

GIRL'S RAFTING TRIP GEAR & CLOTHING CHECKLIST

PROVIDED BY HOLIDAY EXPEDITIONS

- | | |
|--|---|
| <input checked="" type="checkbox"/> LIFE JACKETS | <input checked="" type="checkbox"/> EATING UTENSILS AND PLATES |
| <input checked="" type="checkbox"/> WATERPROOF BAG | <input checked="" type="checkbox"/> FULL COURSE MEALS lunch the first day through lunch the last day |
| <input checked="" type="checkbox"/> DAY BAG 8" diameter x 20" high | <input checked="" type="checkbox"/> DRINKS ice water, lemonade, juices, 2 pops/person/day-popular mixes of regular & diet |

The day bag is for items you will need access to during the day. For your sleeping gear and clothing, we will furnish you with one bag 16" diameter x 2 feet high. When properly sealed, bags are usually waterproof. Once in a while one could develop a problem, so if you have concerns, test your bags. Separate storage is provided for tents and beverages. Please remember to keep your gear light and compact . . . the less you bring, the happier you will be.

GEAR YOU MUST BRING OR RENT FROM HOLIDAY

- | | |
|--|---|
| <input type="checkbox"/> CUP plastic mugs work well. | <input type="checkbox"/> PONCHO/RAIN SUIT high quality important for Dinosaur & Desolation trips. |
| <input type="checkbox"/> SLEEPING BAG compact and warm | <input type="checkbox"/> SLEEPING PAD/AIR MATTRESS compact, must fit in the bag described above. |
| <input type="checkbox"/> GROUND CLOTH waterproof | <input type="checkbox"/> LIGHT TENT back packer style, not the bulky, heavy types. |

RECOMMENDED CLOTHING

- | | |
|---|---|
| <input type="checkbox"/> SWIMMING SUITS | <input type="checkbox"/> SHIRT(S) short-sleeved, cotton, i.e. T-shirts |
| <input type="checkbox"/> SHORTS quick drying | <input type="checkbox"/> SHIRT(S) long-sleeved, cotton for sun protection |
| <input type="checkbox"/> LONG PANTS quick drying | <input type="checkbox"/> SHOES keep dry for camp/hiking, i.e. durable sneakers or light weight hiking boots |
| <input type="checkbox"/> HAT for sun protection, with strap | <input type="checkbox"/> SHOES to get wet while rafting, ie water sport shoes or sneakers |
| <input type="checkbox"/> SUN GLASSES with safety strap | <input type="checkbox"/> SOCKS several pair, 1 cotton, 2 polypropylene or wool |
| <input type="checkbox"/> SUN SCREEN SPF 15 or higher | <input type="checkbox"/> JACKET fleece or pile with wind/rain resistant shell |
| <input type="checkbox"/> CHAPSTICK with sun screen | <input type="checkbox"/> LONG UNDERWEAR (optional) med. weight polypropylene/synthetic type |
| <input type="checkbox"/> HAND LOTION small plastic bottle | <input type="checkbox"/> BIODEGRADABLE SOAP available at outdoor specialty stores, or ivory soap |
| <input type="checkbox"/> TOOTHBRUSH/PASTE | <input type="checkbox"/> INSECT REPELLENT concentrates in small bottles works best, i.e. Musk brand |
| <input type="checkbox"/> COMB or BRUSH | <input type="checkbox"/> MEDICATION Aspirin/IBU Profen/Tylenol and personal prescriptions |
| <input type="checkbox"/> WASHCLOTH | <input type="checkbox"/> FEMININE HYGIENE PRODUCTS/ZIPLOCK BAGS 1 bag per day |
| <input type="checkbox"/> TRAVELTOWEL dries quick | <input type="checkbox"/> STUFF SACK to keep wet/dry clothes separated, i.e. pillow case or plastic bag |
| <input type="checkbox"/> KLEENEX small travel pack | <input type="checkbox"/> EXTRA SNACKS (optional) for diabetics and other medical conditions. |
| <input type="checkbox"/> WATER BOTTLE | <input type="checkbox"/> FANNY PACK (optional) |
| <input type="checkbox"/> DISPOSABLE CAMERAS (optional) | <input type="checkbox"/> FLASHLIGHT small with extra batteries |

DO NOT BRING glass-bottled beverages, radios, Walkmans, Gameboys, weapons, pets, and non-waterproof wristwatches. Please limit gear and clothing to no more than 15-20 lbs. **Warning:** Expensive cameras, binoculars, or other items should not be brought on your trip. In the event of a loss our insurance will not cover these items.

EARLY OR LATE SEASONS SUPPLEMENTS (May and Sept. on all trips.)

- | | |
|--|---|
| <input type="checkbox"/> STOCKING CAP wool/polypropylene | <input type="checkbox"/> WETSUIT BOOTIES replaces water sport shoes above |
| <input type="checkbox"/> GLOVES wool/polypropylene | <input type="checkbox"/> PILE OUTERWEAR in addition to a quality jacket, synthetic pile pants |
| | <input type="checkbox"/> LONG UNDERWEAR medium weight polypropylene |

There is a greater chance of inclement weather on these trips which otherwise offer many advantages to the well-prepared river traveler. **Polypropylene, fleeces, pile, bunting, capiline, etc.** are a few examples of trade names for a class of synthetic materials that retain their ability to insulate when wet (please note, cotton does not). A visit to an outdoor specialty store like R.E.I. or E.M.S. will go a long way toward finding the right type of synthetic under and outer-wear and the kind of quality rain gear that is a must on these trips.

BOY'S RAFTING TRIP GEAR & CLOTHING CHECKLIST

PROVIDED BY HOLIDAY EXPEDITIONS

- | | |
|--|---|
| <input checked="" type="checkbox"/> LIFE JACKETS | <input checked="" type="checkbox"/> EATING UTENSILS AND PLATES |
| <input checked="" type="checkbox"/> WATERPROOF BAG | <input checked="" type="checkbox"/> FULL COURSE MEALS lunch the first day through lunch the last day |
| <input checked="" type="checkbox"/> DAY BAG 8" diameter x 20" high | <input checked="" type="checkbox"/> DRINKS ice water, lemonade, juices, 2 pops/person/day-popular mixes of regular & diet |

The day bag is for items you will need access to during the day. For your sleeping gear and clothing, we will furnish you with one bag 16" diameter x 2 feet high. When properly sealed, bags are usually waterproof. Once in a while one could develop a problem, so if you have concerns, test your bags. Separate storage is provided for tents and beverages. Please remember to keep your gear light and compact . . . the less you bring, the happier you will be.

GEAR YOU MUST BRING OR RENT FROM HOLIDAY

- | | |
|--|---|
| <input type="checkbox"/> CUP plastic mugs work well. | <input type="checkbox"/> PONCHO/RAIN SUIT high quality important for Dinosaur & Desolation trips. |
| <input type="checkbox"/> SLEEPING BAG compact and warm | <input type="checkbox"/> SLEEPING PAD/AIR MATTRESS compact, must fit in the bag described above. |
| <input type="checkbox"/> GROUND CLOTH waterproof | <input type="checkbox"/> LIGHT TENT back packer style, not the bulky, heavy types. |

RECOMMENDED CLOTHING

- | | |
|--|---|
| <input type="checkbox"/> SWIMMING SUITS | <input type="checkbox"/> SHIRT(S) short-sleeved, cotton, i.e. T-shirts |
| <input type="checkbox"/> SHORTS quick drying | <input type="checkbox"/> SHIRT(S) long-sleeved, cotton for sun protection |
| <input type="checkbox"/> LONG PANTS quick drying | <input type="checkbox"/> SHOES keep dry for camp/hiking, i.e. durable sneakers or light weight hiking boots |
| <input type="checkbox"/> HAT for sun protection, with strap | <input type="checkbox"/> SHOES to get wet while rafting, ie water sport shoes or sneakers |
| <input type="checkbox"/> SUN GLASSES with safety strap | <input type="checkbox"/> SOCKS several pair, 1 cotton, 2 polypropylene or wool |
| <input type="checkbox"/> SUN SCREEN SPF 15 or higher | <input type="checkbox"/> JACKET fleece or pile with wind/rain resistant shell |
| <input type="checkbox"/> CHAPSTICK with sun screen | <input type="checkbox"/> LONG UNDERWEAR (optional) med. weight polypropylene/synthetic type |
| <input type="checkbox"/> HAND LOTION small plastic bottle | <input type="checkbox"/> BIODEGRADABLE SOAP available at outdoor specialty stores, or ivory soap |
| <input type="checkbox"/> TOOTHBRUSH/PASTE | <input type="checkbox"/> INSECT REPELLENT concentrates in small bottles works best, i.e. Musk brand |
| <input type="checkbox"/> COMB or BRUSH | <input type="checkbox"/> MEDICATION Aspirin/IBU Profen/Tylenol and personal prescriptions |
| <input type="checkbox"/> WASHCLOTH | <input type="checkbox"/> TRAVELTOWEL dries quick |
| <input type="checkbox"/> WATER BOTTLE | <input type="checkbox"/> STUFF SACK to keep wet/dry clothes separated, i.e. pillow case or plastic bag |
| <input type="checkbox"/> KLEENEX small travel pack | <input type="checkbox"/> EXTRA SNACKS (optional) for diabetics and other medical conditions. |
| <input type="checkbox"/> FANNY PACK (optional) | <input type="checkbox"/> DISPOSABLE CAMERAS (optional) |
| <input type="checkbox"/> FLASHLIGHT small with extra batteries | |

DO NOT BRING glass-bottled beverages, radios, Walkmans, Gameboys, weapons, pets, and non-waterproof wristwatches. Please limit gear and clothing to no more than 15-20 lbs. **Warning:** Expensive cameras, binoculars, or other items should not be brought on your trip. In the event of a loss our insurance will not cover these items.

EARLY OR LATE SEASONS SUPPLEMENTS (May and Sept. on all trips.)

- | | |
|--|---|
| <input type="checkbox"/> STOCKING CAP wool/polypropylene | <input type="checkbox"/> WETSUIT BOOTIES replaces water sport shoes above |
| <input type="checkbox"/> GLOVES wool/polypropylene | <input type="checkbox"/> PILE OUTERWEAR in addition to a quality jacket, synthetic pile pants |
| | <input type="checkbox"/> LONG UNDERWEAR medium weight polypropylene |

There is a greater chance of inclement weather on these trips which otherwise offer many advantages to the well-prepared river traveler. **Polypropylene, fleeces, pile, bunting, capiline, etc.** are a few examples of trade names for a class of synthetic materials that retain their ability to insulate when wet (please note, cotton does not). A visit to an outdoor specialty store like R.E.I. or E.M.S. will go a long way toward finding the right type of synthetic under and outer-wear and the kind of quality rain gear that is a must on these trips.