



**Trip Dates:** September 5-8

**Arrival Time:** 2 PM on September 5

**Trip Meeting Location:** Sugar Pine State Park, Lake Tahoe

**Approximate End Time:** 4 PM on September 8

### **Emerald Bay Shared Expedition**

With dramatic landscapes and crystal clear water, Emerald Bay on Lake Tahoe is a paddling destination not to be missed. You'll have the opportunity to intimately experience this remarkable place as we paddle by magnificent cliffs and explore the glacier carved shoreline. During our trip, we'll enjoy access to a remote campsite for three nights of camping and days full of exploration by kayak. This is a memorable adventure and perfect for the novice or experienced paddler, including participants with disabilities.

### **Environmental Traveling Companions**

Environmental Traveling Companions (ETC) has been providing outdoor adventure opportunities to people of all abilities and backgrounds since 1972. Beginning on the banks of the Stanislaus River, ETC began using volunteers to take people with disabilities and youth from under-resourced backgrounds on whitewater rafting trips. Decades later the organization has grown to include three main programs: whitewater rafting, sea kayaking, and youth leadership development courses. ETC trips are collaborative experiences, staffed by volunteer guides and with participants fully engaged in all aspects of the adventure. An ETC sea kayak trip is a unique opportunity to experience nature, achieve growth through challenge, and develop stronger bonds with fellow paddlers.

For more information, please contact the Sea Kayak Program Manager at 415-474-7662 ext. 13 or [kayak@etctrips.org](mailto:kayak@etctrips.org)

## Trip Overview

- **Day 1:** Participants are invited to arrive at 2pm sharp. **The meeting location is: Sugar Pine State Park overflow lot (at campsite entrance on W side of 89—beware there are two entrances!).** We'll make our way to the waterfront campground at Emerald Bay State Park, either by hiking down the one-mile trail or catching a ride in the ETC van. (All of our gear can hitch a ride!). After settling into camp, we'll have a communal dinner followed by a trip orientation meeting to go over the plan for the weekend.
- **Day 2:** After a delicious breakfast, your guides will provide a sea kayaking orientation and get you geared up for adventure. We'll explore Emerald Bay and the surrounding areas by kayak, stopping for a picnic lunch. Back at our campsite for the evening, we'll relax and enjoy the company of our group.
- **Day 3:** Options include paddling more to further explore Emerald Bay, hiking to adventure in new areas, or having a more leisurely day in camp to relax and enjoy the scenery. Perhaps we'll venture to Fannette Island, the only island on all of Lake Tahoe!
- **Day 4:** On our last day of the trip, we'll break camp and enjoy one last beautiful morning on the water before heading back to our cars. After a closing circle, you'll be on your way home by about 4:00PM.

## Group Details & Pricing

There is space for up to 8 participants on this trip, supported by 4-5 ETC guides. 1-2 spaces will be held for participants who use wheelchairs. The trip fee is \$600/person. Scholarships are available on a need basis.

## Trip Location

The trip will begin and end at Emerald Bay State Park on the southwest side of Lake Tahoe (approximately 4 hours from the San Francisco Bay Area). Specific meeting location will be shared with participants closer to the start of the trip.

## Guides

ETC uses volunteer and paid guides who are highly experienced and trained in sea kayak guiding, First Aid/CPR, and working with people of all abilities and backgrounds. All ETC guides are enthusiastic, caring, and responsible individuals who give generously because they enjoy sharing outdoor adventure and beautiful place with diverse groups.

## Group Involvement

ETC trips are designed to complement each group's unique culture and goals. Our guides try to adapt every trip to each group's needs as much as possible. That said, we have several expectations of all groups. First, ETC trips are cooperative adventures and we ask participants to fully participate in all aspects including trip activities (hikes, games, etc.), equipment setup and cleanup, and meal preparation. Secondly, guides will share trip ground rules and we ask that all group members respectfully follow all instructions to maintain a safe trip and inclusive community.

## Adaptations + Accommodations

ETC is committed to making outdoor adventure accessible to people with disabilities and our guides are experienced in making adaptations for a wide range of abilities. In order for us to be prepared, we ask that each participant discuss any necessary accommodations with the Sea Kayak Program Manager upon booking their space on this trip.

Due to the size limitations of our kayaks, people over 250 lbs or who cannot fit comfortably into kayak seat areas with the dimensions of 35" long x 18.75" wide could be put at risk should the kayak capsize. If you are concerned about a member of your group comfortably or safely fitting inside our kayaks, please discuss this with the Sea Kayak Program Manager when booking trip. Unfortunately, due to the limitations of our insurance coverage, we cannot serve participants younger than 10 years old.

**Equipment**

ETC provides all sea kayak specific equipment, including kayaks, personal floatation devices (PFDs), spray skirts, paddling jackets, paddles, and safety equipment. ETC will also provide communal camp equipment, and can lend tents and sleeping pads upon request. ETC does not provide personal equipment—please review the enclosed “Equipment List” outlining what each person should bring with them. Also, ETC does not provide sleeping bags, though these can often be rented from outdoor equipment retail stores. We understand that outdoor equipment is expensive and do not ask individuals purchase special items for their trip (many people already own clothing that is appropriate for sea kayaking). If you have questions about equipment please contact the Sea Kayak Program Manager.

**Transportation**

Transportation is not included in this trip. Participants are responsible for transporting themselves to and from Lake Tahoe.

**Food**

Delicious food is included in the cost of the trip, beginning with dinner on Friday evening and ending with lunch on Sunday. Please contact the Sea Kayak Program Manager no less than 14 days prior to the trip with any dietary restrictions or concerns.

**Overnight Accommodations**

We’ll be staying at Emerald Bay State Park on the southwest corner of Lake Tahoe. Our site at Emerald Bay State Park is a boat-in only campsite—ETC has received special permission to drive in to this site so that we are able to transport participants with mobility impairments, participant gear, and adaptive equipment to the site. You will not be able to exit the park during the trip except in case of emergency.

**Trip Forms**

Each person participating in the trip, including staff, is required to complete two forms: a health form and a liability release. Both forms must also be signed by the participant or the participant’s parent or legal guardian if they are under the age of 18. Both forms are enclosed in this packet. Before signing the forms, participants should review ETC’s Essential Eligibility Criteria for Participation and ETC’s Personal Care Attendant Policy.



## **Sea Kayak Program**

### **Essential Eligibility Criteria for Participation in ETC Trips**

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#### **For All Activities**

- Be able to manage all personal care and mobility independently or with the assistance of a friend, family member, or attendant (see Personal Care Attendant Policy below)
- Be able to breathe independently, not require medical devices to sustain breathing
- Perceive, understand and respond to commands given by a guide independently or with the assistance of an interpreter
- Be able to effectively signal or notify guides or other trip participants of personal distress, injury or need for assistance
- If taking prescription medications, be able to maintain proper dosage by medicating independently or with the assistance of a personal care attendant or staff member
- Be prepared to participate in physically strenuous activities that may require physical ability beyond what many people are accustomed to in their day-to-day lives
- For overnight trips, be able to move about the campsite or building independently or with the assistance of a companion, on trips that include overnight camping
- Be able to remain adequately hydrated, fed, and properly dressed so as to remain generally healthy and be able to avoid environmental injuries such as hypothermia, heat-related illness, sunburn and frostbite
- Be able to wear all safety equipment correctly such as, but not limited to, helmet, spray skirts, or personal flotation device
- Be comfortable traveling in remote settings where access to advanced medical care may be significantly delayed

#### **For Sea Kayaking Trips**

- Independently turn from face down to face up and remain floating face up while wearing a properly fitted personal flotation device (life jacket);
- Independently exit a capsized vessel and cooperate with an assisted rescue facilitated by an ETC Guide.
- Be able to comfortably sit in a sea kayak, which has a typical weight capacity of about 250 pounds per person.
- Be able to spend extended time in outdoor environments, where there may be exposure to wind, precipitation, and uninterrupted sun, and the water temperature may be below 55 degrees F.



## **Sea Kayak Program Personal Care Attendant Policy**

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ETC guides are trained in making our adventures adaptive, (including assisting with transfers in and out of kayaks and rafts and getting around camp), but they are not trained personal care attendants. Many participants with disabilities find that they need more support in the less familiar environments of our trips than they do at home.

ETC's overnight trips are usually camping trips, and some only have vault toilets (i.e., no running water). ETC can provide tents and cots for those who need them. You will need to be able to get into your tent and on and off either a cot or the ground on your own. Also, you will also need to be able to do your own toileting, washing, and dressing.

If you think that you will need assistance with any of the following: toileting, eating, taking medicines, dressing, and getting in/out of bed, ETC asks that you bring a personal care attendant with you. ETC does not want the additional cost of bringing an attendant to hinder you from being able to take part in our trips, so we offer scholarships and special pricing for attendants. Please contact the Sea Kayak Program Manager for more information.



## **Sea Kayak Program Terms and Conditions**

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We look forward to sharing an ETC adventure with your group. Below is a list of Terms and Conditions for your trip booking:

### **Reservations and Cancellations**

- A deposit for 50% of the total trip cost is required 2 weeks after the booking date to secure the reservation.
- Cancellations made 90 days or more prior to the trip date will receive a full refund.
- Cancellations made 60-89 days prior to the trip will receive a credit for the deposit amount which can be applied to any ETC trip within one year of the original trip date.
- Cancellations made 59 days or less prior to the trip date are not refundable unless special accommodations are made in advance with the ETC Office.
- The trip balance is due no later than 7 days prior to the trip date.
- ETC reserves the right to cancel the trip due to weather conditions, tide/current conditions, water level, or for other unforeseen reasons. If ETC cancels the trip, the trip payment will be refunded in full

### **Transportation**

- ETC does not provide transportation to or from the program location.

### **Medical**

All participants must complete a Health Form, which must be signed by the participant or the participant's parent or guardian if they are under the age of 18. ETC works to accommodate people with special needs, though we reserve the right to exclude or remove anyone from a trip at any time if doing so is related to the safety of the trip. Participants or agency staff will be responsible for the administration of any medications they may take regularly. ETC Guides are never to be responsible for the administration of a prescription medication.

### **Liability**

Due to the nature of the activity, a condition of participation is the completion of a Liability Release acknowledging the inherent risks of the trip activities. This form must be signed by the participant or the participant's parent or guardian if he or she is under the age of 18. Participants who refuse to sign the liability release will not be allowed to participate.

**Payment of your trip deposit indicates that you agree to the above Terms and Conditions.**



## Emerald Bay Shared Expedition Equipment List

### **Paddling Attire:**

- Pants or shorts (synthetic material, not cotton, is best)
- T-shirt or long sleeve shirt (synthetic material, not cotton, is best)
- Lightweight wool or fleece layer
- Shoes that can get wet and will stay on feet (old tennis shoes, chacos/tevas, wetsuit booties)
- Baseball cap or visor
- Sunglasses (with retention strap)

### **On Land/Evening Attire:**

- Three sets of clothing for evenings (expect lows in the 30s-40s)
- Dry shoes (good for hiking/walking)
- Warm jacket
- Warm hat (synthetic or wool)
- Hiking clothes

### **Other Personal Items:**

- Sunscreen
- Lip balm with sun protection (SPF)
- Water bottle with secure lid
- Small towel
- Headlamp or flashlight
- Toiletry items
- Prescription medications (if you take any)
- Prescription eyeglasses (if you have them)
- Sleeping bag (mummy style is preferable)

### **Optional Accessories:**

- Camera
- Binoculars
- Small Games
- Book

### **Important Notes:**

- *Weather can be highly variable, and evenings can be cold. Please be prepared for both warm and cold weather.*
- *Space is limited, so we ask you bring what you need to be comfortable while minimizing any extra items*
- *Please pack in a backpack or small duffle bag. ETC will provide bags to keep belongings dry on the water.*