

WHAT TO BRING FOR RAFTING

ESSENTIALS

- **Clothing appropriate to season and weather**
See guidelines below for summer and spring/fall trips
- **Sunscreen**
*Plan to use plenty of sun protection cream with a high SPF# on exposed skin;
Don't put sunscreen on your forehead...splashes of water will wash it down into your eyes!*
- **Secure head strap for eyeglasses or sunglasses & secure chin strap for hat or visor**
Sold at meeting site for Kern and American River trips.
- **Personal water bottle**
Gallon water jugs are on rafts from which your bottle may be replenished.
- **Magnetic hide-a-key for car keys...do not take your keys on the river with you!**
If you wish you may leave your keys in the care of our staff while you are on the river.

OPTIONAL

- **Waterproof or disposable camera**

CLOTHING GUIDELINES

- **Change of clothes for the drive home**

Summer

- **Swim suit or shorts**
- **Protective footwear**
Tennis shoes that lace tightly, wet suit booties, or rugged, protective sandals that securely strap on. Bare feet, flip flops and thongs are not safe or permissible.
- **Sun hat or visor**
With chin strap to prevent hat loss.

Spring & Fall

- **Warm clothing**
Plenty of warm clothes made of synthilla, polarplus, wool, fleece, capilene and similar materials which insulate well even when damp. Please avoid wearing cotton which when wet does not provide insulation and in cool or cold weather make you colder!
- **Waterproof paddle jacket, windbreaker or rain suit.**
- **Hat**
*Wool or an alternate insulating material such as Synthilla, Polarplus, etc.
In cold weather, warm wool socks should be worn with your protective footwear.*
- **Protective footwear**
Tennis shoes that lace tightly, wet suit booties, or rugged, protective sandals that securely strap on. Bare feet, flip flops and thongs are not safe or permissible. In cold weather, warm wool socks should be worn.
- **Wet suit**
Provided by Whitewater Voyages, whenever needed, on a complimentary basis. Wet suits do not include booties or footwear. Clients must provide own footwear.

MEDICAL CONDITION ALERT

Bring your own medication...

Our staff is prepared to provide basic first aid, but we are prohibited by law from providing, and we are not trained, to administer medications or advanced medical care. So, all clients with medical conditions such as susceptibility to anaphylactic shock from bee stings, allergies, etc., should bring, keep handy, and inform their guide(s) about their medication/anaphylactic kit.