

DAY TRIP PACKING LIST:

For spring and cool weather:

To wear (clothing should be of synthetic or wool fabric – no cotton)

- ✓ Swimsuit or shorts
- ✓ T-shirt
- ✓ Sunglasses with a strap
- ✓ Baseball cap or wide brim hat
- ✓ Sweater or jacket
- ✓ Wetsuit and wetsuit shoes (both can be rented from O.R.E.) or long underwear tops and bottoms plus rain jacket and rain pants, plus shoes or sport sandals (no flip-flops)

Splash jackets are provided by O.R.E. (as are lifejackets and helmets)

To bring with you on the river:

- ✓ Water bottle or canteen
- ✓ Sunscreen

To leave in your car:

- ✓ Towel
- ✓ Complete change of clothing

For summer and hot weather trips: (*Typcially mid-June through August)

To wear

- ✓ Swimsuit or shorts
- ✓ T-shirt
- ✓ Sunglasses with a strap
- ✓ Baseball cap or wide brim hat
- ✓ Athletic shoes or sport sandals (no flip-flops)

Splash jackets are provided by O.R.E. should conditions warrant extra protection from cool water

To bring with you on the river:

- ✓ Water bottle or canteen *
- ✓ Sunscreen

To leave in your car:

- ✓ Towel
- ✓ Complete change of clothing