



"What to Bring" Checklist

- Foot Wear:** Sandals are best. But not flip-flops. Please wear sandals with "heel" straps so that the sandal will stay on your feet. If you do not have sandals, lace-up running shoes work, as do water-shoes.
- Clothing:** Quick dry shorts, and top, bathing suit. Avoid Cotton. A light rain or waterproof jacket. It is always good to have dry clothes for when you get off of the river to change into.
- Sunglasses:** Bring your sunglasses. A really good idea for all glasses is to use a strap for them. This will ensure you will not lose them if they fall off.
- Sun-block:** It is always good to have sun block for long days of exposure. Waterproof is better.
- Water bottle:** You may bring a personal water bottle along. It can be metal or plastic. No glass.
- Snack:** You can bring a snack if you are prone to getting the munchies. We will however be serving a fantastic buffet lunch with snacks and beverages mid-way through your trip.
- Camera:** Always a great idea to bring a camera. Expect wet however; so be prepared with a waterproof unit, or small dry bag.
- Hats:** Hats are always good, but sometimes they get lost. Great to have when it rains or if long periods of exposure in direct sunlight bothers you.
- Personal Medications:**
- If you have any medical allergies or conditions you should make sure to bring your medications (if you need them). In addition, some examples of conditions may be; Bee allergies or specific food allergies in which case you should identify this to Big Canyon Rafting in advance.