

Saint Paul's EYC Whitewater Rafting September 17



WHAT: Saint Paul's youth are making a day trip to Charlotte, NC for a day of white-water rafting and climbing.

WHERE: US National Whitewater Center (<http://usnwc.org/visit/>)

WHEN: Saturday, September 17, 2016
Leave 9:30 AM from Saint Paul's - Arrive back at Saint Paul's 9:30 PM

COST: \$75. A \$30 deposit is due for the trip by September 6th. Financial aid available for those that would like to attend, but are unable to contribute a full \$75 for the trip. Please contact Ranie Neislar (rneislar@saintpauls.org.)

WHAT TO BRING:

Sack lunch and money for dinner.

For Rafting

- Bathing suit, shorts, t-shirt, rash guard or quick drying clothing is ideal.
- Secure footwear with a heel strap is required. Old sneakers, water shoes or sandals with a rubber sole are suggested.
- Eyeglass strap
- Sunscreen.
- Towel
- A change of clothes

For Climbing

- Closed-toe shoes are required for all land activities.
- Comfortable, light and loose-fitting clothing

Personal Flotation Device, Helmet, Paddle, and Climbing Harness are provide by USNWC

WANT TO KNOW MORE ABOUT SAINT PAUL'S YOUTH PROGRAM?
Contact Ranie Neislar (rneislar@saintpauls.org or 706-254-5332)