

Rafters Guide 2026

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Meet the rafting group

Hello!

We are the rafting group. We are the ones who fix everything from the construction site to the rafting itself. We are also the ones who approve your rafts.

Do you have an idea that is a little out-of-the-box? Come and talk to us! Pryl has an excellent grasp of materials and building ideas and if you manage to convince SÄK & VAK(T) that your idea is SAFE(SÄKer), they can write exceptions to the regulations.



Get ready for the festival

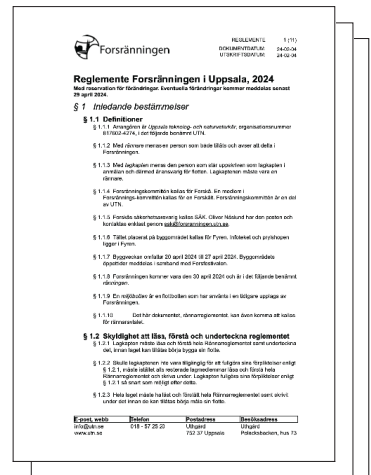
On April 18, we open the doors to this year's edition of Forsfestivalen. In order for you to be as ready as we are for the highlight of the year, here is a small checklist of preparations for the festival.

Read the regulations and start thinking about design ideas already now. If you have questions about how you can get the idea to follow the regulations, contact sak.forsranningen@utn.se already! The sooner we sort out the regulatory issues, the easier the construction will be. Also be sure to follow us on social media to get the latest information.

Ready for the festival

- Read the ratters regulations
- Bought festival pass
- Follow @forsranningen on Instagarm
- Joined the facebook event
- Thought about raft design

Once at the festival area, either the team captain or the rest of the team must go to Fyren and sign the regulations. Once that's done, you get your bottle of foam sealant and can start building.



SÄK & VAK(T):s tips

Do you want to use your own materials? Fun! Get in touch with us and we can discuss!. Remember it must float and be approved by one of us.

Construction site (BP)

This is where it happens! The construction site will open on Saturday 18 April at 11 am, you can see the other opening times on the right! Remember that the team captain or the rest of the team must sign the regulations before you can start construction.

Fyren

Inside the construction site is also Fyren. Here you sign the regulations, pick up foam sealant and paint brushes as well as shop in Prylshoppen. There is also a lounge area here, in case you want to take a short break from the construction.

In Prylshoppen, you can buy foam sealant, foam sealant nozzles, vinyl gloves, duct tape and markers.

Opening hours BP

Saturday:	11-16
Sunday:	11-16
Monday:	10-16
Tuesday:	10-16
Wednesday:	10-16
Thursday:	10-16
Friday v2:	10-16
Saturday v2:	11-16 (last day to build)
Sunday v2:	closed (duck day)

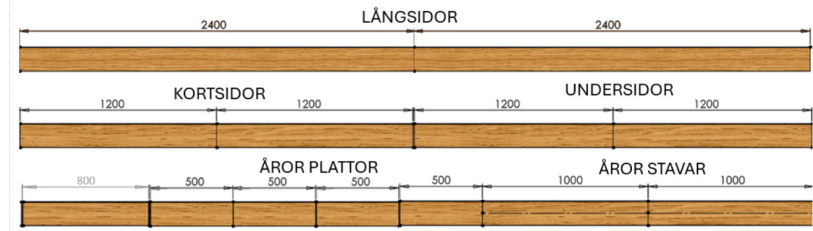


An event by:

Material

You will receive

- One styrofoam piece (2 400 x 1 200 x 250 mm) (suitable for the base)
- One styrofoam piece (1 600 x 1 200 x 125 mm)
- One styrofoam piece (800 x 600 x 500 mm)
- Three planks (480 cm)
- One bottle foam selant
- Nails
- Paint
- Rope



This should be enough for a raft and a bit more but remember that the planks should be enough for oars too. Don't try to make oars out of styrofoam...

Paint release

Monday 20 April at 12 pm and Thursday 23 April at 12 pm we will have paint releases. This means that we place out the colors available to you. First come first serve!

Some colors are more popular than others. If you want a particular color, it can therefore be smart to build your raft quickly.

Styrofoam release

On Monday, April 20 at 10 a.m., we will have a styrofoam release. This means that we place out styrofoam pieces from previous years that were not used. There is limited quantity and you may not find large pieces you are looking for. First come first serve!



Hålls tips

Remember to sort your waste in the right place!



Pryls tips

Is the foam sealant bottle clogged? Buy a new nozzle in prylshoppen!
You don't need to buy a new bottle of sealant.

Tools

In Pryl's container you will find hammers, nails and saws, but remember that there is a limited number. It is therefore important that you put the tools back when you no longer need them.

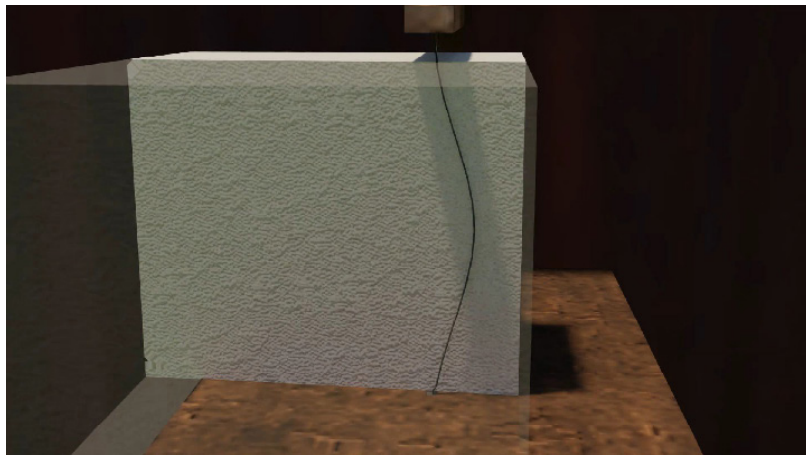
Rasps

When shredding styrofoam with the rasps, small crumbs are created that are easily caught by the wind. For that reason, it is only permitted to use rasps in marked rasp containers.

Styrofoam cutters

There are many varieties of styrofoam cutters on the construction site, but they all work according to the same principle. A thin wire is electrically heated and melts through the styrofoam. The wire gets very hot so keep fingers and other body parts away. It is also very important that you switch off the styrofoam cutters when you are finished.

When you push styrofoam through the wire, the wire will bend, and if you push too hard, it will break. Therefore, make sure to press very carefully. Should the wire break, tell someone in Forskå or a Pryl volunteer and we will come and repair it.



Pryl's tips

Make a plan before you start cutting in the styrofoam so you don't regret anything.

It is also good to be several people when you cut. Styrofoam may be light, but large pieces can be hard to handle.

Raft inspection

After each raft construction part, the raft must be inspected. This means that we from the rafting group check that you have built according to regulations (excl. cases where you have been exempted from SÄK or VAK(T)) and that your rafts are generally SAFE.

You register your raft for inspection at Fyren, where you will be put on a waiting list. You can also grab one of us from the rafting group in case we aren't busy!



Raft building part 1: The base

The first step to building a raft is to build the base. Start by cutting two stripes in the styrofoam for the planks. Then saw the planks to the right length, foam joint them and nail them together. It is strictly forbidden to nail into the cellular plastic. In the stern, the rope should be fastened in a hole drilled into the foam 20 cm from the edge. This is done using one of our drills in a rasp container.

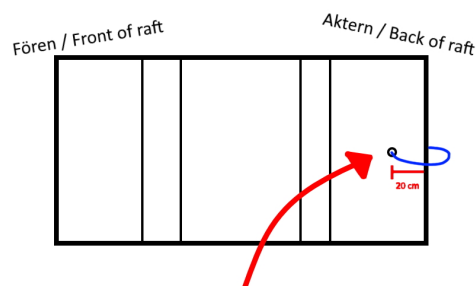
The styrofoam block, which is intended to be used as the bottom, has the same length and width as the largest allowed for us in Forskå to transport the raft during the raft transportation day. It can be good to think about during the entire construction.

It is allowed to make the raft narrower, but keep in mind that it will be more unstable and will capsize more easily. It is also allowed to build round rafts, but they are usually more difficult to paddle and you will spin more laps around yourself than meters you advance.

Keep an eye on the regulations

Here are some tips to get an approved base inspection on the first try.

- The planks are foamed sealed to the styrofoam and nailed to each other.
- There are no nails in the styrofoam
- The raft holds the measurements
- There are two planks across the longship line.
- There is a rope in the bow tied together with a double eight. Scan the QR code or click [here](#) to see what the double eight looks like. If you can't make it, we will help you during the inspection.



Gör ett hål för repet här!
Make a hole for the rope here!



Pryls tips

Wear clothes you aren't afraid to damage! Foam sealant has tendencies to stick to things and is hard to remove.

Raft building part 2: Superstructure

Only after the base has been approved, can you start building the superstructure. This also applies to enviro-rafts.

Having a nice looking raft is fun, but having a floating raft is even more fun. Don't bite off more than you can chew with an overly difficult design. Especially not if it's your first raft.

Keep an eye on the regulations

Here are some tips on things to keep an eye on from the regulations.

- The raft must not have a fixed construction height of more than 80 cm.
- All loose parts must be approved by SÄK or VAK(T).
- There must be an opening that is at least 50 cm wide.
- The raft must be built in such a way that personal injuries are minimized.



Starts tips

Get a lint remover and use it to remove the worst of the styrofoam crumbs that stick to you after rasping.



Pryls tips

When building oars, scrape off the edges and wrap them with duct tape so the edges aren't too sharp. You can buy tape in my Prylshop!

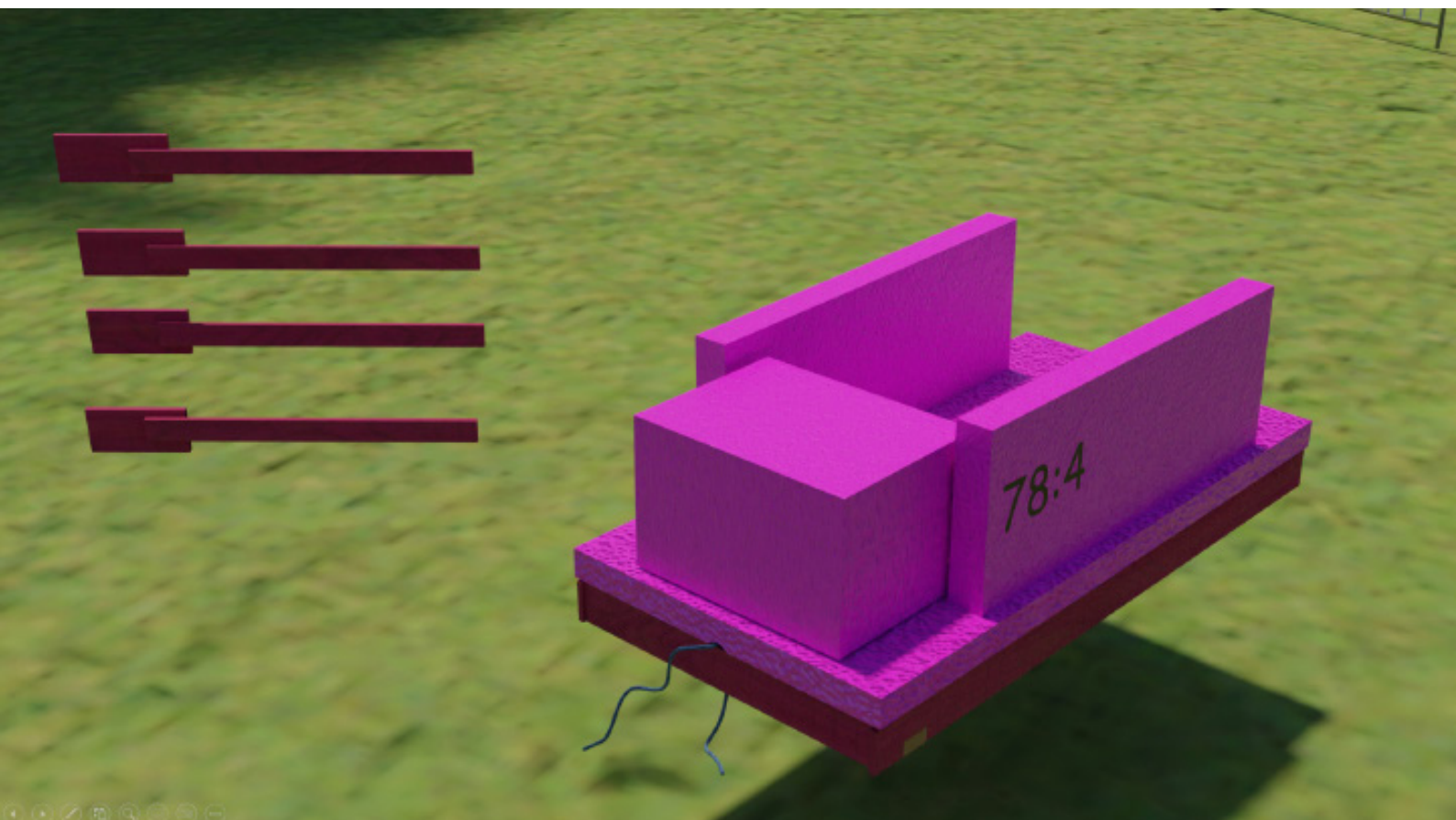
Raft building part 3: Painting

When the construction inspection has been approved and the whole team has signed the regulations, you can pick up your brushes.

When painting your rafts, it is important to paint <start number>:<number of runners> clearly on both long sides of the raft. Also keep in mind that the raft must not contain any religious, political or offensive messages. It is also not permitted for the raft to contain marketing without permission.

Make sure to leave an empty square of at least 5 x 10 cm in the front left corner of the long side of the wooden frame. This is so that we in Forskå can do environmental base markings.

There is limited amount of paint so take too little rather than too much and pick up more later. It is also very important that you wash the brushes when you are finished.



An event by:

Transportation day

Wednesday, April 29, it's time for the raft transportation! This is when the rafts are moved from the construction site to the starting area. What time you should be there depends on your starting number.

1 -- 12	08:45	61 -- 72	11:15
13 -- 24	09:15	73 -- 84	11:45
25 -- 36	09:45	85 -- 96	12:15
37 -- 48	10:15	97 -- 108	12:45
49 -- 60	10:45	109 -- 120	13:15

Remember to:

- Be on time!
- Ideally all team members should be present, but a minimum of two members must attend.
- Even if you have, for example, start number 75, you must be there at 10.40 and cannot arrive shortly before 11.30 when team 76 is to be in place.
- All loose objects, for example oars, must be marked with the raft's starting number and attached to your raft, for example with duct tape. You can also choose to transport these yourself.
- If these rules are not followed, we will not transport your raft to the starting area and you will be responsible for getting it there.

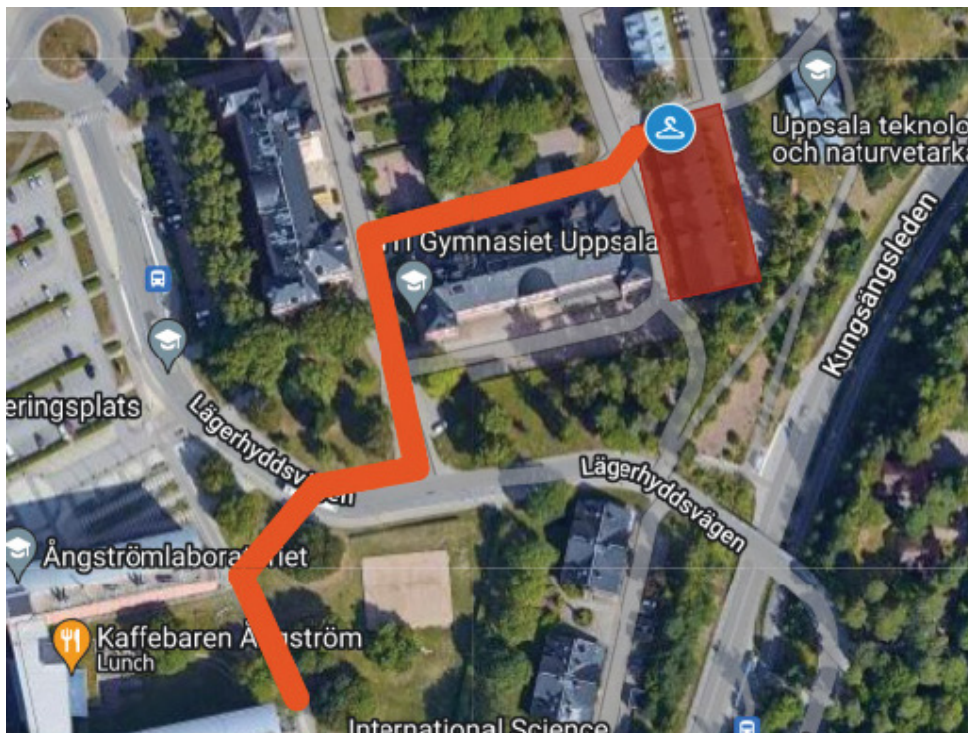
Equipment

We require all rafters to have a wetsuit, helmet, life jacket and suitable shoes.

For those of you who have rented equipment

After the raft move, it's time to hike to the barn to collect your gear. It is enough that one person comes and collects the team's equipment, but the bag is quite unwieldy, so it might be good to have at least two.

Check the equipment directly to make sure it has no paint or other damage on it. If you rent wetsuits from us, you must wear full-coverage clothing over the wetsuits. This is to minimize the risk of them getting discolored, which is considered damage for which you will be liable for compensation.



Flyt(t)s tips

Bring the whole team and test the equipment right away! Especially the wetsuits are a bit tricky in the sizes.

Packing list for Valborg

Here are some hot tips to be ready to start at Valborg!

Thermos with warm water

Perhaps the hottest tip of them all. Bring a thermos with lukewarm water that you can pour into the wetsuit before handing in your belongings.

Remember that thermos keeps the temperature very well and you should absolutely not boil the water you are going to use. Rinse the water on your hand before pouring it into the thermos to check that it feels warm enough.

Under and over the wetsuit

Pack suitable swimwear or underwear to wear under the wetsuit. If you have rented wetsuits from us, you must also wear full-coverage clothing over them. Golden chance to have a themed costume.

Mandatory equipment

Remember to bring the mandatory equipment, i.e. wet suit, helmet, life jacket and suitable shoes.

Dry change of clothes

Tips to bring a towel, extra socks, dry shoes and a set of dry clothes and underwear.

Contact lenses

Losing your glasses in Fyrisån is no fun. Wear contact lenses if you have and need them.

Food

If you are a hungry person, it can be good to pack a fruit or small sandwich that you can eat at the finish.

Checklist

- Wetsuit
- Life jacket
- Helmet
- Shoes
- Thermos with warm water
- Clothes for under and over wetsuit
- Dry clothes
- Contact lenses
- Food



Mål & Kråls tips

Bring a towel if you want to shower after the rafting at studenternas!

Start

Welcome to the starting area! It is located at Eddaspången and what time you need to be here depends on your start number.

1 -- 15	07.30
16 -- 30	07.45
31 -- 45	08.00
46 -- 60	08.15
61 -- 75	08.30
76 -- 90	08.45
91 -- 105	09.00
106 -- 120	09.15

Register at the secretariat

The first thing you have to do is to register at the secretariat. Here you will get your number tags and safety pins to attach them with.

If someone in the team is unable to raft, this must be communicated immediately when you register. Then you also have to repaint the number on your raft and your number tags.

Rafters breakfast

In the starting area we offer a light breakfast.

Warmup

Campus1477 will hold a warm-up just after nine o'clock.

Personal possessions

Each team will receive a garbage bag where you can put all personal belongings that you will not take with you on the raft, for example jacket, wallet, mobile phone and dry change. This garbage bag is taped together, marked with your team number and handed in at the designated place in the starting area.

In order for us to have time to drive your things to the finishing area, it is important that you hand them in on time. The deadline for submission depends on your starting number and is stated on both the website and signs at the starting area. We will keep an eye on the bags, but we cannot guarantee theft protection or that they will be handled carefully, so think about what you bring with you.

Sobriety

To be approved to raft you must be sober, we carry out checks at the start. Make sure you show up sober and that you are in a suitable condition to participate.

Start list

1	Gräddhyllan	39	och icke-binära ingenjör nätverk	81	SkeIES
2	Många Bockar Små	40	Indek flotten	82	Bingofruarna
3	Uppsala Kommun 1	41	K-flotten	83	Rhaft+
4	Uppsala Kommun 2	42	Watteningenjörerna	84	The Brainy Bunch
5	Södermanland Närkes Nation	43	TNDR	85	ApBröder
6	Upplands Schakt	44	Grusovice	86	Halvflyt
7	Uppsala parkering och mobilitet AB	45	KVADratiskt kaos	87	CSSASE
8	Ovegrengruppen AB (AVIS)	46	Transformraketen	88	Roverlaget Rågrut av Wasakären
9	Cytiva Sweden AB	47	Bockarna BAS	89	Epsilon-files
10	Rejlers	48	Foo Fighters	90	Minioner
11	Herok Rental AB	49	GriSTSch	91	PåSeidon
12	Aneheim Consulting AB	50	Helan går (i ån)	92	Winwinwin
13	Galderma	51	Mariann Industri & Sjöservice	93	Lag Takykard
14	Uppsalahem AB	52	Team Jägermeister	94	Hiking Sisters
15	GEMS PET Systems AB	53	Muuterknackarna	95	Lag Znabbast
16	Exsitec	54	Cinammon Bon Boat	96	Sleiii
17	Uppsala Bostads- förmedling	55	Blåkulla Express	97	Week of Bali
18	Castellum	56	Parmesan Pirates	98	XueLian
19	Normal	57	Euler framåt	99	R.ÄNN.P.O
20	Thermo Fischer	58	Hello Haj!	100	The Shunpikes
21	Bostad Uppsala fas- tighetsförmedling AB	59	Vi FORSökte	101	Sänkenöl
22	Sweet Creatives (S:t per gallerian)	60	Starra Stomach	102	Princess Consuela Ba- nana Hammock
23	Aurora Innovation AB	61	Plan A: Simma	103	Klubbans Bastusällskap
24	Uppsala Monitoring Centre	62	Plan B	104	Den trojanska BÅsten
25	Sveriges Radio Uppland	63	PEAK-TO-PEAK PER- FORMANCE	105	Strömbrytarna
26	KFV	64	Edward Bloms Förkäm- par	106	Marios Magic Mush- rooms
27	Botten upp	65	Kapten kaos och tre problem	107	Team Fyris flickorna
28	M/S Skrubben	66	De tre vännerna och Arvid	108	BubbelGubbarna
29	Pappa elektro	67	Kon-Tiki 2 från H	109	Kapten Kaos & Co
30	Xtreme Float	68	Flottigare Flott	110	Bananerna
31	Flyt Utan Tillräckligt Förnuft	69	Uwbåten	111	Flotta flickor
32	Aspebodas Arvingar	70	rosa bumbibjörnar	112	Tung Tung Tung Tung Tung Tung Tung Flotte
33	Vikingline	71	Fjellrävarna	113	The council of New York
34	bESta flotten	72	HMS Bränneriet	114	PFAS pinglorna
35	Mat-e-mat... iker	73	Klimatstudenterna	115	tflt4ever
36	Qustache	74	Klara, färdiga, Å	116	Skeppsråttorna som hade fått plats på Rose's dörr
37	kemITerna	75	CSSA Girls	117	Storkok
38	SIV - Uppsalas kvinnliga	76	The goat	118	Å i å ä e ö
		77	Byggligan	119	Yippeeee!
		78	Snabba Puckar	120	GHlassiga GHoa GHub- bar
		79	Klubbmästare 2024		
		80	Titanic Rescue Team		
			Promille Piraterna		

An event by:

The rafting

Finally, it's time for the rafting! Here are some tips to make it as fun as possible.

Kvarnfallet

Before Kvarnfallet, SÄK volunteers will stand with flags. A red flag means wait and a green one means a raft can go. There can sometimes be quite a queue here.

Here you can either choose the SAFE route, on the left, or try the famous Elvis-wave. We strongly recommend discussing your strategy within the team before the rafting. It gets easily messy when different team members start paddling in different directions.

If you make it through the first fall, start paddling right away and don't celebrate too early. Should you fall in, get to the surface, turn with your feet downstream and put your hands under your butt. Breathe calmly! The current is strong here and it is not certain that you will manage to get on your raft right away, but lifeguards from UDK Tumlaren will come and help.

Spegeln

At Filmstaden/Spegeln there are stairs where you can get up to land in case you need to discontinue the river rafting. There are also paramedics from the Red Cross here in case you are injured. Keep in mind that everyone has to get to the finish line to check off, either by land or by sea.

Islandsfallet

At Islandsfallet, the Sea Rescue will stand with so-called Rescue Runners, which is a jet ski that has been rebuilt to be particularly suitable for sea rescue missions.



An event by:

Finish

Congratulations! You made to the finish! When you arrive at the pier, you will have the opportunity to take a group picture. Do not hand out oars or pieces of styrofoam to the children, even if they ask for it.

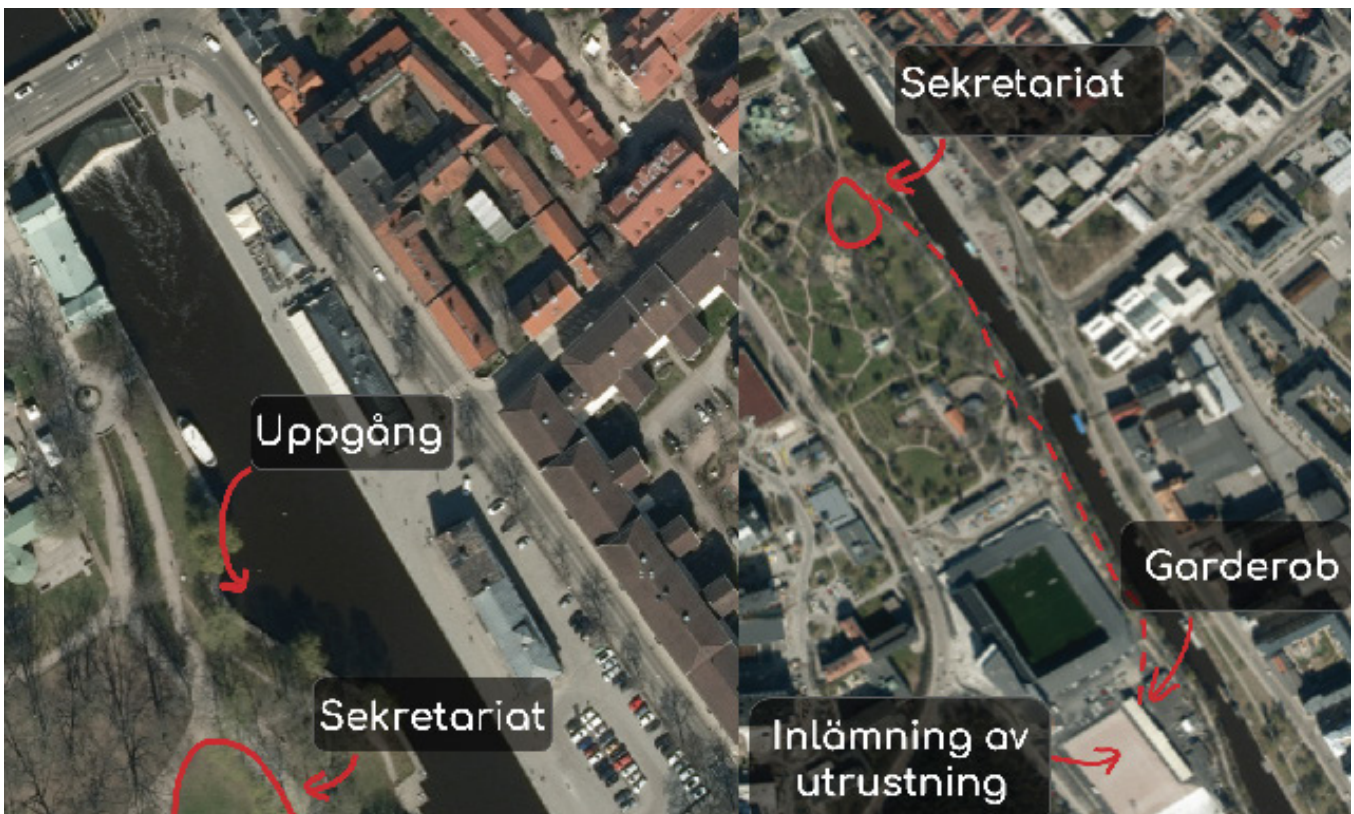
Check off

When you make it to land, you must go to the secretariat and check yourself off. Everyone must make it to the finish line, even if someone dropped out early. This is to let us know that everyone has come up.

Further to the Students' IP

When you have been checked off, you will proceed to the Students' IP. Here there are changing rooms, a place where you can collect your belongings and a place where you can return your equipment.

After that, we wish you a continued fun Valborg.



An event by:

UTN

Uppsala Union of Engineering and Science Students is the student union of and for all students studying at the Faculty of Science and Technology at Uppsala University (with the exception of the Gotland campus).

Our main purpose is to monitor the students' interests regarding the courses and to continuously improve your study time. If you experience problems with your education or study environment, you can always contact one of our student liaison officers.

Every year, UTN arranges lunchtime lectures and workshops that help you get in touch with working life, which in November reaches its climax in the career fair Utnarm. Here you can meet representatives from companies and organizations and make important contacts for your future working life.

The union also works with social activities and the schedule is packed with activities every year. Among other things, UTN organizes Sweden's largest puzzle hunt rally, a ball at Uppsala Castle, pubs, game nights and one of Uppsala's most famous Valborg traditions -- the Rafting.

All activities are run by and for the students where there are endless opportunities for you to both enjoy everything the union has to offer and to get involved in the union to help make this possible.



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