



# SPLORE RAFTING

## Personal Gear List

### Daily River Trips: Dry Bags Available

- Rain Jacket and pants, or poncho with hood
- Long Sleeve Shirt (nylon/quick dry/fleece is best!)
- Water Bottle
- Sunscreen
- Hat!!!! with string attachment
- Sunglasses with tie string/attachment
- Sandals with heel strap or other river shoes
- Optional: a change of clothes for the ride home

### Multi-Day River Trip: Dry Bag Provided

- All the above items
- 1 long sleeve shirt and 1 pair long pants (nylon/quick dry/fleece is best!)
- A few pair of shorts (nylon/quick dry are best!)
- A few T-shirts (nylon/quick dry are best!)
- Underclothes (thermal underwear)
- Warm Socks (wool or synthetic), Mittens or Gloves
- Camp/Hiking Shoes and River Shoes/Sandals
- Tent with Rain Fly and Ground Tarp recommended
- Sleeping Bag (limited availability upon request)
- Sleeping Pad (limited availability upon request)
- Flashlight with replacement batteries
- Personal Hygiene (bio-degradable soap, toothpaste, comb, brush, etc),
- Towel, Washcloth
- Extra doses of all medications
- Mosquito Netting or other bug repellent
- Personal Items: Camera, Journal, Book, Games, etc
- Beverages in plastic bottles or aluminum cans welcome. No Glass Please!
- Costume - for volunteer training and other theme based trips.

### Guide Training- Please bring these extra items:

- Life Jacket (PFD Type III or V)
- Waterproof River Bag
- Costume - very important!

Remember: Try to avoid wearing cotton. Polyester, nylon, fleece & other synthetics dry faster & insulate even when they are wet! Also, when packing try to keep the load to about two suitcases. SPLORE has compact sleeping bags & equipment if you'd like to borrow ours.

SPLORE provides a delectable menu with a vegetarian option (this option does include dairy). Please request any dietary/vegetarian needs and/or wants at your Pre-Trip Orientation. Water (drink plenty!), fruit punch, and lemonade will be available for daily trips. In addition, juice, hot chocolate, coffee and tea (regular & decaf) will be provided for multi-day trips. SPLORE does not provide soda or alcoholic beverages. Extra hydrating drinks are always encouraged for multi-day trips. Alcoholic beverages are allowed for designated multi-day trips for those 21 and over, but only for off-river consumption at the end of the day and not in excess.