**White Water Rafting Multi-Day Individual Packing List**

*Used by participants to pack for trip*

As part of your registration process you will be asked to give your sizes. You will also be asked if you would like to rent any gear from Voyages.

* = Available to Rent (fee included in trip price)
** = Available to rent for a fee

- Sleeping bag (Synthetic or down mummy style rated to at least 20º)*
- Sleeping pad*
- Small day pack or fanny pack
- Duffle Bag to hold items
- Wool/synthetic socks (one pair)
- Water Shoes (Sturdy, Chacos, Tevas, Crocs no flip flops)
- Shorts (synthetic)
- Swimsuit (appropriate for activity)
- Sports Bras (two synthetic)
- T-shirt (three pairs of synthetic)
- Underwear (three pairs)
- Long sleeve shirt (one synthetic)
- Warm jacket (one fleece or wool)**
- Warm top (one synthetic or wool)**
- Warm pants (one synthetic or wool)**
- Rain Jacket**
- Warm hat (wool or synthetic)**
- Brimmed hat
- Gloves/mittens
- Bandana
- Camp shoes (close-toed/old tennis shoes are great)
- Sunglasses (polarized, broad spectrum UV protection preferred)
- Bowl, Cup, Spoon
- Water bottles (two 1 liter bottles)
- Headlamp/Flashlight (spare batteries and bulb)**

**Personal hygiene items**
- Toothbrush/toothpaste
- Gender specific items
- Wash cloth
- Sun Block/ Bug Spray
- Comb
- Medications if necessary

**Optional**
- Journal with Pen (Flip top Steno is ideal)
- Multi tool or knife
- Camera
- Playing cards
- Hacky sack
- Frisbee
- Instruments (Harmonica, etc)