

Teens to Trails: Adventure Bound Weekend

What is White Water Rafting?

White water rafting is an outdoor activity that uses an inflatable raft to travel downstream on a river. It is done on white water, which is what happens when “a river's gradient increases enough to disturb its smooth flow and create turbulence.” Rafting allows users to see parts of the natural world that aren't typically accessible any other way, giving people the opportunity to push their limits while working together as a team and experiencing a stunning natural setting.

When people talk about rafting, you will sometimes hear them refer to different rapid Classes. This is referring to the International Scale of River Difficulty system which “considers the elements of the river and the skill needed to [paddle].” Rapids are categorized from Class I to Class VI, with Class I rapids being the easiest, most gentle, to Class VI rapids that are very dangerous and often unable to be paddled. On the Adventure Bound Kennebec River trip your raft will be paddling through a variety of rapid sizes, with the biggest ones being Class III or Class IV.

On rafting trips such as those hosted by Adventure Bound participants are seated on tubes within the inflatable frame of the raft. Each participant has a paddle that they will be using to help propel the raft. There is a guide that sits on the back of the raft who helps steer. When going through rapids your guide will be giving commands so that your raft can go through the rapids as smoothly as possible while still experiencing the action.



Photos from Adventure Bound

When preparing to get onto the river, participants will first meet the Adventure Bound raft guides who will be guiding your trip before getting outfitted with proper equipment and given a safety debrief. The equipment provided, explained in more detail below, will be a paddle, lifejacket, a helmet, and a wetsuit. The safety debrief will be an introduction to the

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river, basic paddle strokes, the commands that your raft guide will ask of you, and what to do if you find yourself swimming in the river.

You should show up the morning of rafting (Sunday) ready to go in your rafting clothes with any other items you're bringing with you (water bottle, sunglasses with strap, etc.. For more details see below). It is recommended to wear a bathing suit, appropriate footwear (old sneakers work great, no crocs or flip flops), a wool or fleece sweater (for over your wetsuit), and a windbreaker or raincoat, which will help keep you warmer, especially on windy days but will not keep you dry. After getting off the river you will likely want to have a change of clothes and a towel ready to go, so make sure to pack it in a bag that you can leave at the rafting center.

The pieces of equipment that are given to you by Adventure Bound include:

- A PFD (also known as a lifejacket) is a vest that is worn and fitted to your body that will help keep you afloat in the event you come out of the raft.
- The helmet is worn on your head to protect it should you come out of the raft and hit your head on a rock.
- A wetsuit is a full body suit that is made out of neoprene, a type of synthetic rubber, that will help insulate you from the cold spring waters of the river.

You will also be given a paddle, which is a tool that has a T shaped handle on one end and a flat, wide blade on the other, with a shaft connecting them.

Some links to other descriptions of whitewater rafting:


[What is White Water Rafting?](#)- Rafting America


[Rapids and Wilderness: An Introduction to White Water Rafting](#) - Rivers & Oceans: The Adventure Company


[The Different Classes of Rapids Explained](#) - Breckenridge Whitewater


[Whitewater Rafting in Maine](#) - Adventure Bound

Videos explaining and showcasing what to expect when rafting:

 What to expect your first time whitewater rafting.

 Adventure Bound Rafting May 19, 2019

 Kennebec River Rafting with Three Rivers Whitewater | Maine Rafting

 Northern Outdoors: Whitewater Rafting Kennebec River, Maine and Hiking to Moxie F...

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What should I plan on bringing rafting?

| Gear that is provided | Gear to bring rafting | | Gear for afterwards |
|-----------------------------------|---|---|---------------------|
| Life Jacket | Bathing suit/ swim shorts to wear under wetsuit | NO cotton shirts, hoodies, or jeans!! | Change of clothes |
| Helmet | _____ | _____ | Towel |
| Wetsuit | Sneakers, water shoes, or river sandals | Must stay on your feet, NO Crocs | Water bottle |
| Booties (neoprene shoes or socks) | Wool or fleece sweater | Should fit over wetsuit and layers | |
| Paddle | Windbreaker or rain jacket | Optional for additional warmth | |
| | Water bottle | Optional- must have carabiner to attach to raft | |
| | Glasses/ sunglasses | With glasses strap | |
| | Small dry bag | Optional to hold extra layers | |