



PERSONAL INFORMATION

* This information will be kept on file by the W.I.L.D. program coordinators and will stay in a secure location with the program participants throughout the 80 days. Please include a **photocopy of your passport, birth certificate, driver's license and your medical insurance card.**

NAME: _____

Home Address: _____

*Phone Number: _____
**please provide a number where you can be reached between May & August*

Personal Email: _____

Birth Date: ____/____/____ (dd/mm/yy)

Passport Number: _____

Place of Birth: _____

Nationality/Citizenship: _____

Health Card Number (Canadian Citizens Only):

Medical Insurance Company: _____

Policy #: _____

Medical Insurance Emergency Contact Phone Number:

Emergency Contact Person:

⇒ Name & Relationship: _____

⇒ Home Phone Number: _____

⇒ Work Phone Number: _____

⇒ Email Address: _____



EMERGENCY CONTACT INFORMATION

In the event of an emergency and your family needs to get in touch with you, please leave them with the following contact information:

In Canada:	c/o Esprit Rafting Adventures Inc. #3 Ch. Esprit Davidson, Quebec J0X 1R0 Canada	819-683-3241 info@whitewater.ca
In the US:	Jim Coffey (Office) (Cell)	819-683-3241 613-717-5222
In Mexico:	Jim Coffey – WILD Director (SKYPE)	jim@whitewater.ca espritmex 011 52 279 832 3540

Please note that these numbers are given for emergency use only. While on the international river expedition and in Mexico it can be very difficult to reach the WILD program participants directly. In the event of a family emergency, please contact Esprit's main office in Canada and allow 24 hours for them to make contact with WILD. While traveling and in Mexico, WILD will be checking in with the main office daily (when possible). The best way for participants to stay in touch with family and friends (for non-emergencies) is to have an email account which can be accessed at internet cafes for the duration of the program.



HEALTH AND IMMUNIZATIONS

Working within the adventure travel industry generally requires forays into developing countries where medical facilities and availability of medical supplies is not the same as what one might expect at home. As an adventure guide, you are also in a “high risk” category for contracting communicable diseases due to the level of service required by your contract of service (i.e.: the necessity to perform first aid). Because of the high level of public interaction, it is highly recommended that you use “universal precautions” (masks, gloves, etc.) at all times. To further protect yourself, it is also highly recommended that you acquire, and remain up to date, with your immunizations.

Recommended General Travel Immunizations: Hep. A, Hep. B, Typhoid, Tetanus

Specific Immunizations:

It is highly recommended that you visit your family doctor or travel clinic to find out the most up to date information regarding immunizations for travel in rural Mexico. It is also highly recommended that you investigate and start your immunizations prior to the commencement of WILD. Once WILD begins there are few opportunities to visit travel clinics prior to departure from Canada. Mexico is currently at low risk for malaria, however, you should consult your clinic with the most up to date information. Mosquitoes transmit malaria and Dengue Fever and it is best to be protected from them. A good repellent, as well as lightweight long pants and shirts at dusk drastically reduce your contact with mosquitoes.

Trip Cancellation Insurance:

WILD does not offer any refunds or deferral of courses in the event that a participant is unable to continue with the WILD program due to injury, family emergency or personal reasons. It is highly recommended that students purchase a trip cancellation and interruption insurance plan prior to making their final payment on the course to ensure the protection of their investment.

Medical Insurance:

WILD requires that you take out a personal health and travel insurance policy to cover you against sickness and accidents. *You will not be able to leave Canada with WILD without this insurance policy in place.* For international students, you must have medical insurance to cover you for the entire duration of the WILD program. Canadian students may use their Provincial Health Insurance card until their departure from Canada on approximately Day 38 of WILD. ***A copy of your policy must be sent to Esprit by Sept 1st.***

WILD recommends the following agency for Medical and Travel Insurance:

Justine Lake | Travel CUTS Carleton
613.238.8222 ext 226 | TravelCUTS.com



WILD School Calendar

Whitewater intensive Leadership Development

WILD's Course Outline

WILD's 80 day, semester training program begins in Canada where you will commence with the essential rescue and first aid skills along with your beginner levels of all core elements.

The rivers across the USA and Mexico provide ample opportunities to explore your skills and refine your technique.

Once in Mexico, you will then be challenged to advanced levels of training for kayaking, swiftwater rescue and multi-day expedition guiding.

Arrival and Orientation

WILD commences Friday evening at 7:00 PM with a formal welcome, orientation and introduction. All students are advised to plan on arriving at Esprit's basecamp in Davidson, Quebec by 5:00 PM in order to get settled prior to the welcome dinner and orientation.

Course Outline

Date	Element/Programming	Location
Canada 		
Day 1	WILD Orientation Day	WILD Base camp
Days 2	Rafting Commercial Descent	Ottawa River
Day 3-10	Wilderness First Responder	WILD Base Camp
Days 11-12	Whitewater Kayaking	Ottawa River
Days 13-14	Whitewater Raft Guide Training	Ottawa River
Days 15	Intro to Riverboarding	Ottawa River
Days 16-17	River Rescue R3-Rec	Ottawa River
Days 18-19	Whitewater Canoeing	Ottawa River
Days 20	Expedition Prep	WILD Base Camp
Day 21-26	Whitewater canoeing expedition	Dumoine River
Days 27	Expedition Clean Up	WILD Base Camp
Day 28-30	Whitewater Raft Guide Training	Ottawa River
Day 31-33	Whitewater Kayaking	Ottawa River
Day 34-35	Gatineau River Adventure	Gatineau River
Day 36	River Challenge Day / Rafting	Ottawa River
Day 37	Off	WILD Base Camp
Day 38	Pack& Preparation. Departure to USA	WILD Base camp

United States of America

Day 39	Whitewater Kayaking	Black River
Days 40-42	Whitewater Kayaking	Youghiogheny River
Day 43	Whitewater Rafting Full Gauley	Gauley River
Days 44-45	Whitewater Kayaking	Gauley River
Day 46	Whitewater Raft Guide Training	Gauley River
Days 47-48	Whitewater Kayaking & Rafting	New River
Day 49	Whitewater Kayaking	USNWC, NC
Day 50	Whitewater Kayaking	Upper Green River NC
Days 51-52	Whitewater Kayaking & Rafting	Ocoee River
Days 53	Whitewater Kayaking	Nantahala River
Day 54-55	Drive to Laredo TX	USA

Mexico

Day 56-57	Drive to Cascada de Micos	SLP Mexico
Days 58-61	Whitewater Kayaking / Raft Guide training	Cascadas de Micos Region
Days 61	Transport to Tlapacoyan	Veracruz Mexico
Days 62-63	Whitewater Kayaking / Raft Guide training	Rio Filo Bobos Region
Day 64-65	Host families in Jalcomulco	Jalcomulco Region
Day 66-70	Raft/Kayak/OC1	Jalcomulco Region
Day 71-72	River Rescue R3-Professional	Jalcomulco Region
Day 73	Advanced Kayaking	Rio Alsaseca
Day 74-75	Barranca Grande Expedition	Rio Barranca Grande
Day 76-77	Rio De Oro Expedition	Costa de Oro Region
Day 78	IRF Guide Assessment	Jalcomulco Region
Day 79	Graduation Trip	Jalcomulco Region
Day 80	Departure	



PERSONAL EQUIPMENT

When packing your personal equipment for an extended trip, it is important to consider each article of clothing and equipment carefully. Remember, everything you bring with you... you must be able to carry. Choose clothing that can be used for multiple purposes. The more functions that each article of clothing can perform, the lighter your bags will be. We strongly suggest a multi-purpose backpack for general storage, a day pack for light day trips, a mesh gear bag for your river equipment as well as a watertight drybag for extra gear on the water. We have listed brand names for comparison sake only · visit each company's website if you are unsure about what type of river wear to purchase.

River Wear Suggestions

Footwear

Five Ten: Water Tennie <http://fiveten.com/products/footwear-detail/13817-water-tennie-black>
Astral: Brewers/Rasslers <http://www.astraldesigns.com/>

Drywear

Kokatat: Goretex Rogue Drytop (Long Sleeve \$350 or Short Sleeve \$300 available at Esprit)
2 Drysuit (Kokatat or NRS) We have some used NRS Drysuits for sale and a men's small
Kokatat : NRS.com Kokatat.com.

Other Goods

NRS: Thermal protection, Medical Kits, other river related equipment we can save you approximately 20% on all NRS products. NRS.com

Dryland Wear

- 4 · cotton t-shirts
- 2 · cotton long sleeve shirts
- 2 · pair of shorts
- 2 · pair of pants
- 1 · down jacket
- 1 · fleece jacket
- 1 · fleece pants
- 1 · long underwear shirt & pants
- 1 · hard shell/rain jacket
- 1 · hard shell/rain pants
- 1 · hiking shoes (light)
- x · socks (usual amount)
- x · underwear (usual amount)
- 1 · set of casual clothes
- 1 · wool hat



Personal First Aid Kit

It is your responsibility to bring sufficient quantities of any specific medications that you may require for the duration of WILD. Please advise us of the possible side effects of any medications you are taking and of any dietary requirements related to them.

20 band aids
5 Knuckle Band Aids
10 2x2 Sterile Gauze Pads
10 Iodine/Alcohol Pads
1 Menstrual Pads
1 Tampon
1 Pair of Latex/Vinyl Gloves
1 1-way valve mask for CPR
Antihistamines (Benedryl)
Imodium
Antibiotics (general purpose, see your Dr.)
Polysporin (antibiotic ointment)
Aspirin and Tylenol
Anti-Inflammatory (Advil, Motrin)
Tinactin antifungal foot cream
Gold Bond or baby powder
Any personal Medications

Toiletries & Miscellaneous

Shower kit
Waterproof Sun block
Moisturizer
Lip balm
Personal medications
Sunglasses with strap (chums/croakies)
Cell phone (long distance plan)
Head lamp
Laptop Ipod
Pocket knife
Waterbottle
Sponge for kayak
Spanish phrase book
Thermarest sleeping pad
Pillow
Sleeping Bag (-5 C)

If you are considering purchasing your own PFD, please ensure that it is yellow and that it is equipped with a quick release harness. If you are considering purchasing your own helmet, please ensure that it is of white colour. For those who are interested in working for Esprit at anytime in the future, all drytops, paddling jackets, shorts, tights and paddling pants must be black and/or mango in colour.

Please let us know if you need assistance acquiring additional gear for WILD. As an outfitter, Esprit is able to acquire equipment at discounted rates and is pleased to pass on these savings to our WILD participants. You may also try the following companies that support WILD by offering discounts off their regular retail prices.

Ottawa Paddle Shack (OPS)

All other equipment related issues and questions should be forwarded to WILD program director Jim Coffey: jim@whitewater.ca. Error! Hyperlink reference not valid.

WILD Equipment Package · 2014

The WILD equipment package is compiled with state of the art equipment. The equipment listed below has been tested by whitewater instructors and former students and was found to function well, show good durability and to be very fashionable. Participants must have all the equipment listed in the equipment package before the start of the program whether it is purchased as a package through WILD, individual items are purchased through WILD or items are purchased or previously owned by the participant.

To ensure that we provide you with all the necessary equipment in time for the start of WILD you will need to organize your order and payment by August 1st. In addition, please send by e-mail a confirmation message to jim@whitewater.ca

1. Yes, I would like to order the Equipment Package as outlined below. OR
2. No, I will purchase all of my own required equipment.*

**Please note that WILD's equipment is very colour specific: Yellow PFD, White Helmet, Black or yellow/mango clothing.*

The email should also include the following to help us select the appropriate sizes for equipment such as length of paddle:

Your height,

PFD size(s/m) or (l/xl),

weight, helmet size, chest size, jacket size, waist size and shoe size

Cost: \$1500 CDN + taxes

The WILD 2014 equipment package includes:

- | | |
|---|---|
| 1. NRS Zen Rescue Life Vest | (s/m) or (l/xl) (chest size) yellow |
| 2. Level Six Kayak Spray Deck | (xs), (s), (m), (l) (waist size) black/grey |
| 3. Werner Kayak Paddle (breakdown) | Player 4 piece breakdown |
| 4. MEC Duffel Bag | Size (l) |
| 5. Rescue Throw Bag | 70 ft of Esprit River Line Rope |
| 6. NRS Rescue Knife | Serrated and straight edge combo |
| 7. WRSI Helmet | One Size white |
| 8. Werner Guide Stick Paddle | Canoe/ Raft paddle |
| 9. Rescue hardware kit | |
| • 5 meters tubular webbing | |
| • fox 40 whistle | |
| • 4 screw-locking carabineers | |
| • 2 yellow glow sticks | |
| 2 x 6mm prussic cord (1.5m and 1.75m) | |
| 3 pulleys | |
| 10 WILD Jacket Embroidered with Wild Logo | |

*Please note that these items come as a package and are offered at a discounted rate. Individual items may be purchased from WILD but will be offered at regular retail prices.



FREQUENTLY ASKED QUESTIONS

Do I need a passport?

It is required that you have with you all necessary travel documents and a valid passport to enter Canada, the United States and Mexico prior to the commencement of the course. It is also recommended that you carry a copy of your birth certificate and two additional pieces of identification in case of emergency.

Is all medical insurance the same?

Not all medical insurance offers the same international coverage. When purchasing your medical insurance, make sure that you specify that you will be whitewater rafting and kayaking. Some companies do not cover whitewater activities. Esprit recommends contacting:

Justine Lake | Travel CUTS Carleton
613.238.8222 ext TravelCUTS.com

How often will I have access to the phone and/or internet?

While at Esprit, there are pay phones, and free wi-fi. While on the International River Expedition, access to internet and payphones will be limited. While in Mexico, there are payphones that can be used with the purchase of phone cards as well as internet cafés.

What weight of sleeping bag should I bring?

As we are traveling through the US during the fall it is a good idea to have a sleeping bag rated down to -5°. In addition, you may want to consider bringing a cotton/silk sleeping bag liner for warmer nights (as we will be in Mexico) and a travel pillow.

Are there laundry facilities available during the course?

While in Canada, there are coin-operated laundry machines at Esprit's basecamp. During the International River Expedition, laundry service will be limited and hand washing may be the only option available in some remote locations. There are laundry services in Mexico which offer machine wash, dry and fold.

What if I do not have all the suggested items on the Personal Equipment List?

Don't worry if you do not have all the items on the list. Some articles of clothing can be purchased for reasonable prices at stores like Trailhead (Ottawa, Toronto), Mountain Equipment Co-Op (Ottawa, Toronto, web), Ottawa Paddle Shack (Ottawa), REI (USA, web) and other outdoor equipment retail stores.

What type of accommodation will I be staying in?

While in Canada, Esprit will be providing you with accommodation in a platform tent (wooden platform with roof over tent). Tents are based on shared accommodation with one other WILD student. Private tenting accommodation is possible for those with their own tents. While on the International River Expedition, the accommodation will be

tenting for the majority of the trip. In Mexico we will be in hotels, camping and staying in private homes..

Are all my meals included in my tuition fee?

While at our base camps in Canada and in Mexico, all of your meals are included in the WILD tuition. Meals on the road (while in transit) are not included in the tuition fee. You should budget approximately \$500 for those meals and other expenses (such as refreshments, snacks, internet and laundry) during this section of the program.

What options are available to me upon completion of the course?

The WILD program finishes on "Day 80" in Mexico. Upon completion there are a number of options available to you:

1. You can fly home via the airports in Veracruz or Mexico City.
2. You can remain in Mexico and try to gain river work with a local Mexican rafting company. Pay is usually in Pesos and approximately the equivalent of \$40 Canadian per day. If you are considering this, you may want to acquire some basic language skills in Spanish. This can be done before commencing WILD or by taking an intensive language course in Mexico after the completion of WILD.
3. You can continue traveling throughout Mexico, Central America or beyond!
4. You can apply for a 4 month internship position with Esprit Mexico/Rica and gain valuable experience running weeklong paddling and multisport trips throughout the winter. Specific details on these internship positions will be discussed at some point during the course. Internship includes accommodations and group meals at our base camp when eating with guests. A kitchen is provided for interns to prepare their own meals while not eating with the group. Internship fee is \$500 for 2 months or \$100/week to cover cost of accommodations, transport, designated meals and training activities/opportunities. Interns will be selected based on skill and merit.

What is the optional "Family Trip"?

At the end of WILD, Esprit offers an 8-Day Adventure program at a discounted rate for family and friends of WILD graduates. The trip is guided by all of the recent graduates who have family or friends joining. It's an exciting opportunity for WILD graduates to gain commercial trip experience and it's a fantastic opportunity for family and friends to see your newly acquired expertise while exploring a beautiful part of Mexico! The fee for "Family and Friends" is \$1500 p/p (a savings of \$250) if booked prior to October

1 2014. The dates for the family trip are Nov 15 to 22 2014 and include joining WILD for the final banquet dinner.



COURSE COSTS AND EXPENSES

TUITION: WILD (North American Semester)
\$13500 plus Tax.

\$6412.50 CDN + tax (\$960.27.58 CDN portion only)
\$7087.50 CDN (no tax) WILD (International Portion)

The course fee includes: all instruction, all accommodations, most meals (as outlined), listed equipment (as outlined), kayak rental for duration of program, certification fees and transportation up until course completion in Mexico.

The course fee does not include personal expenditures while at Esprit's basecamps in Canada and Mexico (i.e.: shop, internet access, equipment purchases, meal and bar purchases), nor does it provide replacement for lost, broken or stolen equipment. In the event that replacement equipment is necessary, participants must repurchase them. Replacement equipment will be available through WILD.

PAYMENT:

A \$1000 deposit is required at the time of booking; this includes a \$250 non-refundable administration fee. 50% of the balance is due 90 days prior to the course commencement, the full amount is due 60 days prior to course commencement. Balances will be automatically charged on these dates. The order form and payment for the optional "Equipment Package" is due on August 1st in order to ensure all items arrive in time for course commencement.

CANCELLATION & REFUNDS:

A full refund will be received for cancellations made 60 days prior to the course departure date less the \$250 administration fee. Cancellations made within 60 days are non-refundable. We highly suggest purchasing cancellation insurance through your travel agency.

SECURITYDEPOSIT:\$200 USD

This deposit is used in the event that you need fast access to cash for emergency situations, as many places that we visit may not have ATM's, debit card or credit card machines. This deposit allows us to help you out in the event that we need to pay for your medication or food. This deposit should be given to your WILD coordinators in cash on the first day of the program. If not used, this cash deposit (or the remaining balance) will be given back to you at the end of the course.

MEALS

WILD provides high quality, nutritious meals. Great detail is put into accommodating special diets and care is provided for specific food allergies. All professional guides should be adept at meal preparation and clean-up. Quite often participants will be responsible for food purchasing, preparation as well as clean-up under the supervision of the WILD instructors. As the program spends a great deal of time on the road,

meals in transit are left to the participants' responsibility (where we are unable to cook and clean). Participants should budget a minimum of \$500 for this expense.