



# 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 90 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:

<b>In Canada:</b>	c/o Esprit Rafting Adventures Inc. #3 Ch. Esprit Davidson, Quebec J0X 1R0 Canada	819-683-3241 info@whitewater.ca
<b>In the US:</b>	Sarah Bertrand (Office Manger) (Home)	819-683-3241 819-648-5599
<b>In Mexico:</b>	Jim Coffey – WILD Director Frank Swanson – WILD Director Mexico Office (approx. days 61-84)  c/o Jim Coffey Calle Morelos #3 Jalcomulco, Veracruz 94000Mexico	jim@whitewater.ca frank@whitewater.ca 866-307-1005 mexico@whitewater.ca

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 Sarah Bertrand or Dennis Blaedow at 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) isto have ahotmail or yahoo account, which can be accessed atinternet 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. The Veracruz area is currently at low risk for Malaria, however, you should consult your clinic with the most up to date information. Mosquitoes transmit malaria and it is best to be protected from them. A good repellent, as well as, light-weight 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 Canadian Health Insurance card (all provinces are valid) until their departure from Canada on approximately Day 36 of WILD. Canadian students must have medical insurance to cover them from this date through to the end of the WILD program. ***A copy of your policy must be sent to Esprit by June 1<sup>st</sup>.*** WILD recommends the following agency for Medical and Travel Insurance:

**Jamieson Travel & Tours**  
1892 Beachburg Road  
Beachburg, ON  
K0J 1C0  
[www.jamiesontravel.com](http://www.jamiesontravel.com)

**Email: [cindy@jamiesontravel.com](mailto:cindy@jamiesontravel.com)**  
**Toll Free: 1(888) 582-7011**  
**Local: (613) 582-7011**  
**Fax: (613) 582-7012**



# WILD School Calendar

Whitewater intensive Leadership Development

## CANADA

Day 1	WILD Orientation Day	WILD Base camp
Day 2-9	Wilderness First Responder	WILD Base camp
Day 10	Commercial Rafting experience	Ottawa River
Day 11-12	Whitewater Kayaking	Ottawa River
Day 13-14	Whitewater Raft Guide Training	Ottawa River
Day 15-16-17	Whitewater Rescue Technician Level 1	Ottawa River
Day 18-19-20-21	ORCA White Water canoeing	Ottawa River
Day 18-21	Whitewater Riverboarding	Ottawa River
Day 19-20	Whitewater Rescue Technician Level 1 (part 2)	Ottawa River
Day 23-28	Whitewater canoeing expedition	Rupert River
Day 29-30	Whitewater Kayaking & Rafting	Gatineau River
Day 31	1/3 Participant evaluation & Feedback	WILD Base camp
Day 32-33	Whitewater Kayaking	Ottawa River
Day 34-35	Whitewater Raft Guide Training	Ottawa River
Day 36	River Challenge Day / Rafting	Ottawa River
Day 37	Family Rafting Day / SDS	Ottawa River
Day 38	Pack & Preparation. Departure to USA	WILD Base camp

## UNITED STATES OF AMERICA

Day 39	Whitewater Kayaking	Black River
Day 40-42	Whitewater Kayaking	Youghiogheny River
Day 43	Whitewater Rafting Full Gauley	Gauley River
Day 44-45	Whitewater Kayaking	Gauley River
Day 46	Whitewater Raft Guide Training	Gauley River
Day 47-48	Whitewater Kayaking & Rafting	New River
Day 49	Whitewater Kayaking	USNWC, NC
Day 50	Whitewater Kayaking & OC1	Nantahala River
Day 51-52	Whitewater Kayaking & Rafting	Ocoee River
Day 53-54	Travel days towards Mexico	Ga, Al, La, Tx
Day 55	2/3 Participant evaluation & Feedback	South Padre Island Tx.

## MEXICO

Day 57-60	Whitewater Kayaking	Cascadas de Micos
Day 61	El Tajin ruins & culture	Mexico
Day 62	Whitewater Raft Guide Training	Bobos River
Day 63-64	Whitewater Kayaking & Rafting	Alto-Filo + Bobos River
Day 65	Whitewater Kayaking & OC1	Actopan River
Day 66	Arrive Jalcomulco	Mx. Basecamp
Day 67-71	Kayak Instructors & Swiftwater Rescue Technician 2	Pescados + Alseseca
Day 74-78	Technical + Advance Whitewater Kayaking & Rafting	Pescados, Sordo, BG,
Day 81-86	First Aid & River Rescue Challenge week	Pescados
Day 90-94	Wild Independent Travel	Antigua, BG, Pescados, Tomata

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Day 95-102	Graduation & Start of the 8-Day Adventure program. "Family Trip"	
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# 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 back pack for general storage, a day pack for light day trips, a mesh gear bag for your river equipment as well as a water-tight 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

Patagonia (colour black):

[www.patagonia.com](http://www.patagonia.com)

1 – Capilene 2 crew long sleeve shirt

1 – Capilene 2 t-shirt

1 – Capilene 2 bottoms

1 – Capilene 3 crew long sleeve shirt

1 – Capilene 3 bottoms

Keen:

[www.keenfootwear.com](http://www.keenfootwear.com)

1 – Payette kayak low profile shoe

Chaco:

[www.chachousa.com](http://www.chachousa.com)

1 – sandals z/2 with stealth rubber

Kokatat: (colour black or mango)

[www.kokatat.com](http://www.kokatat.com)

1 – goretex Rogue drytop

1 – goretexDeluxe boater pant

1 – Destination convertible pants, quick dry

1 – Destination paddling shorts, quick dry

1 – outercore long sleeve

1 – outercore pants

Smartwool:

[www.smartwool.com](http://www.smartwool.com)

2 – pair of hiking medium crew socks

1 – pair of MEC neoprene socks

Watershed:

[www.drybags.com](http://www.drybags.com)

1 – Drybag, Ocoee 15L

## 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

x – underwear

1 – set of casual clothes

1 – wool hat

## Personal First Aid Kit

All contents should fit in a small waterproof container such as a mini Pelican Case or a Nalgene Bottle. 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 (prescriptions can be difficult to get filled in Mexico)

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.

Boatwerks: Peterborough, ON or online: [www.boatwerks.net](http://www.boatwerks.net)  
Bushtukah: Ottawa, ON  
Trailhead: Ottawa, ON

We are also pleased to announce a new alliance with Level Six outdoor clothing and equipment. Level Six has generously offered 25% off most of their items for WILD participants.  
[www.levelsixinc.com](http://www.levelsixinc.com)

**All other equipment related issues and questions should be forwarded to WILD program co-director Frank Swanson: [frank@whitewater.ca](mailto:frank@whitewater.ca)**

## Toiletries & Miscellaneous

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



## WILD Equipment Package – 2011

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 with Sarah Bertrand (our office manager) by June the 1st. In addition, please send by e-mail a confirmation message to [frank@whitewater.ca](mailto:frank@whitewater.ca) saying:

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 2011 equipment package includes:

1. Kokatat Ronin Pro Rescue Life Vest (s/m) or (l/xl) (chest size) yellow  
[www.kokatat.com](http://www.kokatat.com)
2. Level Six Kayak Spray Deck (xs), (s), (m), (l) (waist size) black/grey  
[www.levelsixinc.com](http://www.levelsixinc.com)
3. Werner Kayak Paddle Player 4 piece breakdown  
[www.wernerpaddles.com](http://www.wernerpaddles.com)
4. Salamander Duffel Bag Size (l)  
[www.salamanderpaddlegear.com](http://www.salamanderpaddlegear.com)
5. Rescue Throw Bag 70 ft of Esprit River Line Rope
6. McNett Rescue Knife Serrated and straight edge combo
7. Sweet protection Helmet (m/l) or (l/xl) Pearl white  
[www.sweetprotection.com](http://www.sweetprotection.com)
8. H2O Guide Stick Paddle Canoe/ Raft paddle  
[www.h2opaddles.com](http://www.h2opaddles.com)
9. Rescue hardware kit
  - 5 meters tubular webbing
  - fox 40 whistle
  - 4 screw-locking carabineers
  - 2 yellow glow sticks
  - 6mm prussic cord (1.5m and 1.75m)
  - 1 kayak stern air bag
  - 3 pulleys
10. Level Six Team WILD Jacket Embroidered with Wild Logo  
[www.levelsixinc.com](http://www.levelsixinc.com)

\*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 Jamieson Travel & Tours for the necessary coverage.

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

While at Esprit, there are payphones, a coin-operated internet computer and free wi-fi. While on the International River Expedition, access to internet and payphones will be limited. While in Jalcomulco 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 and will be in the Sierra Madre Mountain range in Mexico, 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 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 Jalcomulco 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), Bushtaka (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. Esprit will tent for the duration of the WILD program. In Jalcomulco, you will be participating in a cultural exchange and will be “home staying” with a local Mexican family. Participants are paired up with another WILD student and live together with their Mexican host family.

**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. During the International River Expedition (US and Northern Mexico), 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 90” 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 \$60 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 an internship position with Esprit Mexico 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.

**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!



## COURSE COSTS AND EXPENSES

**TUITION:** \$12,500.00 CDN + taxes + equipment package

◦ Canadian portion: \$4,330 + taxes = \$4,887.49 (*Taxed on the Canadian portion of the tuition only.*)

+ US and Mexico portion: \$8,170.00

Total = \$13,057.49 (CDN)

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 June 1<sup>st</sup> 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 trip 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.

### **SECURITY DEPOSIT: \$200**

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. Participants should budget a minimum of \$500 for this expenses.