

## 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)
- swimwear
- 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)

### MISCELLANEOUS

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

## WHAT WE WILL PROVIDE FOR YOU

- transportation to and from the river
- life jacket
- adaptive equipment, when needed
- lunch (if requested)
- drinking water
- lemonade
- coolers and ice
- misc. snacks
- life jacket for a service dog (if requested)

### MEDICATIONS

Please bring ONE DAY worth of prescribed medications with you. Medications may be given to a head guide under the following conditions:

- Each medication must be labeled with a guest’s full name (use permanent marker).
- Each medication must include clear and printed instruction on when and how much to take.
- Medications that require cooling may be handed to a head guides in appropriate coolers or water-proof container.
- Medications that require other than oral administration cannot and will not be handled by CDA staff and volunteers without prior arrangements.

### 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).