned canoe (they help keep a boat from wrapping around a rock or a tree), throw ropes for rescues, bailers to remove some of the river from your boat, saddles and thigh straps to hold you in the boat, and knee pads keep you off your boat. And this is just for starters. Paddle a while before you decide how to gear up!

Trip Planning for Coordinators and Participants

LCCC Trip Policy Statement

The LCCC has an enviable safety record made possible through basic safety practices, including those described in the Safety Code of the American Whitewater Association. It is the prime responsibility of every club member to maintain this high standard.

Each participant is individually responsible for judging his or her qualifications and for his or her safety on the water. By participating, you release the Club, its members, trip coordinators and fellow paddlers from any injuries due to any negligent act or omission or to any intentional action intended to help you. You must understand and accept that boating exposes you to various hazards, for example, boulders and other obstacles, strainers, undercut or entrapping formations, cold, high water and other hazards, mostly in remote locations. Injuries and deaths occasionally occur due to these hazards. You are responsible for learning to recognize and avoid them. You are also responsible for acquiring boating safety and rescue skills commensurate with the level of difficulty of the water you paddle. Don't endanger your life and others by trying to boat on water beyond your ability. Remember: Good paddlers develop by gradually increasing the difficulty of rivers they run over a period of several years.

Each trip needs an emergency plan. The club recommends this plan to be contacting rescue services by calling 911 as soon as cell phones are within range or they can reach phone service. The people at 911 will best be able to know, based on your location and your emergency, who to contact and send out to provide you help.

Many paddling trips are in remote areas that don't have cell service. Consequently, depending on the situation, a few paddlers may need to set out on foot or speed down the river to the takeout for a car to reach cell service. This should be a group decision based on knowledge of the area and the circumstances. For example, if someone is hurt, it makes sense to have the paddlers who are most suited to providing first aid stay with the injured person or help them out if they are mobile. If a person is immobile, sending the strongest paddlers or hikers out to reach phone services makes sense.

In some cases, a trip coordinator or participant may have an emergency beacon, like a Garmin InReach or a Spot Global Satellite Tracker and Messenger. **This is not required equipment on an LCCC trip, nor something we expect someone to have and carry.** However, if someone does have such a device, it would be good to declare it at the put-in safety talk and of course use it if an emergency comes up and no one on the river can reach 911.

The LCCC is a member of Paddlesport Risk Management, LLC. This Risk Purchasing Group is a legal entity that allows unassociated clubs and businesses with similar risk profiles to join together to take advantage of a joint insurance purchase. The program was established under the Federal Liability Risk Retention Act of 1986

River Rescue

Trip participants may assist each other when, in their own judgment, they can do so without significant risk to themselves. Some participants choose to accept greater hazards to rescue a fellow paddler. All seasoned paddlers can recount numerous tales of rescuing friends and boats and of being rescued themselves. This is the one of the major reasons we paddle together and abide by the three boats minimum rule. However, trip participants and the coordinator are under no legal duty to assist anyone. In other words, you are not legally obligated to assist anyone, and no one is legally obligated to assist you either.

Who Is a Trip Coordinator?

Trip Coordinators are club member volunteers who post and organize trips using the LCCC's Yahoo Group. They receive no pay other than your thanks. They set up meeting times and places for a river trip, help arrange the shuttle, and respond to inquiries to the best of their knowledge. Please note, a coordinator may never have paddled the posted river run or paddled it under the conditions encountered. Indeed, the scheduled river may not be runnable on the trip day, and the trip may be switched to an unfamiliar river. The LCCC encourages all paddlers to develop skills in boating, first aid, CPR, and rescue techniques. However, your coordinator may have none of these. **Trip coordinators are not responsible for judging your qualifications or for your safety on the water.**

Club Policy on Private Trips

A private trip is a trip arranged among paddlers who may or may not be LCCC members and that is not specifically organized or intended to follow LCCC policies and procedures. Such trips are fine to organize and participate in, but the club requests that you **do not use the LCCC Yahoo Group to organize private trips.** Trips coordinated through the use of the LCCC's Yahoo Group and that have the minimum of three paddlers will be considered official club trips. We recommend private trips be organized through other means such as personal email or texting.

Waivers

The LCCC requires members to sign a liability waiver to protect trip coordinators and the LCCC from liability for mishaps. Trip coordinators should ensure to the best of their ability that participants have signed an annual waiver or guest waiver, depending on whether they are a member or a guest. Trip coordinators can ask any participant to sign a guest waiver if they are not sure of a person's status.

[Download waivers now.](#)

Trip Courtesy

These are some of the basic LCCC trip courtesies that we've practiced over the years. We have many new members who need to learn these and probably some "old" members who need reminding.

- | | |
|---|---|
| Contacting the Trip Coordinator | Trip coordinators like it when paddlers contact them before a scheduled weekend trip. This allows them time to review the group and make appropriate plans for a fun, safe trip. If you need to cancel, please notify the coordinator. |
| Trip Meeting Time and Place | The trip coordinator will choose a meeting time and place for carpooling to the river on the morning of the trip. Paddlers should have their gear ready to transfer to another vehicle. Please be on time. If you're late, you could get left behind. |
| Mileage Reimbursement | The LCCC recommends a standard reimbursement amount of 30 cents per mile split among the passengers and driver . Of course, drivers and riders can make other arrangements, but please don't make your driver ask for money. |
| At the Put-in | Help each other take the boats off the vehicles. Change into paddling clothes and equip boats quickly. Remember your keys! Attach them to your body or in a drybag you secure in your boat. |
| Shuttle | At the river, the trip coordinator will help negotiate shuttle arrangements among drivers. Be sure to leave dry clothes in the takeout car for when you reach the end of your paddle trip. No one likes to shuttle a wet paddler back to the put-in. |
| On the River, Lake, Bay, or Wetlands | At the put-in, the group reviews the float plan, paddle signals, and other safety precautions. A lead and sweep boat may be appointed. Remember to stay behind the lead boat and ahead of the sweep. Keep the boat behind you always in sight. If you're unsure about a rapid, scout it, and make your own decision about running it. Do not hesitate to portage a rapid or line your boat down a rapid. |
| Lunch | Lunch is often eaten somewhere along the day's run. So be sure to bring one. Alcohol or marijuana, either before or during a trip, is not allowed. Remember to bring drinking water and share with others who forget their food or water. You might forget yours next time! |

At the Takeout

Move the boats to an out-of-the way place. Drivers will board the takeout car and ride back to the put-in to get their vehicles. Those left with the boats and equipment should prepare them for loading back onto and into the vehicles when the drivers return. The group may decide to stop for refreshments or dinner on the way home.

Trip Coordinator Responsibilities

When posting a trip:

- Use the [LCCC Google Group](#) to post your trip. (All members are encouraged to join this group to send and receive club messages.) Address the announcement email to lower-columbia-canoe-club@googlegroups.com and include information like the river run you want to do, date of trip, put-in and take-out locations, and difficulty (such as Class I, II, III, IV).
- Let participants know if a selected run is new to you and “exploratory.”
- State trip tempo. Do you plan lots of river play or to just run the river?
- Post more than once. In recruiting participants, once a trip has the minimum of three paddlers, it often helps to post again to club members know the trip is now officially a “go.” Frequently, such a post encourages paddlers to sign on who are still deciding whether to go. You can also use additional posts to provide updated level and weather info that may encourage paddlers to join.
- Provide respondents with key information like meeting time and place for organizing carpooling. Feel free to question participants for ability and appropriate equipment. You have the right to refuse anyone for safety or equipment concerns. Allowing someone into the group is not a guarantee of his or her safety, or their ability to do the run. **Remember it is not your responsibility to judge the fitness of any run for a particular paddler; that’s up to each individual to decide.**

Event day:

- Make sure **any non-club member** signs an [LCCC/Paddlesport guest waiver](#). This waiver is for the protection of the trip coordinator, trip participants, and the long-term viability of the LCCC. Refuse participation to anyone who declines to sign this waiver. **Save and submit waivers to lowercolumbiacanoecub@gmail.com** within a few days of the trip.
- Encourage carpooling and facilitate plans for the shuttle.
- At the launch site, initiate a pre-launch group discussion of the “float plan.” Discuss potential hazards, emergency procedures, interesting features, safety equipment, scouting plans, river signals, and lunch stop. Identify lead and sweep boats if appropriate.
- Remind trip participants to keep the vehicle or boat behind you in sight! If applicable (paddling trafficked water such as rivers with jet boats) discuss and adhere to all current [US Coast Guard regulations for Inland Waterways](#).
- Have an emergency plan. **In the event of an emergency on a club outing, members are advised to contact rescue services by calling 911 as soon as cell phones are within range or they can reach phone service.**
- In the event of an emergency, **complete an [incident report](#)** and follow its guidelines.

Trip Participants' Responsibilities

- Contact the trip coordinator on your intention to go on the trip. Trip coordinators like to know as soon as possible who wants to participate. It helps them gauge interest in the trip. If you change your mind, let the trip coordinator know as soon as possible. They may be counting on your participation.
- Know that your trip coordinator is not a qualified guide and may give you inaccurate information. You can reference your own river guide books and online sources to better understand a run and its challenges.
- Be honest in telling your experience level, but don't expect the trip coordinator to decide whether you are qualified for a run. Do not get in over your head; you might jeopardize yourself and others.
- Do not bring unexpected guests—let the coordinator know they are coming. While the LCCC welcomes guest paddlers to try the club and our runs, a coordinator may want to limit group size or could possibly reject a guest due to safety concerns.
- **Remember that all guests must sign a [guest waiver](#).** If you're bringing a guest, alert the coordinator. If possible, have the guest print, sign and bring the waiver with them.
- Arrive on time, with equipment, food and car ready. This means having a full gas tank before meeting the group.
- Accept and support the group agenda, the float plan and tempo.
- Be prepared to rescue yourself and swim to shore should you capsize. Do not assume someone in the group is responsible for rescuing you. Accept responsibility for all your actions, including the effect your actions have on others. **Be safety conscious, and by example, encourage others to be.**
- Every boat must carry at least one throw rope and a whistle. Consider bringing a carabiner, pulley and prussic loop—that way any two boats have enough equipment to rig a Z-drag and retrieve a third, pinned boat. Canoeists should carry an extra paddle; kayakers should pack a breakdown paddle for emergencies. Bring anything else you would like to have available to you in the case of an emergency.
- On shuttles, always keep the vehicle behind you in sight. Likewise, on the river, keep the boat behind you in sight.
- **Pay your driver the pre-arranged amount or use the club's guidelines (30 cents per mile split among the passengers and driver).** Don't make them ask. If you're a driver, please accept payment graciously.

Group Responsibilities

The paddle group should consider the following suggestions and adopt those deemed relevant. These are not the responsibility of the trip coordinator or of any one person.

- Check and report on current river flow, stage data, and weather forecast.
- Research ahead of time the difficult parts of the run and optional takeouts. Scout and set up rescue ropes while on the river if you expect swimmers.
- Ensure as necessary that the group has throw ropes, whistles, and extra paddles for each boat. Consider bringing duct tape, first aid kit, knives, rescue saw, fire starter, carabiners, prussic loops and pulleys, survival clothes, extra food, maps, guide books.
- When paddling, keep the group compact enough to communicate, yet spaced enough to avoid interference.
- Consider dividing groups of over ten boats. Smaller groups work best on steeper, faster rivers.
- Assist swimmers and retrieve gear only when in your personal judgment it can be done without endangering yourself.
- Bring a cell phone on the river or have one in the takeout or put-in car to use in emergencies. **In the event of an emergency on a club outing, contact rescue services by calling 911 as soon as you and your cell phone are in range.**

River Etiquette: *Miss Manners Goes Paddling*

River etiquette can be summed up in one word: **respect**. This is respect for your fellow paddlers, all other river users, neighboring landowners, and for the environment you enjoy. Treat other people and places as you would like to be treated, and leave an environment at least as pristine as found.

Landowners' rights must be recognized. Use sanctioned access points and avoid going above the high water mark when passing through private property.

Let's impress upon people the value and beauty of Northwest rivers by helping keep them clean. Consider taking part in sponsored local river cleanups. Carry a garbage bag in your car so you can pick up trash at put-ins and takeouts.

Anglers are our allies in preserving the rivers and lakes. Be alert of their presence. See where they are fishing and give them a chance to let you know where they would like you to paddle around them. When in doubt, hug the opposite bank. A pleasant hello will usually be returned.

Be aware that other river craft travel at different speeds. Whenever overtaking another boat from behind, you must yield the way. Also be aware of large rafts that may catch you in a rapid. They cannot stop or make quick course changes to avoid you, so give them plenty of room. Surfers who stop at waves should be aware of and yield to other crafts paddling downstream.

Camping conservation is important. All river environments are fragile and most are overused. On long trips, carry and use a fire pan. Keep campfires to a minimum size and duration. Pack out coals and ashes. For less impact on the wilderness, cook on a stove. Pack out any garbage that you can't burn. Buried human waste decomposes within two to three weeks but toilet paper may last a year or longer in our wet climate and many years in the dry areas we paddle east of the Cascades. Pack out toilet paper or burn it in your campfire.

When participating in a trip, it's unreasonable to expect a group of people to rush so that you can be home early. If you have commitments on the evening of a trip, you need to check with the trip coordinator on the estimated return time at the time you announce your participation. **Remember that a trip coordinator's estimated time of return doesn't include detours, swims, rescues, extra scouting, and long lunches on sunny days.** Please leave your watch in your car!

Always have the consideration to inform trip coordinators of your intended participation at least a full day in advance. This practice will help your coordinator know whether they have enough participants. It will also allow ample time to notify everyone if there's a schedule or river change, a need to facilitate car pools, and a desire to contact paddlers with whom she or he is unfamiliar. We realize that people sometimes need to make last minute decisions and changes, but they should be rare.

River Ratings: *Six Stages of Adrenaline Addiction*

This is the American version of the International Scale of River Difficulty, a rating system used to compare river difficulty throughout the world. This system is not exact, as rivers do not always fit easily into one category and regional or individual interpretations may cause misunderstandings. It is no substitute for a guidebook or accurate first-hand descriptions of a run. Paddlers from the eastern part of the country should be advised that western rivers are often rated one-half to one class lower than eastern equivalents. Paddlers attempting difficult runs in an unfamiliar area should act cautiously until they get a feel for the way the scale is interpreted locally. River difficulty may change daily due to fluctuations in water level, downed trees, geological disturbances or weather. Stay alert for unexpected problems!

As river difficulty increases, the danger to swimming paddlers becomes more severe. As rapids become longer and more continuous, the challenge increases. There is a difference between running an occasional Class IV rapid and dealing with an entire river of this category. Allow an extra margin of safety between skills and river ratings when the water is cold or if the river itself is remote and inaccessible.

Class I: Easy

Fast moving water with riffles and small waves. Few obstructions, all obvious and easily missed with little training. Risk to swimmers is slight; self-rescue is easy.

Class II: Novice

Straightforward rapids with wide, clear channels that are evident without scouting. Occasional maneuvering may be required, but rocks and medium sized waves are easily missed by trained paddlers. Swimmers are seldom injured and group assistance, while helpful, is seldom needed.

Class III: Intermediate

Rapids with moderate, irregular waves which may be difficult to avoid and which can swamp an open canoe. Complex maneuvers in fast current and good boat control in tight passages or around ledges are often required; large waves or strainers may be present but are easily avoided. Strong eddies and powerful current effects can be found, particularly on large-volume rivers. Scouting is advisable for inexperienced parties. Injuries while swimming are rare; self-rescue is usually easy but group assistance may be required to avoid long swims.

Class IV: Advanced Intense, powerful, but predictable rapids requiring precise boat handling in turbulent water. Depending on the character of the river, it may feature large, unavoidable waves and holes or constricted passages demanding fast maneuvers under pressure. A fast, reliable eddy turn may be needed to initiate maneuvers, scout rapids, or rest. Rapids may require “must” moves above dangerous hazards. Scouting is necessary the first time down. Risk of injury to swimmers is moderate to high, and water conditions may make self-rescue difficult. Group assistance for rescue is often essential but requires practiced skills. A strong Eskimo roll is highly recommended.

Class V: Expert Extremely long, obstructed or very violent rapids that expose a paddler to above average endangerment. Drops may contain large, unavoidable waves and holes or steep, congested chutes with complex, demanding routes. Rapids may continue for long distances between pools, demanding a high level of fitness. What eddies exist may be small, turbulent or difficult to reach. At the high end of the scale, several of these factors may be combined. Scouting is mandatory but often difficult. Swims are dangerous, and rescue is difficult even for experts. A very reliable Eskimo roll, proper equipment, extensive experience, and practiced rescue skills are essential for survival.

Class VI: Extreme These runs often exemplify the extremes of difficulty, unpredictability and danger. The consequences of errors are very severe and rescue may be impossible. For teams of experts only, at favorable water levels, after close personal inspection and taking all precautions. This class does not necessarily represent drops believed unrunnable, but may include rapids only run occasionally.

Survival Kit: *Up a Creek without a Paddle*

Anyone who has been unexpectedly caught out overnight on a canoe trip can tell you how handy a small, compact survival kit can be. The following is a suggested survival kit. Of course, it should be tailored to your own personal needs. Everything on these two lists (first aid and survival) should fit in a medium sized dry bag to carry on your boat.

Basic Survival Kit

- | | |
|----------------------------|--|
| Fanny or Small Pack | First aid kit described in next section, signal mirror, rescue blanket, toilet paper, drinking cup, compass, whistle, disposable lighter, waterproof matches, sheath knife, wire saw, fire starter, at least two ziplock bags, fishing line, hooks, sinkers, lures, 50-weight nylon line, flashlight and batteries, garbage bag. |
| High Energy Foods | Raisins, nuts, granola bars, tea bags, hot chocolate, instant soup, pemmican, honey, water purification tablets (best packed in sealed, Ziplock-type plastic bag). |
| Daypack | Socks, underwear, shirt, pants, shoes, rain gear, hatchet, survival stove and fuel, water filter, two-person tube tent, space blanket or bag. |

Complete First Aid Kit

A complete first aid kit should be high on every paddler's list of equipment. This list was compiled with assistance from the late Dr. Allan Hill, a former member of the club. It is based on the kit suggested by Dr. William Forgey in his book Wilderness Medicine. If you're allergic to insect bites, you should also include a bee sting kit. The entire kit should be packaged in a waterproof soft pack inside a waterproof hard pack for use on the water.

- Any Needed Prescription Drugs
- Pseudoephedrine Hcl (Sudafed)
- Benadryl
- Small Bar Soap
- Optic Drops, Or Equiv.
- Antibiotic Ointment
- Band-Aids, Assorted Sizes
- Ace Bandages
- Triangular Bandage
- "Moleskin" or "Second Skin"
- Vaseline Gauze, 3"x9"
- Insect Repellant
- Scalpel, Disposable
- Aspirin, Ibuprofen, or Acetaminophen
- Lomotil Tabs For Diarrhea
- Betadine
- Merthiolate Or Similar For Wounds
- Calamine Lotion For Bites And Rash
- Latex Gloves
- Sterile strips
- Gauze Roll
- Butterfly Bandages
- Adhesive Tape
- Bandage Scissors
- Snake & Insect Bite Kit
- Tweezers

Other Resources

Reading List

Below is a partial list of reading material covering canoeing and kayaking. Members of the club can give you the names of other books, magazines, and videos, but hopefully this will give you a basic idea of resource materials available to canoeists. The LCCC has a library, with a selection of books and paddling videos that you can borrow. Visit and support your local public library as well!

Paddling Trip Guide Books (highly recommended titles in **bold**)

Canoe Routes of Northwest Oregon, by Phillip N. Jones

Guide to the Whitewater Rivers of Washington, by Jeff Bennett

Oregon River Tours, by John Garren

Oregon's Quiet Waters, by Cheryl McLean & Clint Brown

Paddle Routes of Western Washington. by Verne Huser

Paddling Oregon, by Robb Keller

Path of the Paddle, by Bill Mason

Thrill of the Paddle, by Paul Mason

Soggy Sneakers: A Guide to Oregon Rivers, compiled by the WKCC

Washington Whitewater, by Douglass A. North & Lynn Conant

Washington Whitewater: 34 Best Whitewater Rivers, by Douglass A. North

Washington Whitewater Two, by Douglass A. North

Western Whitewater, by Jim Cassady, Bill Cross, & Fryar Calhoun

Whitewater Primer, Northwest Chapter Wilderness Public Rights Fund

Equipment & Supplies

Local Retailers

[Alder Creek Kayak Supply](#)

250 NE Tomahawk Dr.
Portland, OR
503-285-0464

[Andy and Bax](#)

324 SE Grand
Portland, OR
503-234-7538

REI – Portland

1405 NW Johnson St
Portland, OR 97209
503-221-1938

[Mountain Soles](#)

Fabric and drysuit
repair

[Next Adventure Paddle](#)

[Sports Center](#)
624 SE 7th Ave
Portland, OR
503-233-0706

REI – Tualatin
7410 SW Bridgeport
Rd
Tigard, OR 97224
503-624-8600

REI – Hillsboro
2235 NW Allie Avenue
Hillsboro, OR 97124
503-617-6072

Sportcraft Marina
1701 Clackamette Drive
Oregon City, OR
503-656-6484

Mail Order Companies

Cascade Outfitters
611 Main, PO Box 209
Springfield, OR 97477
503-747-2272

Northwest River Suppliers
2009 S Main
Moscow, ID 83843-9186
208-882-2383

Pacific Water Sports
16055 Pacific Highway
Seattle, WA 98188
206-246-9385

The Rescue Source
PO Box 519
Elk Grove, CA 97579
800-45-RESCUE

River Runners Supply West
1565 West 7th
Eugene, OR 97402
503-343-6883

OutdoorPlay.com
541.386.8751

Equipment Checklist: Don't Leave Home Without It

Feel free to customize this list for your own use.

paddles	boats	bailers	prusik loops	carabiners
drybags	water bottle	hats	wet or drysuit	thermos
air bags	dry clothes	cooler	sunglasses	sun screen
maps	lines	helmet	glasses retainer	throw bag
camera & film	sponge	binoculars	boots or shoes	beverages
first aid kit	survival kit	painters	guide books	food & water
lifejackets	gloves	cash	cooler	guest waivers

Bylaws of the Lower Columbia Canoe Club, Inc.

Membership

- 1.1 Dues are assessed per household. A household consists of the people residing at a particular address.
- 1.2 Members have the right to vote, hold office, receive the club newsletter, and join in club activities. However, a trip coordinator has the right to refuse a particular member on a given trip.
- 1.3 The board will set a uniform membership application procedure.
- 1.4 A term of membership ends on December 31. New members who join by submitting an application and dues in the time period from September 1 to December 31 will be considered members for both the remainder of that year and the entire subsequent year.
- 1.5 Individual members have one vote. Families have one vote for each family member over the age of 16, but not more than four. Commercial members and organizations that are maintained on the club roster have one vote if they pay dues.
- 1.6 The board or club by majority vote may expel a member (returning the current year's dues) or deny his or her membership renewal for cause.

Officers

- 2.1 Officers are president, vice president, secretary, treasurer, safety officer, conservation chair, whitewater chair, flat/moving water chair, registrar, webmaster, clinics chair, membership/publicity chair and newsletter editor. Each officer is elected at the October membership meeting and serves two years. The position is then up for re-election and he/she can run again if desired (there are no term limits)

Even year elections: Vice president, treasurer flat/movingwater chair, conservation chair, webmaster, and clinics chair are elected in even years.

Odd year elections: President, secretary, safety officer, whitewater chair, registrar, membership/publicity chair, and newsletter editor are elected in odd years.

- 2.2 The **PRESIDENT** will take care that all club business is properly carried out, preside at membership and board meetings, and appoint committees and their chairs.
- 2.3 The **VICE PRESIDENT** acts in the president's stead, schedules the location and program for membership meetings, and publishes notices of membership meetings in the club newsletter. The vice president performs other duties as requested by the president.

- 2.4 The SECRETARY schedules board meetings and keeps minutes. The secretary publishes reports of decisions made by the board or by the membership in the club newsletter.
- 2.5 The TREASURER receives all club money and deposits it promptly in accounts selected by the board, prepares financial reports as requested by the board but at least annually, and keeps records of the club account(s). The treasurer reimburses club members for approved expenses.
- 2.6 The SAFETY OFFICER distributes safety information to the membership via the newsletter and at membership meetings. The safety officer also periodically conducts safety and rescue training programs. With board consent he or she may contract for or enter into cooperative agreements with other organizations to provide such programs.
- 2.7 The whitewater and flat/moving water chairs will work with trip coordinators to schedule boating trips on a monthly basis. These two cruise chairs will be responsible for helping recruit trip coordinators, publishing scheduled trips in the newsletter, and posting trips to the club's online calendar.
- 2.8 When an elected position is unfilled for any reason, it only can be filled through an election at any club meeting following an announcement of candidates in the prior month's newsletter.
- 2.9 The club officers may appoint activity chairs to perform specific club functions. These appointed members do not have voting rights in board decisions. The tenure of these positions is at the discretion of the elected board officers.

Board of Directors

- 3.1 The elected officers listed in paragraph 2.1 constitute a board of directors charged with managing the club in accordance with its articles of incorporation, its bylaws, and decisions made by the members at meetings.
- 3.2 For the board to act, a majority of the current board must be present – in person or via conference call – at a meeting. (If there are 12 board members, 7 must be present. If there are 11 board members, 6 must be present.)

For a measure to pass, a simple majority of the board members present at a qualifying board meeting (see above) must concur.

The board may approve expenses, purchases and donations in amounts not exceeding \$500 in one month and \$1500 in one year provided that they are reported in the next issue of the club newsletter. Expenses beyond these limits must be approved by a simple majority present at a membership meeting.

- 3.3 The board will meet at times and places designated by the secretary. Meetings can be in person, by phone, or a combination of in person and phone. The board may decide on issues at those meetings by voting.
- 3.4 The secretary will promptly report board decisions to the members through the newsletter at the earliest opportunity.

Membership Meetings

- 4.1 The president will call membership meetings at least six times a year, including every October.
- 4.2 A membership meeting will be held on a date, time and place designated by the vice president. Notice of the meeting's date, time and place must appear in the prior month's newsletter.
- 4.3 At the request of the board, the president will call special meetings of the membership.
- 4.4 The president may conduct meetings informally, but if in the president's judgment more structure is necessary, the president will conduct according to the current Robert's Rules of Order.
- 4.5 The members during a meeting may vote on member proposals, change dues, remove officers, authorize expenses, or donate money for political action if notice of the proposed action was published in the newsletter with notice of the meeting. Members must be present to vote unless the board authorizes proxies, mail-in ballots, or other readily accessible means of voting. A successor to a removed officer will be elected at the next membership meeting or as soon as reasonably possible.

Amendments

These bylaws may be amended at any membership or special meeting (see 4.3) by a two-thirds majority of those participating, or through a simple majority of the entire membership, if the substance of the proposed amendment is published in the newsletter along with notice of the meeting or other voting options.