



## 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. Please limit gear and clothing to no more than 15-20 lbs.

### 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.                |
| <input type="checkbox"/> SMALL PILLOW                  |   |

You can rent sleeping rental kits for \$65 w/tent, \$40 without tent, or \$30 tent only.

### 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  |

**Things not to bring on your trip** - glass-bottled beverages, radios, I-pods, weapons and pets. Do not bring expensive electronics such as cell phones, laptops, tablets and the like, binoculars, cameras, jewelry and non-waterproof wristwatches. **Warning:** 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

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