



Itinerary (Subject to change)

Name of the trip	Canoeing on Vltava River
Chaperones	Zach Evans, Daisy Mi, Ian Radcliffe
Chaperone's cell phone	Contact Phone: 420 720 825 840 Leader Tomáš Frýda: 420 775 888 466
Departure	September 18 (Monday) – Departure from ISP at 07:45 - 07:30 Meeting at the ISP parking lot
Return	September 22 (Friday) – Parents pick up at 19:00 at the ISP parking lot (should there be more than thirty minute delay, the parents will be contacted)
Accommodation	Kemp Krumlov - cottages for 4 people, shared bathroom
Transportation	School bus

Contact Numbers

24 hours

In an emergency, please contact Dr. Eric Sturm, Upper School Principal, first and he will organize contact with the group. Another point person is Ms. Malinova (WWW coordinator) who will be at ISP or Activities Director Mr. Hennelly.

Eric Sturm - Upper School Principal	+420 702 251 961
Sandra Malinova - WWW Coordinator	+420 607 076 259
Anthony Hennelly - Activities Director	+420 722 980 386

The students will be very busy and we ask that you **not call the hotel or the chaperons directly.** The chaperons will regularly be calling ISP to check in.

What to bring?

Nebužická 700, 164 00, Prague 6, Czech Republic

www.isp.cz

Tel +420 220 384 111 Fax +420 220 384 555

The organizers will provide you with the following:

Life vests, water jackets, wetsuit, water shoes, helmets

What do you need to bring?

- Passport (with at least six months validity after returning date)
- Sleeping bag and small pillow
- Large towel, flip flops and some mat (when changing from wetsuit to your clothes)
- Required medication in a separate bag with instructions and dosages clearly marked & the most often used medication (paralen, ibuprofen, endiaron, fenistil, sunscreen)
- Toiletries (toothbrush, toothpaste, deodorant, soap, and shampoo) & towel
- The facilities in the camps and hotels are often very modest, definitely take hygienic wipes with you
- If you are wearing dioptric glasses, buy a string that will hold it on your head while canoeing
- If you are planning to take cell phone to the canoe, definitely bring your personal dryback (can be bought in sports shops such as Decathlon)
- Water bottle & some if you like sweet drinks, take instant drinks in powder or iont drink powders
- Take snacks (recommended: biscuits, wafers, energy bars, dark chocolate, dried meat) - can be bought as petrol station along the way but we recommend taking food from home
- Phone charger / power bank
- You need to bring your own mug or cup, plate, water bottle and cutlery
- There will be some free time in the evenings - bring some games, books etc.
- Headlamp or flashlight
- Bring food for the first day (packed lunch and dinners / we can stop at the gas station along the way for lunch)
- Money - breakfasts provided, students will need to buy their own lunches and dinners & some drinks (3000 CZK recommended)

Recommended clothes:

- 2 Swimsuits
- 2 short sleeved t-shirts, 3 long sleeved t-shirt, outdoor jacket with hood, 2 x comfortable trousers,
- shoes with firm soles, socks for hiking, cap, sunscreen, sunglasses, rain jacket, underwear, fleece jacket or hoodie (it can get cold around the river even in the summer in the mornings and evenings, sweatpants, sneakers or similar type of shoes, warm socks.

Recommended packing:

Main luggage - all clothes, sleeping bag, charger (main trunk of the bus)

Small backpack - personal documents, money, phone, packed food for the first two days, water, hoodie, entertainment (above head compartment)

"Water bag" - all you need for canoeing - plastic bag for clothes under wetsuit (swimsuit, large towel, t-shirt etc.) and second plastic bag for shoes (flip flops) - have in in the main luggage

Monday (September 18)

07:30	Meeting at the ISP parking lot
-------	--------------------------------

Nebužická 700, 164 00, Prague 6, Czech Republic

www.isp.cz

Tel +420 220 384 111 Fax +420 220 384 555

07:45	Departure
	Arrival to Vyssi Brod & lunch
Afternoon	Safety Briefing & first canoeing - Taking in the stunning scenery as we navigate the river and stop to explore <u>Rožmberk</u> castle before arriving at the cozy camp Krumlov cabins for our overnight stay.

Tuesday (September 19)

	Breakfast - provided
09:30	Departure by bus to Rožmberk. Free time to explore Rožmberk and continue the river trip from Rožmberk to the camp Krumlov.

Wednesday (September 20)

	Breakfast - provided
	On Wednesday, September 20th, we will continue our journey down the river from Krumlov camp to <u>Český Krumlov</u> where you can explore the castle and the charming UNESCO-protected town at your own leisure. In the evening, we will return to Krumlov camp cabins.

Thursday (September 21)

	Breakfast - provided
	We set off for <u>Zlatá Koruna</u> , where we will continue our water adventure.

Friday (September 22)

	Breakfast - provided
	On Friday, September 22nd, we will have an early breakfast from 7:30-8:30 AM, pack our belongings, and depart to Zlatá Koruna for the final leg of our canoeing course to <u>Boršov nad Vltavou</u> and then bus transfer back to ISP.
19:00	Arrival to Prague - ISP parking lot