

# WHAT TO BRING FOR RAFTING

## Standard Gear Everyone Should Bring For Rafting

- **Secure head strap for eyeglasses or sunglasses (if worn)**
- **Secure chin strap for hat or visor (if worn)**
- **Clothing appropriate to time season**  
See guidelines below for summer and spring/fall trips
- **Protective footwear**  
Tennis shoes that lace tightly, wet suit booties, or rugged, protective sandals that securely strap on. Bare feet or thongs are not safe!
- **Plastic water bottle**  
We have jugs on the rafts to replenish your bottles from.
- **Waterproof or Disposable Camera**
- **Towel**
- **Change of clothes for the drive home**
- **Magnetic hide-a-key for your car keys**  
If you wish you may leave your keys in the care of our staff while you are on the river. Do not take your keys on the river with you!

## Clothing Guidelines

### Summer

- **Swim suit or shorts**
- **Sunblock**  
Plan to use plenty of sun protection cream with a high SPF# on exposed skin; don't put sunscreen on your forehead...splashes of water will wash it down into your eyes!
- **Sun hat or visor**  
(with chin strap to prevent hat loss).

### Spring & Fall

- **Warm clothing**  
Plenty of warm clothes made of synchilla, polarplus, wool, fleece, capilene and similar materials which insulate well even when damp. Please avoid wearing cotton which when wet does not provide insulation and in cool or cold weather make you colder!
- **Waterproof paddle jacket, windbreaker or rain suit.**
- **Wool hat**  
(or synchilla, polarplus, etc.)
- **Wet suit**  
Wet suits are recommended on all rivers through May and year-round on Class V rivers. Wet suits may be rented from Whitewater Voyages (in some cases they are provided with trip without rental fees—see Wet Suit & Tent Rental chart). Whitewater Voyages' wet suits do not come with booties—you **must provide your own footwear**. If rain or cold weather is a possibility bring extra wool, capilene or pile clothing and a rain jacket or windbreaker to wear over the wet suit. Cloth shorts worn over wet suits make you less slippery and help you stay in the raft.

## **Medical Condition Alert: Bring Your Own Medication**

Our staff is prepared to provide basic first aid, but we are prohibited by law from providing, and we are not trained, to administer medications or advanced medical care. So, all clients with medical conditions such as susceptibility to anaphylactic shock from bee stings, etc., should bring and keep handy and inform their guide(s) about their own medication/anaphylactic kit.