

WW rafting day list

IMPORTANT STUFF

- Sunblock, lip balm
- Water bottle (with water in it!), with tie strap
- Glasses strap (if you have glasses)
- Towel for the car
- Optional, waterproof camera
- Food money for the ride home

TO WEAR Nylon or synthetic shorts or bathing suits

- o you will want clothing that dries quickly, zip off nylon venture pants are OK

OVER YOUR SUIT you should wear a T-shirt (no cotton) or other cover up i.e. something to shield you from the sun and/or the cold, such as a non-cotton shirt, (50/50 ok).

- o Cotton is worthless when wet and should not be used for on-river insulation.

ON YOUR HEAD you may want a Hat, a brimmed hat and a bandanna are helpful for keeping the sun off of you or for staying cool.

ON COOL DAYS in addition to the above you may want a fleece top, (pullover or jacket) and/or a sturdy, fully waterproof rainshell.

ON YOUR FEET you will want shoes that stay on if you go for a swim and are comfortable for hiking. Velcro fastening sport sandals (Tevas, Chacos, etc.) work well, (buckles are better than velcro), or real water shoes. NO FLIP FLOPS or loose slip on water shoes.