Rafting – Kayaking Participant Gear and Clothing List

• Clothes to get wet (Minimize Cotton! Wool or Synthetics preferable)
  o Baselayer (i.e. Shorts/swim suit, Short-sleeve shirt, etc.)
  o Midweight layer (i.e. fleece, sweater, fleece pants, insulated jacket, etc. can be stored in a group drybag)
  o Stocking hat / cap
• Sneakers or sandals (not flip-flops)
• Sunscreen
• Sun hat
• Sunglasses
• Toiletries
• Medication you may be taking (x2)
• Headlamp or flashlight
• Camera (optional)
• Two 1-liter water-bottles
• Daypack
• Snacks / lunch

Pack to be left in the van
• Towel
• Dry clothing for the ride home
• Lunch / snacks

Group Equipment
• Group gear (i.e. rafts, inflatable kayaks, paddles, dry bags, Personal Floatation Devices AKA: life vests, etc.)
• First Aid Kits