



One Day Check List

On the River	✓	When you get off the River	✓
Swim Suit/Shorts <i>Some women find bikini bottoms to be uncomfortable and not very secure so bring a pair of synthetic shorts with you just in case.</i>		Change of Shoes <i>You wouldn't be the first person to go out to dinner barefoot on the way home because your sneakers are soggy. Avoid this fail by bringing a change of shoes!</i>	
Hat		Change of Clothes	
Sunglasses <i>Try to bring an older/cheaper pair you would not be upset to lose. Tethers work wonders to save your sunglasses too.</i>		Towel <i>Warm showers available at Camp Lotus</i>	
Sun Block <i>One full tube per family is usually enough.</i>		Plastic Bag for Your Wet Clothes/Shoes	
Long Sleeved Cotton or Synthetic Shirt <i>Good for sun protection on very hot days</i>			
Long Sleeved Fleece Sweater <i>Good for warmth and sun protection on cool days.</i>			
River Shoes <i>Old running shoes or canvas lace ups are perfect for rafting as are Teva and Chaco sandals.</i>			
Socks <i>In cold weather wool socks will help to keep your feet warmer (cotton will make them cold!)</i>			
Re-usable water bottle <i>Keep hydrated on river and reduce landfill at the same time!</i>			
Medication <i>If you have medical needs bring your medication and discuss your needs with your guide. They will store your medication appropriately if you need access to it on the river.</i>			

If you have any questions about what to bring please call 530 622 5110 or email adventures@riverrunnersusa.com