

All new first-year and transfer students are required to participate in an Adventure Day as part of Orientation on Sunday, August 26th. While whitewater rafting is the focus of the day, there will be a non-rafting option offered as well.

Those of you participating in the whitewater rafting portion of the trip, please be sure to bring the following with you: bathing suit, towel, no jeans or cotton shorts, old shoes you don't mind getting wet (sandals with straps work well), and a change of clothes (including extra shoes). You may also want to bring some money if you want to purchase a photograph of your rafting experience and/or if you would like to tip your guides.

Be sure to dress for being in the outdoors, and plan to take a sweater or sweatshirt with you on the trip in case it gets chilly in the evening.

Everyone will be traveling by chartered bus. If you tend toward motion sickness, we recommend that you bring Dramamine or some other motion sickness prevention as the roads are quite windy.

If you would like to check out the website for the group that we use for our Adventure Day go to: <http://www.narr.com/index.html>

Waiver forms are REQUIRED for you to participate on this trip. Please take a minute to complete yours today (if you are under the age of 18 as of 8/26/07, your parents will need to sign the waiver form as well) and return to:

Aimee Arias, assistant to the dean of students
Hollins University
P.O. Box 9685
Roanoke, VA 24020

You can access the waiver forms at:

Ages 17 and under: <http://www.narr.com/media/RAFT-minor.pdf>

Ages 18 and over: <http://www.narr.com/media/RAFT-adult.pdf>