

Get the Right Gear!

Rafting and kayaking in Eagle County is a great way to see our beautiful rivers and streams - but only if you have the right gear. Streams are cold and fast during the white water season and you can become hypothermic in just minutes. Always wear a dry top to keep you warm if you go in the water.



You don't want to meet Colorado up close and personal. The rocky nature of our streams and rivers make a properly fitted helmet a necessity. Have one and wear it. It doesn't do any good clipped to the boat.



A personal flotation device, or PFD, designed for white water is a must and required by law. If you go in the water, a properly fitted PFD will keep your head up and give you a chance to get back to the boat or to shore.



Throwbags give the rest of your party a chance to help you get out of trouble.



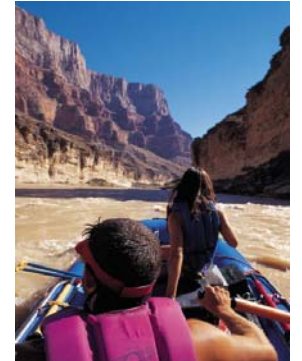
Once you've got the right gear, and the right training or a professional guide, go out and enjoy!



Vail Mountain Rescue
&
The Eagle County Sheriff's Office

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Want you to

Be Safe on
The Water



Get The Training or Go With A Guide!

White water is fun, but it can be dangerous!

Be safe around the streams and rivers in Eagle County. We've had a great ski season, and a great white water season is sure to come. With the high runoff, local rivers can be much more difficult and an unplanned swim much more dangerous. Don't ruin your spring with a white water accident.

To begin with, whether your in a raft or kayak, always have a life jacket - they are required by law in Eagle County, and always boat with a partner - never alone. Proper safety equipment, including a throwbag, helmet, knife, as well as knowledge of area, are essential.

Remember, most white-water accidents happen to people with no formal training. Kayaking and rafting classes are offered at many local outfitters throughout the sea-



son. Go with a professional whitewater guide or get the proper training before you go out on the water.

If you already have the training, skills and experience for expert level white-water, you still might want to avoid the more difficult sections during the time of high run off.

Remember, high or low water may make bridges impassable, and fallen trees can make any river dangerous. So make sure you know the water level before you go. Remember, even if your just near a river or stream - always watch your children and pets.