

## PACKING FOR THE TRIP

We will provide you with a watertight bag (“dry bag”) to pack your personal gear. You will have plenty of time at the boat ramp to move your personal gear into a dry bag. The bag is 3.2 cubic feet, about the size of a duffel bag.



### WHAT YOU NEED TO PACK AND BRING ON THE TRIP

#### CLOTHING

- hat or cap
- sturdy sandals or other open but protective footwear or wet shoes (no flip-flops)
- dry camp shoes
- swimwear (for the river portion of the trip)
- sweatshirt or sweater, warm undershirts and light jacket
- sweatpants/long pants
- underwear
- socks
- rain suit or poncho

#### FOOD

- favorite snacks
- favorite drinks (no glass containers)

#### GEAR

- flashlight or headlight
- camera (at your own risk)
- sleeping bag (if you have one)
- sleeping mat (if you have one)

#### PERSONAL HYGIENE

- comb/brush/shaving gear
- soap (preferably biodegradable camp suds)
- toothbrush and toothpaste
- small towel and washcloth

#### MISCELLANEOUS

- sun block and lip balm
- sunglasses with cord to secure
- medication: prescription and non-prescription
- insect repellent
- water bottle

#### YOU WILL NEED THE FOLLOWING ITEMS FROM YOUR PACKING LIST FOR THE DAY PORTION OF THE TRIP

Keep the following items accessible:

- water bottle
- SPF 30 or higher sun block and lip balm
- sunglasses with cord to secure
- sun hat or cap with cord to secure
- sturdy sandals or other open but protective footwear or wet shoes (no flip-flops)
- swim shorts or swimwear
- quick-drying shirt or t-shirt
- rain suit or poncho
- camera (optional, at your own risk)

#### WHAT WE WILL PROVIDE FOR YOU

- waterproof bag to keep your items dry
- tent
- sleeping bag (if requested)
- sleeping pad (if requested)
- transportation to and from the river
- life jacket
- adaptive equipment, when needed
- meals according to the number of days on the river
- drinking water
- lemonade
- coolers and ice
- misc. snacks
- life jacket for a service dog (if requested)

#### WEATHER

Check the weather forecast for the upcoming river trip and—if needed—pack additional, weather-specific clothing for the trip. Please don't overpack.

#### LIABILITY RELEASE

Everyone will be required to sign a liability release form prior to trip departure. Youths not riding with their parents will need to provide a copy of our youth liability release signed by one or both parents (or legal guardians).