

JOE 2019 Information Packet for Tubing on the Delaware River -Westfall to River Beach

Day: Saturday	Start Time: 11:30 a.m.	End Time: 4:30 p.m.
Co-Leader: Marsha Zellner	Co-Leader: Amy Kravitz	Limit: 40 people
Transportation: Vendor Bus	Driver: Bus Driver	Bus Captain: Marsha Zellner Radios: 2 / First Aid Kit: 1
Fees: \$40	Travel Distance: Put-in 12 Mile/Takeout 9 Miles	Travel Time: Put-In 25 Min. / Takeout 20 Min.

Tubing on the Delaware River -Westfall to River Beach

Tubing on the crystal-clear Delaware River is the place to be on those hot summer days. Lay back, relax, and drift along a mild whitewater adventure that is similar to a lazy river float. Tubing trips will generally last between 1.5 to 2 hours depending on river conditions. You will finish at the campground where the tubing trip started. At the campground, you have use of vendor’s bathhouse facilities for drying off, cleaning up, and changing clothes.



You will float between Westfall and River Beach down 3 miles of the Delaware Water Gap National Recreation Area, passing islands along the way with lush vegetation, while enjoying a relaxing tube trip with some passing ripples. This is the most popular tube trip since we are conveniently located in the Tri-State area. Footwear is required for all persons while tubing.

Note: Some or all part(s) of your body will be physically in water for the duration (two to three hours) of your float downriver. You must be comfortable floating in moving water with or without the assistance of a tube. The ability to swim in moving water is a requirement on this excursion. You will be required to wear your PFD (personal flotation device) at ALL TIMES while on the water. Anyone caught without his or her PFD properly buckled while on the water will be asked to leave the event once he or she returns to camp with no refunds.

- Must wear [CLOSED toe water shoes](#)
- Also wear a swimsuit, hat and [long sleeve sun shirt](#) (to avoid sunburn), closed-toe water shoes with a strap, croakies with any glasses
- Bring paddler’s wallet, sunscreen, a complete change of clothing for afterward, and a water bottle that can be tied to your tube.
- Cost: \$40 (Pre-paid per person).
- Approx. 10:30 a.m.~ 4:30 p.m.
- Limit 40 People
- Distance from camp 18 Miles | 30 Min. one-way

Logistics

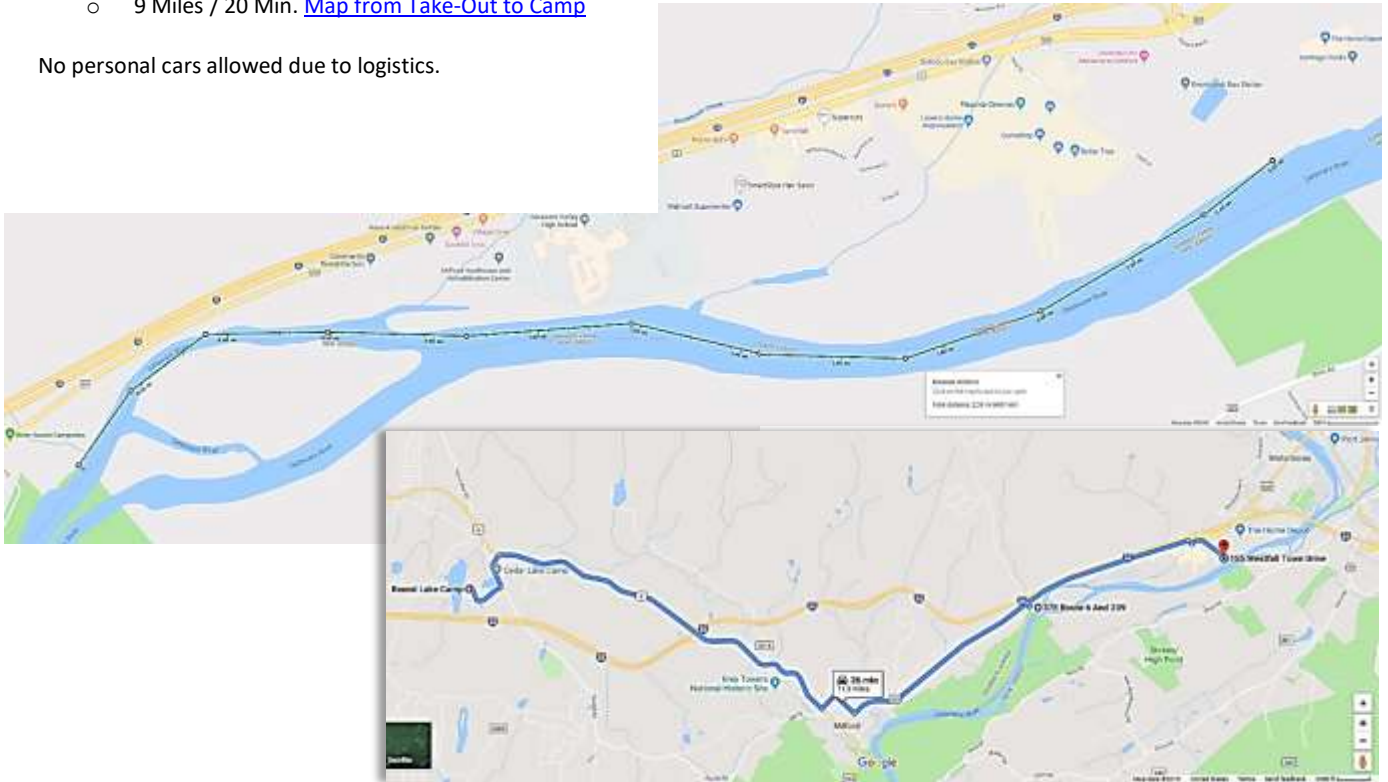
- 11:15 a.m. - 11:30 a.m. Load bus
- 11:30 a.m. Depart from camp
- 11:30 a.m. – 12:01 p.m. Travel from Camp to Riverbeach Kittatinny Campgrounds/Base
- 12:01 p.m. – 12:15 p.m. Leaders ONLY drop off clothing for changing and lunch
- 12:15 p.m. – 12:30 p.m. Travel to Minisink Tubing Put-in
- 12:30 p.m. - 12:45 p.m. Bathroom/ Prep
- 12:45 p.m. - 3:00 p.m. Tubing on river from Westfall to River Beach
- 3:00 p.m. - 4:00 p.m. Change Clothing / Bathroom / Lunch
- 4:00 p.m. - 4:30 p.m. Travel from River Beach to camp

Vendor: Kittatinny Canoes

800.356.2852 | <https://kittatinny.com> | [Facebook](#) | [YouTube](#)

- Put-In: Kittatinny Canoes Westfall tube launch, near approx. 155 Westfall Town Dr., Matamoras, PA 18336 (41.351487, -74.713756)
 - 12 M Miles / 25 Min. [Map from Camp to Put-In](#)
- Take-Out: Kittatinny Canoes River Beach Campsites, 378 U.S. 6, Milford, PA 18337 (41.342916, -74.758334)
 - 9 Miles / 20 Min. [Map from Take-Out to Camp](#)

No personal cars allowed due to logistics.



A Kittatinny Canoes Bus is scheduled to arrive in camp at 11:00 a.m. for loading. **Bus WILL leave with or without all participants** on board at 11:30 a.m.! Please be on the bus at least 15 minutes before departure time to allow the activity leaders to do their job. **You miss the bus; you miss the activity!** Personal cars will not work logistically. It will take about ½ hour bus ride to get to the put-in for your float.

All participants must be “River Ready” before loading on the bus. There is no place to change once you are on the bus or at Put-In. Activity leaders will check to make sure you're properly dressed for your activity when you board the bus. Anyone not deemed river ready will **NOT** be allowed on the bus. We will **NOT** wait for you to change to proper attire. This includes **CLOSED TOED WATER SHOES**.

DO NOT LEAVE ANYTHING on the bus! It will be used by the vendor for other purposes during the day.

THERE IS NO PLACE TO STORE ANYTHING ON YOUR FLOAT DOWNRIVER. ONLY BRING THE ESSENTIALS.

You must sign a vendor-supplied waiver for this activity. A paper copy waiver will be supplied on the bus for your signature. Please sign the waiver before getting off the bus and then hand it to your activity leader. This is your ticket for the activity. You **MUST** have a signed copy of the waiver to get off the bus. You can find a copy of this waiver [online](#) for you to preview. For simplicity, we will only be accepting signed paper copies.

What to bring/wear:

- **Do NOT bring ANYTHING on the river you cannot easily replace.** The river is a powerful force of nature which can strip **anything** off you. Leave your keys, wallet, and jewelry at camp. We recommend using spare prescription glasses (leave your primary at camp) or Sunglasses with retainer strap ([Chums](#), [Croakies](#)).
- **WE DO NOT RECOMMEND ANY ELECTRONICS ON THE WATER THAT ARE NOT WATERPROOF ON ITS OWN AND IS IN A WATERPROOF HARD CASE AS WELL. MAKE SURE YOU HAVE A WAY TO SECURE THEM THAT IS NOT AROUND YOUR NECK. ANY WATCHES SHOULD BE WATERPROOF. THIS PROOFREADER ONCE HAD HER CELLPHONE DESTROYED IN WHAT SHE THOUGHT WAS A WATERPROOF CONTAINER WHILE TUBING!**
- Wear water shoes, closed-toe sandals, old sneakers, or wetsuit boots – **you must wear closed-toed shoes**, and they need to stay on your feet via a strap or ties securely — **No FLIP-FLOPS ALLOWED.** Activity leaders will ban you from the trip if you do not have proper footwear. Foot/toe injuries are VERY common with improper gear on paddles/floats.
- Do NOT wear any cotton! Cotton sucks all the body heat out of you when it gets wet. We recommend a synthetic long sleeve shirt (such as Under Armor type, fleece, wool, etc.) for warmth and/or sun protection and swimsuit or shorts (nylon or other quick-drying material). Again, NO cotton! Clingy clothes are better than loose-fitting clothes because they are more comfortable when wet. **YOU WILL get WET**, even if you stay in the tube. That is part of tubing. **If you do not want to get wet, DON'T go tubing.**
- Sunscreen. A small bottle that you can tie to the tube. There will be no storage.
- Hat/Visor
- Chapstick
- Water in a bottle with a way to tie onto your tube.
- Please be sure to [check the weather](#) and [water temperatures/levels](#) before your day of tubing and dress appropriately.
 - [Pond Eddy Water Temps](#) (Rafting Start)
 - [Matamoras Water Flow/ Height](#) (Rafting End)
 - [Milford Beach Water Flow/Height](#) (Kayak & Canoe Lunch)
- Waterproof camera with a hand strap. DO NOT wear anything around your neck. Again, bring only equipment you are willing to get lost during the ride. No expensive SLRs. Keep in mind that your hands need to be free to float.
- There is limited cell phone reception in the area, especially at the river bases.
- Rope to attach tubes together if you wish
- **Paddler's wallet/fanny pack:** Wear a paddler's wallet or equivalent securely on your body. Attach it to yourself but avoid anything around the neck. Think about what would happen if you are unconscious and need help. [A small waterproof container](#) that has a **COPY** of your:

Driver's License (for ID). Can be expired.
Medical Insurance Card.
Emergency Contact Info.
List of medications/medical conditions/allergies
Spare credit card
\$20 to \$60 in cash (emergencies or small bills)

Food: Pack lunch during breakfast. We will eat lunch on the bus on the way to Put-in or before getting on the bus.

Clothing and gear for after the float:

We will stop briefly on the way to Put-In at the beginning of the trip at the Take-Out location to drop off any gear/clothing you want to leave to change into when you end your trip. **Only bring a VERY LIMITED amount of clothing to change into.** Place your clothing into a bag with your name on it. Then place that bag in the buckets provided just before getting on the bus. There will be buckets for MALE and FEMALE. Make sure to place your clothing into the proper buckets. **Only the leaders** with a limited number of volunteers will then get off the bus at the take-out to take the buckets inside to the office for safekeeping during your float. Your gear/clothing will be provided to you at the end of your float after getting off the water.

Things to go over during Safety Talk at meet your leader

Life Jackets (PFD) (personal flotation device)

Mosaic insurance requires everyone always to wear his or her properly fitted PFD while on the water. Anyone who does not follow this rule will be immediately asked to leave the event upon return to camp with no refund.

There have been over 60 people who have drowned in the upper Delaware River since 1980. None of the victims was wearing a properly fitted PFD. In other words, *no one who wore a PFD has drowned on the Upper Delaware River.*

Below is what the local law of the land requires:

- If the River Height is above 6 feet - Due to high water levels, the law requires a wearable life jacket (PFD) to be worn by all persons in or on the river including boaters, swimmers, and wading fishermen.
- If the River Height is under 6 feet - The law requires that a wearable life jacket be readily accessible while boating and the National Park Service suggests wearing it when boating, fishing, swimming, or floating.

That said: Everyone from Mosaic will wear his or her PFD at all times on the water. No Exceptions!

Proper swimming techniques.

When swimming in the river, whether you fall out or you jump in for fun, there are two techniques. The first is the "Down River Swimmer's Position." This is on your back, nose, and toes to the sky with your head up so you can see where you are going. Feet downstream with your knees slightly bent. This way if you come in contact with a rock, you can use your feet and legs as shock absorbers and push off the rock. Arms should be out to your side to help keep yourself in control. A helpful hint here: keep your butt up. If you sit with your butt low in the water, you may find a rock and bring home some interesting bruises. Guys, keep your legs together. If you hit a rock, we call this "romancing the stone. There is no romance for a couple of weeks afterward.

The second swimmers' position is becoming more popular and more accepted in rescue situations. This position is on your stomach doing your best Michael Phelps impersonation. Point to where you want to go and go. Swim until you are out of the river.

If you choose to swim to the shore, swim all the way to the shore. NEVER stand up in moving current. **Never walk in water over your knees.** This prevents a situation called "Foot Entrapment," which is where you put your size nine foot in a size eight-hole or crack in the bottom of the river. This is not a good place to be, but it is so easy not to get in this situation, don't walk in the river. It is just that easy.

Be Cautious of Foot entrapment

The basic rule is: never stand up or put your feet down in the water, unless the water depth is below your knees or the water is calm. The riverbed of any watercourse you may be enjoying has likely been forming for millions of years. There are a lot of rocks at the bottom of mountainous streams, and you may not be able to see them. Getting your foot trapped under a rock and having the river push you down face first is a horrible way to go, but it happens. It only takes a few inches of water to drown. [See Avoiding Foot Entrapment](#)

Avoid Strainers

Strainers are a nasty threat. A strainer is any object that is arrayed across the water that can knock you off a tube if you're in one, and it can force you underwater if you're not. Strainers can be logs, certain rock formations, or bridges that are low due to high water. Avoid them at all costs. If you can't, do your best to navigate the obstruction any way you can.

Leader/ Sweep

It is VERY important to designate a leader and a sweep. Make sure everyone understands not to go in front of the leader and behind the sweep. **Anyone getting out of the river should tell at least three other people they are doing so.** Try to not to fall behind the sweep. The sweep should make every attempt to be the last out.

Attempt to stay as a group for the duration of the float.

Miss the Bus Back to Camp

Everyone should be on the bus as a group for the return trip. This means the last person off the river will determine when you can return to camp. If for some reason someone misses the bus, it will be the participant's responsibility to pay for and contact the taxi service to get back to camp.

Pike County Taxi based out of Dingmans Ferry, PA: \$\$\$ + tip

570-828-2222 or 570-686-9300 / fax: 570-828-2333 / <http://pikecountytaxi.com> / rocco@pikecountytaxi.com

What to expect from the Tubing Vendor

The tubing vendor will provide:

- Personal floatation device (PFD)
- Tube
- Transportation

Cost: \$40

Your activity fee for the Delaware River Float includes:

- Tubing on Delaware with [Kittatinny Canoes](#) including Tube, PFD, and Tax
- Transportation to and from camp provided by Kittatinny Canoes.
- 15 % tip for the bus drivers.
- 10% Registration and Mosaic registration, insurance, and other administrative fees.

What If It Is Raining? This is a popular question — trips run rain or shine. You're going to get wet anyway, so come along and make like a duck. The vendor will determine if any weather event occurs that will cause a cancellation. No refunds unless the vendor cancels.

Tubing from Westfall to River Beach

253.7 Neversink (or Sims) Islands, left side, extending 0.6 miles. The main flow of the river is to the right, but the little channel to the left of the islands is navigable, with Class I rapids.

253.5 A Class I rapids known as Sheep Pasture Rift, continuing 0.3 miles. Standing waves to 1½ feet and a few submerged boulders. The remnant of an eel weir can be seen at the end of the rapids as of this writing (2010), it was not in use.

253.2 Put-IN on River right (PA) - The river slows into Sheep Pasture Eddy.

253.0 Cleared land along the New Jersey (left) riverbank was once a golf course, now abandoned.

252.4 A gravel clearing on the left marks the upstream end of Mashipacong Island, extending 2.5 miles downstream. The channel between the island and the New Jersey riverbank is just a swampy pass through the forest known as Benakill, old Dutch for "minnow stream:"

252.2 Punkys Rift, a Class I rapids with moderate standing waves, flows right to left, then left to right. Very shallow; beware submerged boulders peppered throughout.

251.6 Delaware Valley High School and athletic fields, Pennsylvania side.

251.1 Upstream end of Punkys Island, extending 1.2 miles. The passage is good either side, with mild riffles.

STAY RIVER RIGHT AROUND PUNKYS ISLAND

- Punky's Island and Rift got their name when ripened pumpkins, snatched from their vines by an October flood, snagged here to form a bouncing orange dam across the channel.
- Rosetown Creek enters, Pennsylvania side.

250.4 Cummins Creek, long ago known as Quicks Mill Creek, joins Delaware on the Pennsylvania side.

- In 1756 Tom Quick Sr. was ambushed and killed near here by Lenape warriors, an event that fueled a life-long campaign of cruel vengeance by his son Tom Quick Jr., the "[Avenger of Delaware:](#)"

250.3 Take-Out on river right (PA): Camping/outfitter. Kittatinny Canoes, River Beach campground and river base, Pennsylvania side, at a broad sandy beach. Full facilities. Road access from U.S. Route 209.

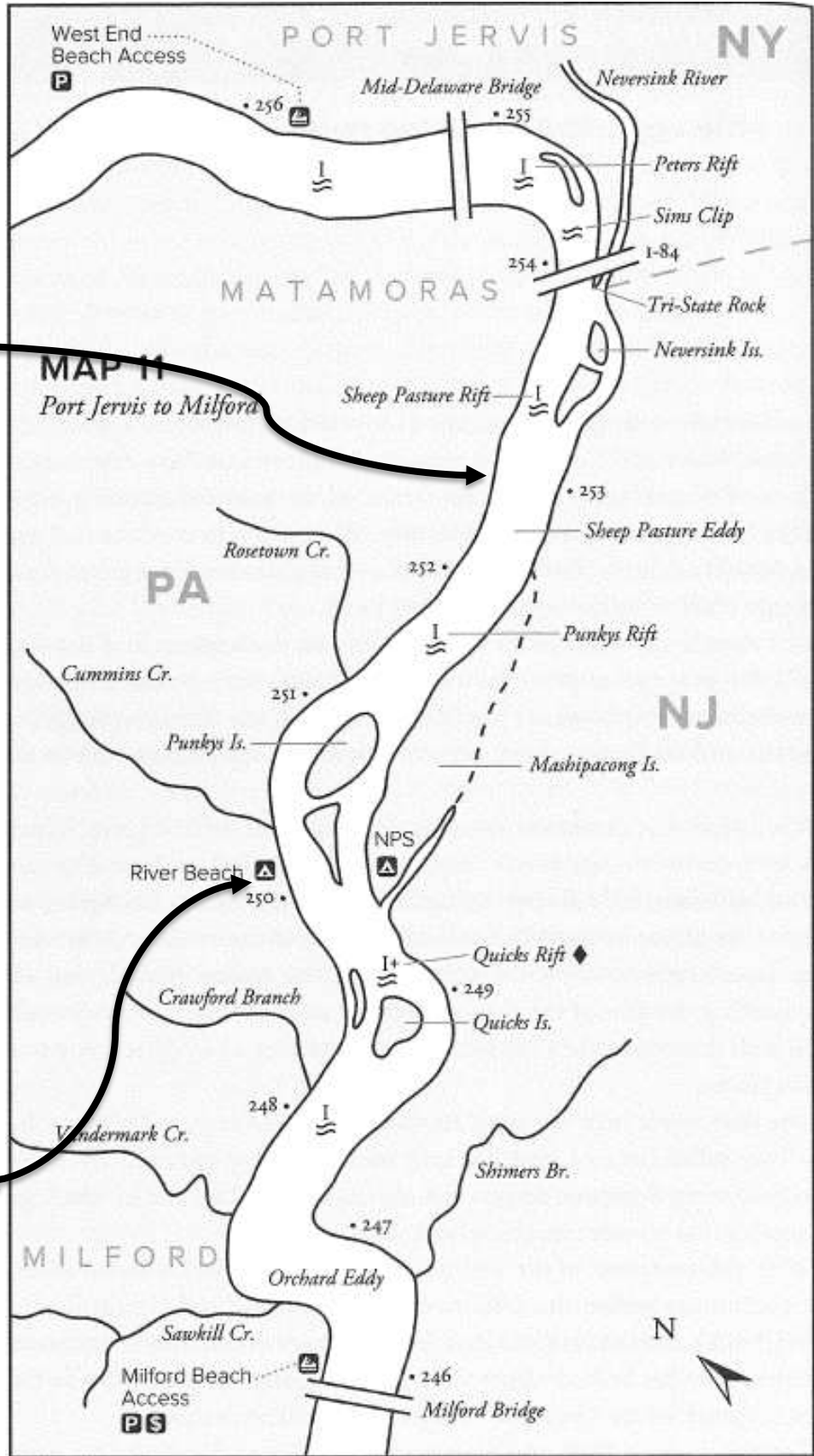
Put-In River Right (PA):

@ Kittatinny's Westfall:

- Near 155 Westfall Town Dr, Matamoras, PA 18336
- [41.351362, -74.713996](https://www.google.com/maps/place/41.351362,-74.713996)
- Behind Hampton Inn

Take-Out River Right (PA):

- River Kittatinny River Beach Campground @
- [378 U.S. 6, Milford, PA 18337](https://www.google.com/maps/place/378+U.S.+6,+Milford,+PA+18337)
- [41.343192, -74.758303](https://www.google.com/maps/place/41.343192,-74.758303)



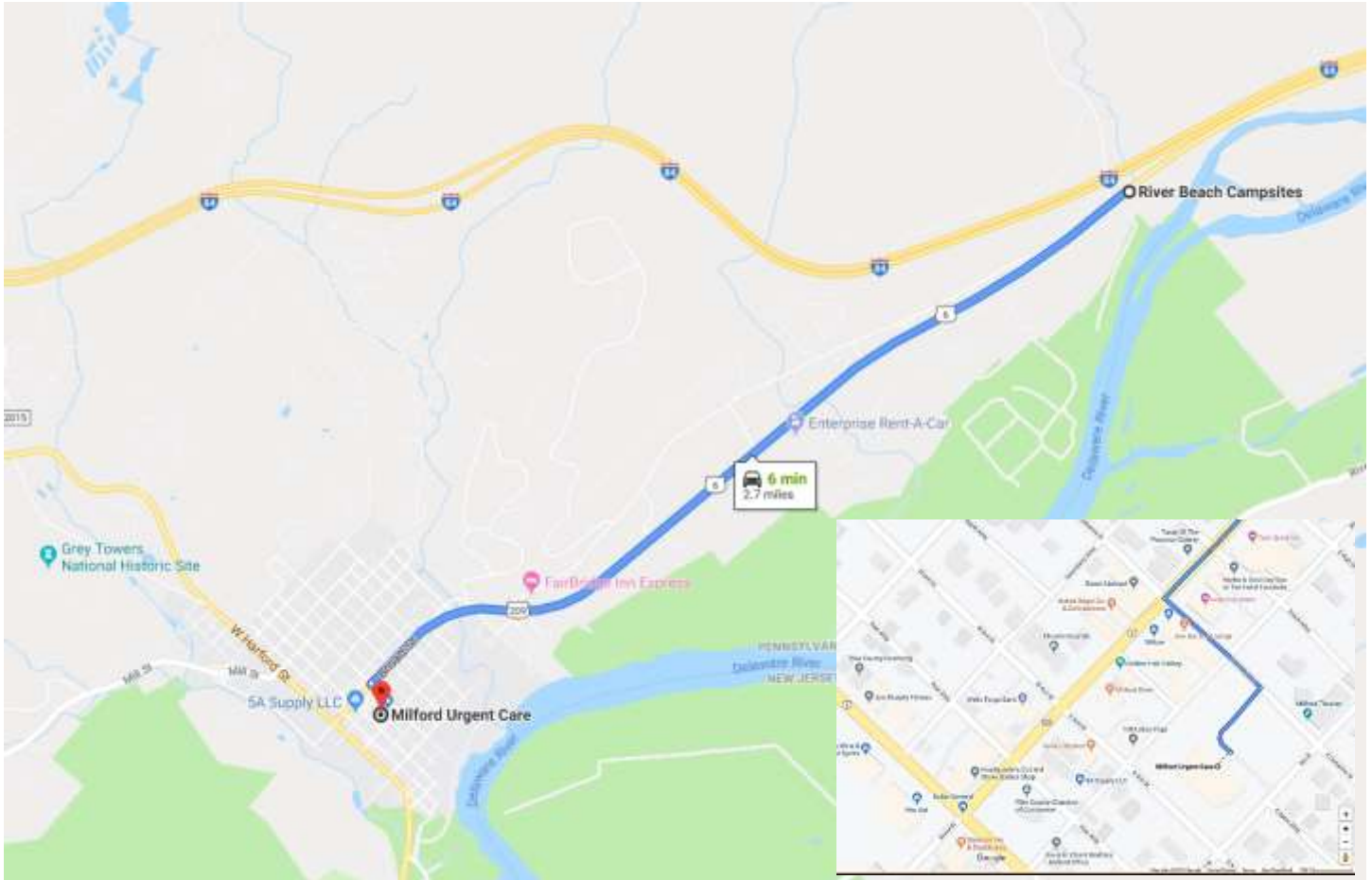
Nearest Urgent Care:

Milford Urgent Care, Milford Health & Wellness

111 East Catharine Street, Suite 130, Milford, PA 18337 | 570-409-9700

Tuesday through Friday, 9:00a.m. to 7:00p.m.; Saturday, 9:00a.m. to 5:00p.m. Closed Sundays and Mondays.

<https://www.atlantichealth.org/conditions-treatments/urgent-care/milford-urgent-care.html>



Services

- Immediate treatment when you need it most: You never need an appointment, and there are no long lines.
- Convenience: Milford Urgent Care is conveniently located in the town of Milford, PA. There's plenty of free parking, and care is available on a walk-in basis.
- They treat the whole family, from illness to injuries: Come for injuries such as rashes, bites, broken bones, lacerations, sprains, burns, and more. We also treat illnesses, such as colds, the flu, fevers, earaches, and infections. From babies to seniors, quality treatment is available to everyone.
- On-site diagnostic and lab services
- Same-day evaluations for Worker's Compensation: We will provide care for your employee with time-saving efficiency, and your business will immediately be informed of the employee's condition and back-to-work status, thereby alleviating any uncertainty.