

WHITEWATER RAFTING CLOTHING AND EQUIPMENT LIST

MANDATORY

- sleeping bag
- sleeping pad (should prevent moisture from seeping into sleeping bag)
- pillow
- old, laced tennis shoes that can get wet during rafting
(or aqua shoes or sandals – something that will stay on your feet and cover your toes. **NO FLIP FLOPS!**)
- hat with a brim
- bathing suit or shorts (women - bring shorts to wear on the river that will get wet)
- 3-4 old T-shirts (to be worn on the river under the PFD for sun protection)
- flashlight (very useful for setting up tents in the dark)
- sunscreen (waterproof)
- rain gear (poncho or jacket)
- personal gear (see below under "highly recommended")
- prescribed medication (must be given to trip leader at check-in)
- an adventurous spirit and willingness to get wet!

HIGHLY RECOMMENDED (in addition to the above)

- warm sweatshirt or sweater
- 6-7 T-shirts
- 2 pair pants
- 5-6 pair of socks
- 7 pair underwear
- 2 towels
- spending money (for souvenirs, post cards, snacks, Nantahala -rafting photos, etc.)
- toiletries
- pair of tennis shoes
- 2-3 pair shorts
- duffel bag for packing clothes and equipment (soft & flexible)
- sunglasses with a strap
- insect repellent
- disposable waterproof camera

BUS RIDE (optional items)

- books/magazines to read
- small, durable bag for personal items
- games, etc.
- MP3 player (**to remain in bus**)

Please Note: Head sets are easily broken in the bus if not taken care of.

OPTIONAL

- camera with a strap (**must** be waterproof if on river)
- aqua shoes or sandals
- pen, and notebook (there will be time each evening to journal)

PLEASE DO NOT BRING SUITCASES!!!

Limit baggage to a sleeping bag and compact duffel bag due to the limited cargo space in our vehicle. A carry on bag for the bus is optional. Camp will supply eating utensils, stoves, cooking gear, all food and tents. If you have any questions about equipment, and personal clothing, etc., please call our camp office. Thank You. We hope this information has been informative.