



Deschutes River

Trip Guide

1/2 and 1 Day Trips



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The Deschutes River

Do outstanding whitewater, blue skies, and easy accessibility whet your appetite for fun? Then a Deschutes River whitewater rafting trip is for you.

This is not the river on which to seek solitude — the Deschutes is too popular for that. And with good reason. The river is located near the population centers of western Oregon and Washington, and features both sunny weather and enjoyable rapids.

In the eyes of many people the best thing about the Deschutes may be the weather. The section we run is located in the rain-shadow of the Cascade Mountains, which results in an enjoyably dry and sunny climate. Yes, it does rain here, as it does almost everywhere else on the planet. But on those Spring days when the Willamette Valley to the west is cloudy, Deschutes rafters often find themselves basking in the sun.

Whatever the weather, the Deschutes numerous thrilling rapids. Some of the bigger drops (in order of appearance) are Wapinitia, Boxcar, Surf City, Oak Springs, and White River. But for many the greatest thrill comes at Elevator rapids. On full day trips, after running elevator in our rafts we stop along shore, and those who wish can accompany one our guides on as we float feet-first through the rapid (wearing our lifejackets, of course!).

Itinerary

Morning half day trips meet at 9:30 AM*, afternoon half day trips meet at 1:00 PM*, and full day trips meet at 10:00 AM. We meet at the raft take-out at Sandy Beach, on the east side of the river downstream (north) of the town of Maupin.

Your vehicle will remain here, and after a brief orientation you will board an O.R.E. van for the 20 minute ride to the launch point. Once we arrive at our launch site our guides will conduct a safety orientation. We'll then all board rafts and be on our way downstream.

Day trips include a stop for a riverside lunch between noon and 1 PM. Full day trips include a short hike up the White River to a swimming hole and water slide, and also include a stop at the swimming rapid.

Half day trips day are pure boating runs. They do not include a meal stop, and because they cover the same mileage as full day trips they do not allow time for the White River and swimming rapid stops.



Essential Eligibility Criteria for River Trips:

The following are the physical and mental eligibility criteria for all participants on any OutRecX LLC, (Oregon River Experiences) river trip.

1. Ability to remain seated and balanced while in a whitewater craft.
2. Wear a Type V Coast Guard-approved personal floatation device (maximum chest size of 56 inches). Wearing leg straps may be required to ensure proper fit. Where required, properly wear a helmet, required when using inflatable kayaks.
3. Ability to independently board and disembark a boat four to ten times each day. This may require stepping into the boat, and then maneuvering your body over and across tubes and fixed objects into a seated position.
4. Ability to independently navigate shoreline terrain, including safely maneuvering around and across boulders, rocks, and slippery and uneven surfaces, under low branches, and around vegetation. This includes the ability to maintain your balance near precipitous ledges or cliffs.
5. Ability to independently swim in whitewater or swift currents while wearing a personal floatation device. This includes being an active participant in your own rescue, including having the ability to (a) keep your airway passages sealed while underwater, and regain control of your

breathing when being submitted to repeated submersion under waves or currents; (b) orient yourself to new “in-river” surroundings; (c) reposition yourself in the water to different swimming positions; (d) swim aggressively to a boat or to shore in whitewater; (e) receive a rescue rope, paddle, or human assistance, and possibly let go of the same; (f) get out from under an overturned boat.

6. Ability to follow both verbal and non-verbal instructions given by guides in all situations, including during stressful or dangerous situations, and to effectively communicate with guides and other guests.

7. Ability to manage all personal care independently, or with the assistance of a friend or family member. Including carrying personal drybags and gear to your campsite each day (only for multiday trips)

8. If taking prescription medications, have the ability to maintain proper dosage by medicating independently, or with the assistance of a friend or family member.

9. Ability to remain adequately fed, hydrated, and properly dressed so as to avoid environmental injuries such as hypothermia, heat related illness, and sunburn.

The above criteria, if not met, will disqualify a person from participating in a river trip with OutRecX LLC, (Oregon River Experiences). The criteria exist for your own safety and that of all trip participants. None of the criteria are meant to discriminate on the basis of any physical or mental disability, and are applied uniformly to all potential trip participants, irrespective of the presence or absence of any disability. OutRecX LLC, (Oregon River Experiences) is committed to making reasonable modifications to any trip for any persons with a disability, so long as they do not fundamentally alter the nature of the trip. OutRecX LLC Guides have absolute discretion in determining guests’ fitness for a particular trip.

What to bring and what to wear

Please come to the river prepared for all possible weather conditions. The weather in the river canyons of the Northwest is often different from that in surrounding areas, so you won’t really know how it will be until you get there. At that time you may decide that some of the items listed here are not needed; but you need to have them along just in case! So please pay close attention to the following information and checklists, and help to insure your enjoyment of the day by bringing along the proper clothing.

On your feet: The preferred footwear of clients and O.R.E. guides is from **Astral Shoes**, due to high quality grip, durability and they look good off the river as well. *Check the attached sheet for a special offer from Astral.*

For footwear while on the river we recommend nylon, canvas running or tennis shoes, hard soled wetsuit boots, or sports sandals such as Tevas.

For extra comfort you may want to wear nylon, polypropylene socks or neoprene wetsuit socks. They work well as a first layer when it is cooler.

Clothing tips: The best clothing is that which retains your body heat while wet, or one that dries quickly. Modern high-tech synthetic fabrics like polypropylene and polyester fleece do both, and are readily available at stores like REI and others. If you don't want to spend a lot on a rafting wardrobe look for wool clothes, which provide some warmth even when wet. Thrift stores and military surplus stores are good places to find inexpensive wool clothes. During the spring you should avoid wearing cotton clothing while on the river. When wet, cotton sucks warmth from your body at an amazing rate.

Gear checklist for Spring Trips

To wear (*clothing should be of synthetic or wool fabric – no cotton*)

- ✓ Swimsuit or shorts
- ✓ T-shirt
- ✓ Sunglasses with a strap
- ✓ Baseball cap or wide brim hat
- ✓ Sweater or jacket
- ✓ Synthetic long underwear top

Splash jackets are provided by O.R.E.

To bring with you on the river:

- ✓ Water bottle or canteen
- ✓ Sunscreen

To leave in your car:

- ✓ Towel
- ✓ Complete change of clothing

Gear checklist for Summer trips

To wear

- ✓ Swimsuit or shorts
- ✓ T-shirt

- ✓ Sunglasses with a strap
- ✓ Baseball cap or wide brim hat
- ✓ Athletic shoes or sport sandals (no flip-flops)

To bring with you on the river:

- ✓ Water bottle or canteen *
- ✓ Sunscreen

To leave in your car:

- ✓ Towel
- ✓ Complete change of clothing

Additional information

Your trip includes the following

- ✓ The services of our professional guides.
- ✓ Shuttle service to and from our meeting place.
- ✓ A hearty, freshly prepared picnic lunch at the riverside on full day trips. (Special dietary needs can be accommodated with advance notice.)
- ✓ Use of professional quality self-bailing rafts and top-notch river running equipment, including U.S. Coast Guard Approved lifejackets.
- ✓ Waterproof river bags for your personal gear.

Gratuities

Guests sometimes ask whether it is appropriate to tip their guide. Tipping is optional, but if your guide did a great job then feel free to thank him or her with a gratuity. The amount is up to you, but tips between 8% and 20% of trip cost are customary.

Nearby attractions

If you're coming from out of town a Deschutes River trip can be included in a visit to nearby Portland. For Portland information contact the Portland Visitor's Bureau at 503-222-2223.

Rafting the Deschutes can also be combined with hiking on Mount Hood or a tour of the Columbia River Gorge. For more about both Mount Hood and the Gorge contact Mt. Hood National Forest headquarters at 503-667-0511.