



What to bring for a multi-day raft trip

- _ Non-cotton shorts and tank-top or t-shirt to wear on the river
- _ Sunscreen
- _ Bug Spray
- _ Chapstick with sunscreen
- _ Water bottle
- _ Wide brim hat, with straps, to shade your face
- _ Sunglasses, with retaining strap
- _ Eyeglass retaining strap if you plan to wear your glasses on the water
- _ Sandals with ankle strap or old tennis shoes (flip-flops are *not* recommended)
- _ Change of clothes for end of the day- bring clothes for warm & cool temperatures
- _ Sleeping bag
- _ Sleeping pad (if you prefer to use your own)
- _ Toiletries (toothbrush, toothpaste, deodorant, etc) –Nothing electrical!
- _ Small flashlight
- _ Extra set of shoes or lightweight hiking boots
- _ Bible, with pen/pencil and paper
- _ Peak 7 Adventures Release and Overnight Medical Form

Wetsuits may be available depending on weather.

Always feel free to ask if you would like to bring an item not listed. Our staff will be glad to let you know if the item would be of use on the trip.

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