

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 (**All** 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 of 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: Headsets 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.