



Packing List

The following list suggests items you should bring for your trip. When packing please keep in mind that:

1. You must limit your gear to 25 pounds (this is required by the flight & helicopter company).
2. Your bag should be a soft side duffel bag that is approximately 12"x13"x24" in order to fit in our 16"x33" dry bag we provide you. Our sleeping bag will also fit into this bigger dry bag with your duffel during the rafting trip.

CLOTHING ITEMS—all items are strongly encouraged to prepare you for a wilderness experience.

Water clarity can vary from clear to silty. Clothing can become discolored. Please pack accordingly.

- Two-piece rain suit (Quality rain gear offers protection against cold water when running rapids—especially early in the morning in the shade.)
 - 2-3 swimsuits
 - 2-3 quick-drying shirts (with at least 1 being long sleeved)
 - 2 pair of lightweight shorts
 - 2 pair socks in case of sunburn or foot injury
 - 1 lightweight quick dry hoodie (for sun protection)
 - 1 pair quick-drying pants (for sun-protection)
 - Underwear
 - 1 sarong or other wrap-around (for sun protection and to keep cool)
- highly recommend
- Lightweight fleece top

- 2 pair, sturdy sandals or multi-sport shoe that can get wet with good tread and support for hikes (Keen, Teva's, Bedrock or Chaco's are examples).
- Comfortable footwear for camp (some guest prefers flip flops others prefer light-weight tennis shoes)
- Hat for sun protection with string or hat clip
- Comfortable lounge-wear for camping and sleeping
- Gloves for protection while gripping ropes. Weight lifting or cycling style gloves work great.

COOL WEATHER ITEMS (April, early May & September Trips)

Children and some adults tend to get colder and may need these items in the warmer summer months.

- Neoprene socks-also great for sun protection
- Mid-weight fleece jacket
- Lightweight long underwear for sleeping
- Beanie

PERSONAL ITEMS

- Personal hygiene products (deodorant, razor, small mirror, feminine hygiene products)
- Small Hand Sanitizer
- Plenty of sunscreen SPF 30+, spray cans strongly discouraged.
- Sunscreen lip balm with SPF
- Lotion-Plenty of after-sun moisturizing body/foot lotion and aloe vera. Its dry and you will use a lot!
- Soap and shampoo in small bottles. Leave in conditioner for long hair.
- Small Hand Sanitizer
- Insulated water bottle with tight fitting lid plus strap or carabineer to secure it to boats during day.
- Small towel and wash cloth
- Tooth brush & toothpaste
- Small pack of tissues and wet wipes
- Ziploc bags for storing wet items or keeping things dry
- Small headlamp or flashlight with extra batteries
- Bandana
- Sunglasses with safety strap and back-up pair

- Camera—with waterproof case and charging device
- Small travel pillow
- Medication if needed (cool storage is available)
- All guest 18 or older must have photo ID available for trip flights
- Major credit card in case of evacuation or for souvenirs
- Cash for gratuities
- 2 Large 3"-4" carabineers (for clipping day-use bags and water bottle to ropes), quality matters (\$10-15 each)

OPTIONAL PERSONAL ITEMS:

- A few small clothes pins and rope for drying wet clothing items at camp
- Small back-pack for hikes
- Plastic bag for dirty or wet clothing,
- Mile-by-mile river guide book & other books
- Hiking sticks
- Playing cards or other free-time games
- Journal, notebook, pen, mini watercolor kit

If you need a CPAP machine at night please let us know and our guides can bring a 12-volt battery for you to hook up to each night. You are required to bring the correct DC adaptor with alligator clips to connect to our battery