

Lower Columbia Canoe Club

# Member Handbook



*What every Northwest paddler  
needs to know*



## Table of Contents

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Table of Contents .....	i
The Lower Columbia Canoe Club: <i>Who Are We?</i> .....	1
LCCC Newsletter: <i>Propaganda, Slander, &amp; Other Info</i> .....	1
Website and Online Forum: <i>Your Mouse Goes Paddling</i> .....	1
Club Policies: <i>How to Do It Our Way</i> .....	2
Safety: <i>Stayin' Alive</i> .....	2
Monthly Club Meetings: <i>Good Times Are What We're All About</i> .....	3
Boats and Equipment: <i>This is a Gearhead's Sport</i> .....	4
Trip Planning for Coordinators and Participants .....	6
LCCC Trip Policy Statement .....	6
River Rescue .....	6
Who Is a Trip Coordinator? .....	7
Waivers .....	7
Trip Courtesy .....	7
Trip Coordinators' Responsibilities.....	9
Trip Participants' Responsibilities.....	9
Group Responsibilities.....	10
River Etiquette: <i>Miss Manners Goes Paddling</i> .....	11
River Ratings: <i>Six Stages of Adrenaline Addiction</i> .....	13
Survival Kit: <i>Up a Creek without a Paddle</i> .....	15
Basic Survival Kit.....	15
Complete First Aid Kit .....	15
Other Resources .....	16
Reading List .....	16
Equipment & Supplies .....	17
Drysuit Repairs .....	17
Equipment Checklist: Don't Leave Home Without It .....	17

Bylaws of the Lower Columbia Canoe Club, Inc. ....	18
Membership .....	18
Officers .....	18
Board of Directors.....	19
Membership Meetings .....	20
Amendments .....	20

This publication subject to change without notification. See LCCC website for latest edition ([www.l-ccc.org](http://www.l-ccc.org)) or our Yahoo Group (<http://groups.yahoo.com/group/lccc/>). Please notify the club secretary of any necessary corrections or additions to this handbook

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## **The Lower Columbia Canoe Club: *Who Are We?***

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The LCCC is an organization dedicated to promoting boating safety and education and strongly committed to the conservation of our rivers and streams.

Since the beginning in the 1980s, the club has grown to over 200 families in Oregon and Washington, with several members scattered across the United States. The majority of members are canoeists, but there are a growing number of kayakers as well. We welcome paddlers of every skill level. Every year we offer canoeists a flatwater/moving water clinic, a whitewater clinic, and a safety clinic. The club meets every month except December to conduct business and/or to present a program. We have an annual picnic in September and a winter party in January. Current information, the trip schedule, and a calendar of events are published in our monthly newsletter, *Cascade Currents*.

### **LCCC Newsletter: *Propaganda, Slander, & Other Info***

The monthly newsletter, *Cascade Currents*, is the most popular form of communication. It is generally mailed to members the first week of the month and is also available online.

In each issue, you will find the monthly trip schedule, the location of the next potluck, and articles on issues important to club members, such as safety and conservation. Many members also write trip reports for the newsletter. This is a good forum for sharing information about a particular stretch of river. You can also use the newsletter to post a canoe or equipment you would like to sell, or to see if someone else is selling something you want. The newsletter often features book or video reviews as well.

If you would like to contribute to or comment on the *Cascade Currents* newsletter, please send your articles, letters, trip reports, photos, or other contributions to the newsletter editor. The club also accepts paid advertising for services or products related to canoeing.

### **Website and Online Forum: *Your Mouse Goes Paddling***

The club maintains its own website at <http://www.l-ccc.org>. This site provides information about the club and links to current river information and other paddling organizations' websites. The current newsletter (with trip schedule) is available only to club members. You will need a club-registered email address to obtain the current password for downloading the newsletter.

The club also has an online forum at <http://groups.yahoo.com/group/lccc/> where pick-up trips and other messages are posted. Members can contact [LCCC-subscribe@yahogroups.com](mailto:LCCC-subscribe@yahogroups.com) to join.

## **Club Policies: *How to Do It Our Way***

The LCCC has only a few policies, but members are responsible for following them. These policies stress safety – your safety and the safety of those with whom you paddle – so please follow them as if your life depends on them. In some circumstances it will.

1. PFDs (personal flotation devices, or life jackets) are to be worn and fastened at all times while on the water.
2. ALCOHOL and/or MARIJUANA are not allowed before or during a day's run and associated car shuttles. Alcohol and/or marijuana may not and are not supplied by the LCCC or host at any club function.
3. WAIVERS of liability are to be signed by all members and those non-members (guests) who paddle on club-sponsored trips. You can download waivers at <http://www.l-ccc.org/handbook.php>
4. The MINIMUM NUMBER OF BOATS required for a trip is three.
5. HELMETS – As an ACA Paddle America club, the LCCC requires that helmets be worn when running Class II and above rapids. Please observe this rule when paddling on any club trip.

You are expected to know and practice these policies. In the interest of safety, trip coordinators may question participants about appropriate paddling skills for the planned trip and often conduct short reminders of the universal river signals. However, **trip coordinators are not responsible for judging your qualifications, enforcing club policies, or ensuring your safety on the water.** These are all your responsibilities.

## **Safety: *Stayin' Alive***

The LCCC adopts the American Whitewater Association safety code's declaration of an individual's responsibility for his or her own decisions. Only the paddler knows his or her own health, strength and preparedness. LCCC disavows the code's characterization of a trip as a "common adventure" in which participants "share the responsibility for the conduct of the trip." Safety is the responsibility of the individual.

**Note:** The club has offered CPR classes in the past and may again in the future. Check with one of the club officers if you are interested. To find out about other courses available, call the American Red Cross at 503-284-1234.

## **Monthly Club Meetings: *Good Times Are What We're All About***

The LCCC holds a potluck meeting on the second Saturday of each month, where members come to enjoy each other's company, food, and river tales. These meetings are usually held at a member's home. There is no meeting held in December. A summer picnic is held on the second Saturday of September, and our winter party is celebrated the second Saturday of January.

Gathering and eating begin between 6:00 and 6:30 p.m. Everyone is encouraged to bring enough food for a crowd, as well as their own plates, flatware, and beverage. Homemade items are preferred, unless you're a bad cook! For environmental reasons, disposable dinnerware is strongly discouraged.

The meeting portion of the night usually commences around 7:00, when the club plans clinics, discusses pending legislation concerning the sport or attends to the business required for running the organization. Save casual conversations started at dinner time for after the program.

After the business meeting, about 7:30 p.m., the entertainment starts. Presentations can include a slide show of a recent trip or an educational presentation on safety, river conservation, or paddling techniques. It may even involve a workshop to make paddling gear or anything else the club decides to do. Your program recommendations and contributions to the vice president are always appreciated.

The programs are always entertaining and informative, and these potluck meetings are an excellent opportunity to meet other club members, both old and new.

## **Boats and Equipment: *This is a Gearhead's Sport***

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It is impossible to compile a complete list of all the equipment available, but perhaps this section will provide some assistance.

The type of paddling you do will determine the type of boat (or boats – you can never have too many!) you buy. Flatwater or touring paddlers will want a shallow boat with a flat bottom and straight keel line. Whitewater paddlers will want a deeper boat with a flat, rounded or "V" bottom with some rocker (banana curve) to the keel line. Solo whitewater paddlers will want a shorter, narrower boat with a lot of rocker. Racers will want a boat specifically built for racing. Kayakers also have a choice of a long boat for flatwater or a shorter, rounded and rockered boat for whitewater.

**Canoes and Kayaks** For use on flatwater, canoes and kayaks are generally built of fiberglass or Kevlar laminates for low weight, or of aluminum or polyethylene for durability and low cost. Aluminum is not well suited to river paddling because of the aluminum magnets (sometimes called basalt!) found therein. Racing boats are often made of fiberglass or Kevlar fibers in a polyester or epoxy matrix for lightweight and strength. Whitewater boats are usually made of Royalex (Uniroyal's trade name for ABS/PVC laminate) for toughness and durability.

**Paddles** Paddles are just as varied in substance as boats, ranging from wood, aluminum, plastic, graphite, fiberglass and Kevlar. They range in price from a few dollars on up. They have bent shafts for flatwater, and straight shafts for whitewater. You will want a paddle that is relatively light and stiff. A flexible paddle robs you of power during your stroke.

**PFDs** **The most important accessory you need is a personal flotation device (PFD); that is, a life jacket.** You need a PFD that fits you well and can be fastened snugly. You will want a jacket that provides you with sufficient floatation and that is Coast Guard approved. Whitewater paddlers need a high lift system to compensate for the reduced buoyancy in aerated water.

**Helmets** How much is your head worth? **The ACA requires the wearing of helmets in Class II and higher whitewater.** For the your safety and the safety of those paddling with you, the LCCC requires the same. A helmet designed expressly for whitewater paddling is recommended. Comfort is imperative in a helmet so that you will enjoy wearing it – be sure to get a good fit. Get one with a visor attachment for shade in our rare, sunny moments.

## **Clothing**

As with all the other equipment, there is a wide variety from which to choose. Generally, flatwater/movingwater paddlers can wear whatever is appropriate for the weather. Polyester and wool are recommended because they keep you warm even when wet. Waterproof, breathable fabrics make good outer layers (coat and pants). Carrying a change of clothes is recommended in case of a capsized.

For whitewater enthusiasts, polyester and neoprene are good fabrics. Cotton (T-shirts, jeans, etc.) is a poor choice because it loses its insulating capacity when wet. Polyester, polypropylene, silk, Thermax and Capilene underwear will keep you warm even when you are wet. These fabrics wick moisture away from the body better than cotton. Wool is also a good choice, though less common these days. Neoprene tops, bottoms and socks are good choices as well. Hard-soled shoes are a no-no in a boat. Most club members wear athletic or watersport shoes.

Those who don't like to miss a weekend all year will probably want a drysuit and wear polyester base layers or fleece underneath. Drysuits are very warm and comfortable even if you take a swim. Wetsuits made of neoprene are also a good choice, though don't have the temperature range of drysuits. A longjohn-type wetsuit, with a polypropylene top and neoprene socks, is a good choice though for those in-between days when a drysuit seems too much.

## **Miscellaneous**

After paddling with members of the club and talking with other club members, you will have a fairly good idea of what you need, what you will want to wear, and where to get it. The list of miscellaneous items is endless. There are floatation bags to displace water in an overturned canoe (they help keep a boat from wrapping around a rock or a tree), throw ropes for rescues, bailers to remove some of the river from your boat, saddles and thigh straps to hold you in the boat, and knee pads keep you off your boat. And this is just for starters. Paddle a while before you decide how to gear up!

## **Trip Planning for Coordinators and Participants**

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### **LCCC Trip Policy Statement**

The LCCC has an enviable safety record made possible through basic safety practices, including those described in the Safety Code of the American Whitewater Association. It is the prime responsibility of every club member to maintain this high standard.

**Each participant is individually responsible for judging his or her qualifications and for his or her safety on the water. By participating, you release the Club, its members, trip coordinators and fellow paddlers from any injuries due to any negligent act or omission or to any intentional action intended to help you.** You must understand and accept that boating exposes you to various hazards, for example, boulders and other obstacles, strainers, undercut or entrapping formations, cold, high water and other hazards, mostly in remote locations. Injuries and deaths occasionally occur due to these hazards. You are responsible for learning to recognize and avoid them. You are also responsible for acquiring boating safety and rescue skills commensurate with the level of difficulty of the water you paddle. Don't endanger your life and others by trying to boat on water beyond your ability. Remember: Good paddlers develop by gradually increasing the difficulty of rivers they run over a period of several years.

The LCCC is an ACA Paddle America Club. All LCCC activities, including the Flatwater/Moving Water Clinic, the Whitewater Clinic, and all Flatwater, Moving Water, and Whitewater trips, are LCCC-sanctioned events and activities wherein the organizer is authorized, at their sole discretion, to implement ACA insurance by following the procedures prescribed by the ACA. An LCCC trip is defined as any trip with the minimum of three boats that is organized or coordinated by a member of the LCCC, regardless of whether the trip is printed in the LCCC's newsletter or posted on the LCCC's Yahoo Groups email list server.

### **River Rescue**

Trip participants assist each other when they can do so, in their own judgment, without significant risk to themselves. Some participants choose to accept greater hazards to rescue a fellow paddler. All seasoned paddlers can recount numerous tales of rescuing friends and boats and of being rescued themselves. This is the one of the major reasons we paddle together and abide by the three boats minimum rule. However, trip participants and the coordinator are under no legal duty to assist anyone. In other words, you are not legally obligated to assist anyone, and no one is legally obligated to assist you either.

## Who Is a Trip Coordinator?

Trip Coordinators are volunteers and receive no pay other than your thanks. They get the group to the water together, arrange the shuttle, and respond to inquiries to the best of their knowledge. However, your coordinator may never have paddled the water under the conditions encountered. Indeed, the scheduled river may not be runnable on the trip day, and the trip may be switched to an unfamiliar river. The LCCC encourages all paddlers to develop skills in boating, first aid, CPR, and rescue techniques. However, your coordinator may have none of these. Trip coordinators are not responsible for judging your qualifications or for your safety on the water.

## Waivers

The LCCC requires members to sign a waiver of liability annually to protect trip coordinators and the LCCC from liability for mishaps. As a trip coordinator, you should be aware that some members drop their club affiliation, and others fill out the waiver incorrectly. It is possible that not all family members have signed a waiver. If you are concerned that all persons on your trip are covered by the liability waiver, the LCCC Board of Directors suggests that you have all participants sign your guest waiver. It is your decision whether to have participants sign. If someone refuses, you must deny them participation in the trip. Download waivers at: <http://www.l-ccc.org/handbook.php>

## Trip Courtesy

These are some of the basic LCCC trip courtesies that we've practiced over the years. We have many new members who need to know and probably some "old" members who need reminding.

### **Calling the Trip Coordinator**

Trip coordinators like it when paddlers call by the Thursday evening before a scheduled weekend trip. This allows them time to review the group and make appropriate plans for a fun, safe trip. If you need to cancel, please notify the coordinator.

### **Trip Meeting Time and Place**

The trip coordinator will choose a meeting time and place for the morning of the trip. Paddlers should have their gear ready to transfer to another vehicle for carpooling, an energy saving measure practiced by the club. If you're late, you get left behind.

### **Mileage Reimbursement**

The LCCC recommends a standard reimbursement amount of **30 cents per mile split among the passengers and driver**. Of course drivers and riders can make other arrangements, but please don't make your driver ask for money.

- At the Put-in** Help each other take the boats off the vehicles. Change into paddling clothes and equip boats quickly. Remember your keys! Attach them to your body or in a drybag you secure in your boat.
- Shuttle** The trip coordinator will help negotiate shuttle arrangements among drivers. Attempt to leave dry clothes in the takeout car for those who will wait there with the equipment.
- On the River, Lake, Bay, or Wetlands** At the put in, the trip group will review the float plan and paddle signals and a lead and sweep boat may be appointed. Remember to stay behind the lead boat and ahead of the sweep. Keep the boat behind you in sight always. If you're unsure about a rapids, scout it and make your own decision. Do not hesitate to walk a rapids. Only idiots play macho games! Someone else can run your boat down with your permission; otherwise, you may need to line or portage.
- Lunch** Lunch is most often a stop along the way. Alcohol, either before or during the trip, is not allowed. Remember to bring drinking water and share with others who forget their food or water. You might forget yours next time!
- At the Take-out** Move the boats to an out-of-the way place. The drivers (did you remember your keys?) will get in the take-out car and go back to the put-in to get their vehicles. Those left with the equipment can change clothes and prepare equipment for loading back onto and into the vehicles when the drivers return. The group may decide to stop for refreshments or dinner on the way home.

## Trip Coordinators' Responsibilities

- Find a substitute if you can't go on the trip and notify the flatwater or whitewater chairperson of the change.
- Know the body of water and conditions or tell participants the trip is "exploratory."
- Question participants for ability and appropriate equipment. You have the right to refuse anyone for safety concerns. Allowing someone in the group is not a guarantee of her or his safety. You should not tell anyone that you think they can execute the trip; that's up to each individual. Don't take on the liability of decision-making. It is not your responsibility to determine whether a person is qualified for the trip.
- State trip tempo, whether lots of playing and sightseeing versus fast moving.
- Have guests sign an LCCC guest waiver. The liability waiver is for the protection of the trip coordinator and the long-term viability of the LCCC. Refuse participation to anyone who denies you and your club that protection.
- Communicate plans for the shuttle; encourage carpooling.
- At the launch site, initiate a group discussion of the "float plan." Discuss potential hazards, lunch stop, interesting features, safety equipment, and scouting and river signals, and identify lead and sweep boats if appropriate.
- Remind trip participants to keep the vehicle or boat behind you in sight!

## Trip Participants' Responsibilities

- Call the trip coordinator **at least 2 days** before trip. The coordinator might cancel or change the trip if there is not enough interest in advance.
- Know that your trip coordinator is not a qualified guide and may give you inaccurate information.
- Be honest in telling your experience level. Do not get in over your head; you might jeopardize others or yourself.
- Do not bring unexpected guests. The coordinator may want to limit group size or may reject your guest due to safety concerns. Introduce your guests to the paddle group; we welcome new friends and paddlers! Have your guests sign an LCCC guest waiver and give it to the trip coordinator.
- Arrive on time, with equipment, food and car ready. This means having a full gas tank before meeting the group.
- Accept and support the group agenda, the float plan and tempo.

- Be prepared to rescue yourself and swim to shore. Do not assume someone will rescue you. Accept responsibility for your actions, including the effect on others. Be safety conscious, and by example, encourage others to be.
- Every boat should carry at least one throw rope, carabiner, pulley and prussic loop. Then any two boats have enough equipment to rig a Z-drag and retrieve a third, pinned boat. Learn to use them!
- Keep the vehicle or boat behind you in sight!
- Pay your driver the pre-arranged amount or use the club's guidelines (30 cents per mile split among the passengers and driver). Don't make them ask. Drivers, accept payment graciously.

## Group Responsibilities

The paddle group should consider the following suggestions and adopt those deemed relevant. These are not the responsibility of the trip coordinator or of any one person.

- Obtain river flow and stage data and a weather forecast.
- Know the difficult parts of the run and optional takeouts. Scout and set up rescue ropes if you expect swimmers.
- Equip the group with throw ropes and extra paddles for each boat, duct tape, first aid kit, knives and rescue saw, fire starter, carabiners, prussic loops and pulleys, survival clothes, extra food, map or guide book.
- Keep the group compact enough to communicate yet spaced enough to avoid interference.
- Consider dividing groups of over ten boats. Use smaller groups on steeper, faster rivers.
- Assist swimmers and retrieve gear when in your judgment you can do it without endangering yourself.

## **River Etiquette: *Miss Manners Goes Paddling***

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River etiquette can be summed up in one word: **respect**. This is respect for your fellow paddlers, all other river users, neighboring landowners, and for the environment you enjoy. Treat other people and places as you would like to be treated, and leave an environment at least as pristine as found. Landowners' rights must be recognized. Private landowners have rights to the middle of the river bordering their land on rivers not designated navigable by the States of Washington and Oregon or the United States Army Corps of Engineers. Most of the rivers we paddle are not "navigable" within the narrow river rights definition. While free passage on rivers that are not navigable is our right, access to and use of the river banks can be withheld by private landowners, and they will lobby their representatives if we abuse their land. Several California rivers have effectively been closed to boating because landowners have closed access. Let's keep Northwest rivers and banks clean so the private landowners won't shut us out. We sponsor several cleanup trips each year. Always carry a garbage bag so you can pick up trash on each run too.

Fisherpersons are our allies in preserving the rivers and lakes. Be alert of their presence. See where they are fishing and then hug the opposite bank. A pleasant hello will usually be returned. However, some are ornery and will blame their poor catch on your presence. They are not "fishing," they are "catching." Don't indulge them with an altercation.

Be aware that other river craft travel at different speeds. Whenever overtaking another boat from behind, you must yield the way. Also be aware of large rafts that may catch you in a rapid. They cannot stop or make quick course changes to avoid you, so give them plenty of room. Surfers who stop at waves should be aware of and yield to other crafts paddling downstream.

Camping conservation is important. All river environments are fragile and most are overused. On long trips, carry and use a fire pan. Keep campfires to a minimum size and duration. Pack out coals and ashes. For less impact on the wilderness, cook on a stove. Pack out any garbage that you can't burn. Buried human waste decomposes within two to three weeks but toilet paper may last a year or longer in our wet climate and many years in the dry areas we paddle east of the Cascades, so pack out the toilet paper or burn it in your campfire.

When participating in a trip, it's unreasonable to expect a group of people to rush so that you can be home early. If you have commitments on the evening of a trip, you need to ask the trip coordinator the estimated return time at the time you book your participation two days in advance. If you try to set a fast pace on the river or whine about your obligations at the put-in, don't expect sympathy or compliance from others in the group who are there to maximize their time on the water. Please remember that the trip coordinator's estimated time of return doesn't include detours, swims and rescues, extra scouting and long lunches on sunny days. Please leave your watch in your car!

Always have the consideration to inform trip coordinators of your intended participation at least two days before the trip. That means by Thursday night for our weekend day trips. This practice will help your coordinator know that the trip can actually go, recruit more experienced boaters if he or she feels that the group skills are low with respect to river difficulty, allow ample time to notify everyone if there's a schedule or river change, facilitate car pools, check references for paddlers with whom she or he is unfamiliar, and not get phoned out of bed on the morning of the trip. We realize that people sometimes need to make last minute decisions and changes, but they should be rare.

## **River Ratings: Six Stages of Adrenaline Addiction**

This is the American version of the International Scale of River Difficulty, a rating system used to compare river difficulty throughout the world. This system is not exact, as rivers do not always fit easily into one category and regional or individual interpretations may cause misunderstandings. It is no substitute for a guidebook or accurate first-hand descriptions of a run. Paddlers from the eastern part of the country should be advised that western rivers are often rated one-half to one class lower than eastern equivalents.

Paddlers attempting difficult runs in an unfamiliar area should act cautiously until they get a feel for the way the scale is interpreted locally. River difficulty may change daily due to fluctuations in water level, downed trees, geological disturbances or weather. Stay alert for unexpected problems!

As river difficulty increases, the danger to swimming paddlers becomes more severe. As rapids become longer and more continuous, the challenge increases. There is a difference between running an occasional Class IV rapid and dealing with an entire river of this category. Allow an extra margin of safety between skills and river ratings when the water is cold or if the river itself is remote and inaccessible.

- Class I: Easy**                      Fast moving water with riffles and small waves. Few obstructions, all obvious and easily missed with little training. Risk to swimmers is slight; self-rescue is easy.
- Class II: Novice**                      Straightforward rapids with wide, clear channels that are evident without scouting. Occasional maneuvering may be required, but rocks and medium sized waves are easily missed by trained paddlers. Swimmers are seldom injured and group assistance, while helpful, is seldom needed.
- Class III:  
Intermediate**                      Rapids with moderate, irregular waves which may be difficult to avoid and which can swamp an open canoe. Complex maneuvers in fast current and good boat control in tight passages or around ledges are often required; large waves or strainers may be present but are easily avoided. Strong eddies and powerful current effects can be found, particularly on large-volume rivers. Scouting is advisable for inexperienced parties. Injuries while swimming are rare; self-rescue is usually easy but group assistance may be required to avoid long swims.

- Class IV: Advanced** Intense, powerful, but predictable rapids requiring precise boat handling in turbulent water. Depending on the character of the river, it may feature large, unavoidable waves and holes or constricted passages demanding fast maneuvers under pressure. A fast, reliable eddy turn may be needed to initiate maneuvers, scout rapids, or rest. Rapids may require “must” moves above dangerous hazards. Scouting is necessary the first time down. Risk of injury to swimmers is moderate to high, and water conditions may make self-rescue difficult. Group assistance for rescue is often essential but requires practiced skills. A strong Eskimo roll is highly recommended.
- Class V: Expert** Extremely long, obstructed or very violent rapids that expose a paddler to above average endangerment. Drops may contain large, unavoidable waves and holes or steep, congested chutes with complex, demanding routes. Rapids may continue for long distances between pools, demanding a high level of fitness. What eddies exist may be small, turbulent or difficult to reach. At the high end of the scale, several of these factors may be combined. Scouting is mandatory but often difficult. Swims are dangerous, and rescue is difficult even for experts. A very reliable Eskimo roll, proper equipment, extensive experience, and practiced rescue skills are essential for survival.
- Class VI: Extreme** These runs often exemplify the extremes of difficulty, unpredictability and danger. The consequences of errors are very severe and rescue may be impossible. For teams of experts only, at favorable water levels, after close personal inspection and taking all precautions. This class does not represent drops thought to be unrunnable, but may include rapids only run occasionally.

## **Survival Kit: *Up a Creek without a Paddle***

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Anyone who has been unexpectedly caught out overnight on a canoe trip can tell you how handy a small, compact survival kit can be. The following is a suggested survival kit. Of course, it should be tailored to your own personal needs. Everything on these two lists (first aid and survival) should fit in a medium sized dry bag to carry on your boat.

### **Basic Survival Kit**

<b>Fanny or Small Pack</b>	First aid kit described in next section, signal mirror, rescue blanket, toilet paper, drinking cup, compass, whistle, disposable lighter, waterproof matches, sheath knife, wire saw, fire starter, at least two ziplock bags, fishing line, hooks, sinkers, lures, 50-weight nylon line, flashlight and batteries, garbage bag.
<b>High Energy Foods</b>	Raisins, nuts, granola bars, tea bags, hot chocolate, instant soup, pemmican, honey, water purification tablets (best packed in sealed, Ziplock-type plastic bag).
<b>Daypack</b>	Socks, underwear, shirt, pants, shoes, rain gear, hatchet, survival stove and fuel, water filter, two-person tube tent, space blanket or bag.

### **Complete First Aid Kit**

A complete first aid kit should be high on every paddler's list of equipment. This list was compiled with assistance from the late Dr. Allan Hill, a former member of the club. It is based on the kit suggested by Dr. William Forgey in his book Wilderness Medicine. If you're allergic to insect bites, you should also include a bee sting kit. The entire kit should be packaged in a waterproof soft pack inside a waterproof hard pack for use on the water.

- Any Needed Prescription Drugs
- Pseudoephedrine Hcl (Sudafed)
- Benadryl
- Small Bar Soap
- Optic Drops, Or Equiv.
- Antibiotic Ointment
- Band-Aids, Assorted Sizes
- Ace Bandages
- Triangular Bandage
- "Moleskin" or "Second Skin"
- Vaseline Gauze, 3"x9"
- Insect Repellant
- Scalpel, Disposable
- Aspirin, Ibuprofen, or Acetaminophen
- Lomotil Tabs For Diarrhea
- Betadine
- Merthiolate Or Similar For Wounds
- Calamine Lotion For Bites And Rash
- Latex Gloves
- Sterile strips
- Gauze Roll
- Butterfly Bandages
- Adhesive Tape
- Bandage Scissors
- Snake & Insect Bite Kit
- Tweezers

## Other Resources

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### Reading List

This is a partial list of reading material covering canoeing and kayaking. Members of the club can give you the names of other books, magazines, and videos, but hopefully this will give you a basic idea of resource materials available to canoeists. The LCCC has a library, with a selection of paddling videos that you can borrow. Visit and support your local library!

#### Periodicals

AWA Journal 7987 #5 Road West Fabius, NY 13263	Canoe Magazine PO Box 7011 Red Oak, Iowa 51591	Canoe and Kayak Magazine PO Box 420825 Palm Coast, FL 32142
Paddle Sports Magazine PO Box 3000 Danville, NJ 07834	Paddler Magazine 4061 Oceanside Blvd. #M Oceanside, CA 92056	

#### Paddling Trip Guide Books

Canoe Routes of Northwest Oregon, by Phillip N. Jones

Guide to the Whitewater Rivers of Washington, by Jeff Bennett

Oregon River Tours, by John Garren

Oregon's Quiet Waters, by Cheryl McLean & Clint Brown

Paddle Routes of Western Washington. by Verne Huser

Paddling Oregon, by Robb Keller

Path of the Paddle, by Bill Mason

Thrill of the Paddle, by Paul Mason

Soggy Sneakers, compiled by the WKCC

Washington Whitewater, by Douglass A. North & Lynn Conant

Washington Whitewater: 34 Best Whitewater Rivers, by Douglass A. North

Washington Whitewater Two, by Douglass A. North

Western Whitewater, by Jim Cassady, Bill Cross, & Fryar Calhoun

Whitewater Primer, Northwest Chapter Wilderness Public Rights Fund

## Equipment & Supplies

### Local Retailers

Alder Creek Kayak Supply 250 NE Tomahawk Dr. Portland, OR 503-285-0464	Alder Creek Kayak Supply 49 SE Clay St. Portland, OR 503.285.1819	Andy and Bax 324 SE Grand Portland, OR 503-234-7538
Mountain Soles* 1623 SE 12th Portland, OR 503-236-0785	Next Adventure 426 SE Grand Ave Portland, OR 503-233-0706	REI – Portland 1405 NW Johnson St Portland, OR 97209 503-221-1938
REI – Tualatin 7410 SW Bridgeport Rd Tigard, OR 97224 503-624-8600	REI – Hillsboro 2235 NW Allie Avenue Hillsboro, OR 97124 503-617-6072	Sportcraft Marina 1701 Clackamette Drive Oregon City, OR 503-656-6484

### Mail Order Companies

Cascade Outfitters 611 Main, PO Box 209 Springfield, OR 97477 503-747-2272	Northwest River Suppliers 2009 S Main Moscow, ID 83843-9186 208-882-2383	Pacific Water Sports 16055 Pacific Highway Seattle, WA 98188 206-246-9385
The Rescue Source PO Box 519 Elk Grove, CA 97579 800-45-RESCUE	River Runners Supply West 1565 West 7 <sup>th</sup> Eugene, OR 97402 503-343-6883	OutdoorPlay.com 541.386.8751

\*Drysuit Repairs

## Equipment Checklist: Don't Leave Home Without It

Feel free to customize this list for your own use.

paddles	boats	bailers	prusik loops	carabiners
drybags	water bottle	hats	wet or drysuit	thermos
air bags	dry clothes	cooler	sunglasses	sun screen
maps	lines	helmet	glasses retainer	throw bag
camera & film	sponge	binoculars	boots or shoes	beverages
first aid kit	survival kit	painters	guide books	food & water
lifejackets	gloves	cash	cooler	guest waivers

## **Bylaws of the Lower Columbia Canoe Club, Inc.**

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### **Membership**

- 1.1 Dues are assessed per household. A household consists of the people residing at a particular address.
- 1.2 Members have the right to vote, hold office, receive the club newsletter, and join in club activities. However, a trip coordinator has the right to refuse a particular member on a given trip.
- 1.3 The board will set a uniform membership application procedure.
- 1.4 A term of membership ends on December 31. New members who join by submitting an application and dues in the time period from September 1 to December 31 will be considered members for both the remainder of that year and the entire subsequent year.
- 1.5 Individual members have one vote. Families have one vote for each family member over the age of 16, but not more than four. Commercial members and organizations that are maintained on the club roster have one vote if they pay dues.
- 1.6 The board or club by majority vote may expel a member (returning the current year's dues) or deny his or her membership renewal for cause.

### **Officers**

- 2.1 Officers are president, vice president, secretary, treasurer, safety officer, conservation chair, whitewater chair, flat/moving water chair, registrar, webmaster, clinics chair, membership/publicity chair and newsletter editor. Each officer is elected at the October membership meeting and serves two years. The position is then up for re-election and he/she can run again if desired (there are no term limits)  
  
Even year elections: Vice president, treasurer flat/movingwater chair, conservation chair, webmaster, and clinics chair are elected in even years.  
  
Odd year elections: President, secretary, safety officer, whitewater chair, registrar, membership/publicity chair, and newsletter editor are elected in odd years.
- 2.2 The PRESIDENT will take care that all club business is properly carried out, preside at membership and board meetings, and appoint committees and their chairs.
- 2.3 The VICE PRESIDENT acts in the president's stead, schedules the location and program for membership meetings, and publishes notices of membership meetings in the club newsletter. The vice president performs other duties as requested by the president.

- 2.4 The SECRETARY schedules board meetings and keeps minutes. The secretary publishes reports of decisions made by the board or by the membership in the club newsletter.
- 2.5 The TREASURER receives all club money and deposits it promptly in accounts selected by the board, prepares financial reports as requested by the board but at least annually, and keeps records of the club account(s). The treasurer reimburses club members for approved expenses.
- 2.6 The SAFETY OFFICER distributes safety information to the membership via the newsletter and at membership meetings. The safety officer also periodically conducts safety and rescue training programs. With board consent he or she may contract for or enter into cooperative agreements with other organizations to provide such programs.
- 2.7 The whitewater and flat/moving water chairs will work with trip coordinators to schedule boating trips on a monthly basis. These two cruise chairs will be responsible for helping recruit trip coordinators, publishing scheduled trips in the newsletter, and posting trips to the club's online calendar.
- 2.8 When an elected position is unfilled for any reason, it only can be filled through an election at any club meeting following an announcement of candidates in the prior month's newsletter.
- 2.9 The club officers may appoint activity chairs to perform specific club functions. These appointed members do not have voting rights in board decisions. The tenure of these positions is at the discretion of the elected board officers.

## **Board of Directors**

- 3.1 The elected officers listed in paragraph 2.1 constitute a board of directors charged with managing the club in accordance with its articles of incorporation, its bylaws, and decisions made by the members at meetings.
- 3.2 For the board to act, a majority of the current board must be present – in person or via conference call – at a meeting. (If there are 12 board members, 7 must be present. If there are 11 board members, 6 must be present.)

For a measure to pass, a simple majority of the board members present at a qualifying board meeting (see above) must concur.

The board may approve expenses, purchases and donations in amounts not exceeding \$500 in one month and \$1500 in one year provided that they are reported in the next issue of the club newsletter. Expenses beyond these limits must be approved by a simple majority present at a membership meeting.

- 3.3 The board will meet at times and places designated by the secretary. Meetings can be in person, by phone, or a combination of in person and phone. The board may decide on issues at those meetings by voting.
- 3.4 The secretary will promptly report board decisions to the members through the newsletter at the earliest opportunity.

## **Membership Meetings**

- 4.1 The president will call membership meetings at least six times a year, including every October.
- 4.2 A membership meeting will be held on a date, time and place designated by the vice president. Notice of the meeting's date, time and place must appear in the prior month's newsletter.
- 4.3 At the request of the board, the president will call special meetings of the membership.
- 4.4 The president may conduct meetings informally, but if in the president's judgment more structure is necessary, the president will conduct according to the current Robert's Rules of Order.
- 4.5 The members during a meeting may vote on member proposals, change dues, remove officers, authorize expenses, or donate money for political action if notice of the proposed action was published in the newsletter with notice of the meeting. Members must be present to vote unless the board authorizes proxies, mail-in ballots, or other readily accessible means of voting. A successor to a removed officer will be elected at the next membership meeting or as soon as reasonably possible.

## **Amendments**

These bylaws may be amended at any membership or special meeting (see 4.3) by a two-thirds majority of those participating, or through a simple majority of the entire membership, if the substance of the proposed amendment is published in the newsletter along with notice of the meeting or other voting options.