Rafting Equipment List

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*All registered participants receive a 20% discount for rental items (Items available for rent indicated by OC logo: 🏜)

The following document includes all of the information that you will need to pack for your trip! Everything on this list is required unless otherwise specified. This list is intended to help you be prepared for any and all weather conditions you might encounter.

*Check off each item as you assemble your equipment to make sure that you have everything*

*Bring these items as “River Clothes” so you will have the clothes you arrived in, dry and ready for you once you get off the river*

River Clothing System

**Upper Body**

- 1 T-shirt: Any non-cotton material such as a synthetic material or wool. (NO COTTON!)
- 1 Long sleeve top: This should be “light” or “silk” weight wool or synthetic base layer. (NO COTTON!)
- 1 Insulating layer: A synthetic puffy jacket or a thick fleece that will keep you warm even when wet (NO COTTON!)

**Lower Body**

- 1 Pair long underwear bottoms: should be “light” or “silk” weight wool or synthetic. (No Cotton)
- 1 Set bathing suit: This is a rafting trip, bring something that you can swim in to be worn underneath your wetsuit.

**Head and Hands**

- Wool or fleece hat: A beanie hat, toque, or similar hat will work. A hat that covers your ears is recommended. As well something thin that will fit under a helmet.
- Sun hat: A baseball cap or sun visor work well for this.
- 1 Pair gloves: Lightweight Fleece or wool gloves

**Footwear**

- 1 Pair Socks: These can be thick synthetic or wool socks to be worn under your booties.
- 1 Pair Watershoes: Your booties will do best to keep your feet warm but if you have other shoes you would prefer to wear, that is also an option.

**Personal**

- Personal medication: allergy or prescription medications that you will need during the trip.
- Glasses/Contacts: If you wear contacts make sure to bring an extra pair and a pair of glasses, as well
as contact solution and contact case.

___ **Sunscreen and lip balm:** SPF of 30 at least, Higher if you burn easily. Look for small travel size bottles. Lip balm should be infused with sun protection, 15-30 SPF.

**Other Gear**

___ **1-2 Water bottles:** These should be at least 1 liter in capacity each with a locking carabiner

___ **Sunglasses:** These don’t have to be expensive polarized sunglasses. Any pair that will give your eyes sun protection will work.

**Optional**

___ **1 Camera:** Small point and shoot cameras are best. If you plan to bring a camera, ensure that it is waterproof if you plan to bring it on the water with you.

**Don’t Bring**

___ **Alcohol or Drugs:** We have a zero tolerance policy for drugs and alcohol. If you are found to have either drugs or alcohol on the trip it will be confiscated and further action will be taken as necessary.