

What to bring

For Oregon Raft Guide Training

For the water

- _ Drysuit or wetsuit**
- _ PFD**
- _ Helmet**
- _ Fleece layers
- _ Neoprene gloves (optional)
- _ Water bottle
- _ Swimsuit or non-cotton shorts and shirt
- _ River shoes or old tennis shoes
- _ Waterproof jacket
- _ Warm hat
- _ Sunscreen !!!
- _ Sunglasses or baseball cap

For camp

- _ Warm jacket
- _ Comfortable camp shoes
- _ Comfortable clothes for warm and cool weather (preferably non-cotton)
- _ Flashlight or headlamp
- _ Sleeping bag
- _ Sleeping pad**
- _ Essential toiletries
- _ Bible
- _ Paper, writing utensil
- _ Musical instruments (optional)

** These items will be provided if you do not own them and do not want to purchase the gear.

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

Peak 7 Adventures
3048 SW High Desert Dr, Suite Q
Prineville, OR 97754

503.928.7757
info@peak7.org
www.peak7.org

