

# *Salmon River Challenge – Whitewater 2002*

## **Suggested Gear List For 2-Day "Beach" Raft Trip**

### Two Day "On The Beach" Raft Trip/What to bring....

The key to enjoying your river trip experience is having suitable "river clothes." Traveling light will make your trip more enjoyable, not-to-mention make for easy daily packing. Plan to "layer" your clothing for maximum comfort. On the rafts, guides typically wear nylon (quick drying) shorts, T-shirt, cap, and river sandals. The rafts have dry storage that can be used to keep compact cameras; sunscreen, lip balm and any other small personal items you will want easy access to. (Video cameras, if brought, need to be sturdy and compact in size.)

### **The following is a suggested gear list for on the river....**

- Nylon shorts and/or swimming suits (Remember, you'll be enjoying splashes all day so quick drying material makes for a happy day!)
- River shoes (sneakers or sandals with heel straps). River sandals are highly recommended. They have straps to keep them on your feet, the soles are made for walking on rocks, and your feet will not be in wet shoes all day!
- Cap or visor for sun protection
- Jacket & pants (wool, pile, or polar fleece - avoid cotton fabrics, they tend to cool your body)
- Insulated coffee mug
- Waterproof sun screen & sun screen lip balm
- Sunglasses with straps
- Camera with plenty of film ( a disposable waterproof camera works nicely while on the water)
- Prescription drugs, allergy medicines, etc. or any special dietary needs (packed to handle bumps and jolts).

### **The following is a suggested gear list for camp (This should be packed separately)....**

- Light-weight pants.
- Shoes for camp and hiking (tennis shoes)
- Your favorite evening beverages (please check with us about glass containers!)
- Small flashlight with extra batteries
- Nylon wind shirt/jacket and pants
- Towel & Toiletry items
- Good rain gear (We *do* provide rain gear if necessary)
- We can provide tents and sleeping bags but you're welcome to bring your own. Please bring your own pillow.
- Please.... No guns, dogs, stereos or cell phones
- Travel insurance is recommended

**For early season floats or you “cold non-tolerant” people....**

- Wool or Polypropylene stocking cap, gloves/mittens, and socks
- Neoprene or fleece socks
- Polypro long underwear (tops & bottoms)

**Salmon River Challenge provides....**

- Bottled water, soft drinks, juices and snacks
- Coast Guard approved white water life jackets
- Wet suits, booties, splash jackets, and rain gear when requested
- Camp chairs & tables
- All meals beginning with lunch the 1<sup>st</sup> day and ending with lunch the last day of the trip
- Dry storage while on the raft for such things as cameras, extra clothing, prescriptions, etc.
- First aid supplies
- Eating utensils (cups, dinnerware, plates)
- Ice for beverages