



ESSENTIAL ITEMS:

- Quick drying swimsuit.
- Rain jacket.
- Sunscreen with a high SPF.
- Water bottle.
- Hat for sun protection.
- Shoes that can get wet and provide good traction. (e.g. water shoes, sandals, or old sneakers)
flip flops, crocs, cowboy boots not allowed
- Sunglasses with a strap to keep them secure.
- Personal medication as needed: epipen, bee sting kit, insulin, etc.

Bring warm layers of fleece, wool, polypro, etc along with waterproof layers so you can be ready for anything!

Leave behind cotton hoodies, jeans, etc. They get heavy and cold when wet.

Leave dry clothes and a towel in your vehicle for after the trip.

OPTIONAL ITEMS:

- Dry bag to keep essentials such as a phone, wallet, and extra clothes dry.
- Rash guard or long-sleeved shirt to protect against sunburn.
- Rain pants - makes rafting in the rain great!
- Neoprene gloves.
- Lip balm.
- Snacks or energy bars.
- Waterproof camera or phone case. Waterproof phone dry bags available at our store.
- Cash - gratuities, etc. Gratuities are always a personal matter, however, we are often asked what is common. Here are the industry guidelines - The guides work extremely hard, so if you find they were a highlight of your experience then it is common that they receive 10% – 20% of a party's total fare. If you do not feel that strongly, please follow your heart as they do very much appreciate your generosity. Common practice is to give it to the trip leader at the end to be distributed evenly among the guides.