

What to bring For WA raft guide training

- _ Drysuit or wetsuit w/drytop **
- _ PFD**
- _ Helmet **
- _ Fleece layers
- _ Neoprene gloves**
- _ Mug designed for hot liquids
- _ Two 1-liter water bottles
- _ Swimsuit or shorts
- _ River shoes or booties**
- _ Long underwear
- _ Warm pants (not cotton)
- _ Fleece jacket
- _ Non-cotton shirt
- _ Waterproof jacket
- _ Warm hat
- _ Sunscreen
- _ Sunglasses or baseball cap
- _ Change of clothes

For overnight trips

- _ Down or synthetic puffy jacket for off the river
- _ Sleeping bag**
- _ Sleeping pad**
- _ Spoon & fork**
- _ Comfortable camp shoes
- _ Warm, comfy clothes for off the river (please do not bring a large wardrobe!)
- _ Flashlight or headlamp
- _ Essential toiletries

** Peak 7 will rent these items to you at a nominal cost if you do not own them and do not want to purchase new equipment.

*** Peak 7 guides are eligible to purchase essential guide gear (whistles, knives, carabineers, etc.) from us at wholesale prices.

Peak 7 Adventures
14617 N Newport Hwy
Mead, WA 99021

509.467.5550
info@peak7.org
www.peak7.org

