

Two Day Check List

River Gear	✓	Camp Gear	✓
Swim Suit/Shorts <i>Some women find bikini bottoms to be uncomfortable and not very secure so bring a pair of lycra or swim shorts with you just in case.</i>		Sweater <i>Mornings and evenings can be chilly in camp even during the summer because we are right next to the river.</i>	
Hat		Camp Shoes <i>Flip flops, running shoes etc</i>	
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>		Sleeping Pad or Air Mattress <i>Our tents are 7' x 8' please do not bring a air mattress that is too big to fit in the tent!</i>	
Sun Block <i>One full tube per family is usually enough.</i>		Sleeping Bag <i>It gets cold by the river even in the summer, make sure you are prepared with blankets and/or a sleeping bag</i>	
Long Sleeved Cotton or Synthetic Shirt <i>Good for sun protection on very hot days</i>		Pillow	
Long Sleeved Fleece Sweater <i>Good for warmth and sun protection on cool days.</i>		Towel <i>Warm showers available at Camp Lotus</i>	
River Shoes <i>Old running shoes or canvas lace ups are perfect for running rivers as are Teva and Chaco sandals.</i>		Flashlight/Head Lamp	
Socks <i>In cold weather wool socks will help to keep your feet warmer (cotton will make them cold!)</i>		Toiletries	
Re-usable water bottle <i>Keep hydrated on river and reduce landfill at the same time!</i>		Cooler for any food you bring <i>If you bring any food you MUST place it in a cooler as it will attract animals. Ice is available for purchase at the Camp Lotus Store. We can not store your food and drink in our kitchen, thanks for understanding</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>		You do not need to bring drinking water <i>The water at Camp Lotus is safe and tasty to drink!</i>	

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