



## Recommended Gear List

### **CLOTHING**

River Sandals (Teva, Chaco, Nike, or any generic brand will do!)  
Shorts – quick dry/ nylon  
Rain Gear, jacket and pant  
Bathing Suit  
Cotton T-Shirts or Quick Dry T-Shirts  
Light Weight Long Underwear, bottom & top – quick dry, polyester, or polypro  
Light Weight Long Sleeve shirt – for sun protection  
Light Weight Pants – for hiking, sun protection, or relaxing in camp  
2 Pair Wool or PolyPro socks  
Cotton Socks  
Fleece Jacket or Wool Sweater  
Fleece Pants  
Camp Shoes – hiking boots or tennis shoes  
Hat-baseball cap or brimmed hat for sun protection  
Sunglasses – with safety strap

### **OTHER**

Small Personal Water Bottle (that you can refill throughout the trip)  
Flashlight  
Sunscreen  
Lip Balm w/ Sunscreen  
Lotion  
Towel  
Camera/Film  
Book  
Other Personal Items: Soap, Shampoo, Medications, etc.

The key to packing for an outdoor adventure and especially for a rafting trip, is to pack light but pack for a wide range of weather conditions. Many of the items above are good for an outdoor rafting adventure, as well as the many different weather conditions you could encounter on your trip. You will only need to bring one of each of the clothing items above, except for shorts, t-shirts, and/or swim suits which you might change every day.

It is VERY important that you bring rain gear—at least a good weather resistant/waterproof jacket with a hood. The chance for cold weather is VERY slim, but it can happen, and if it does you will be very happy to have that long underwear and fleece suit.

Fabrics like polyester, wool, polypropylene, and some other synthetic fabrics like Cool Max or Nike ACG's Dri-Fit line are designed to wick moisture away from your skin so it will evaporate and allow your clothing to dry quickly if it gets wet. These fabrics also keep you very warm, even when they are wet, unlike cotton, which holds moisture next to the skin and takes forever to dry, while keeping you cold. On a rafting trip you are very likely to be splashed by waves or be in the water swimming, so you want shorts and other clothing that will dry quickly. Cotton is ok to wear when it is very hot, because it will help to keep you cool.

**Protection from the sun is important** so please make sure you pack a hat, sunglasses, and plenty of sunscreen. If you have any questions, please don't hesitate to contact us!

Look over the enclosed "River Traveler Catalogue" sent compliments of Cascade Outfitters. It may help you locate clothing items that will be useful for your trip, or at least give you some good examples of what we recommend so that you can successfully shop elsewhere.