

Suggested Packing List

Equipment & Personal Items:

- o Water Bottle: Heavy Duty, 1 liter capacity with carabiner to hook to boat
- o Headlamp or flashlight
- o Plastic bags: 1 large trash bag and assorted zip locks
- o Sunglasses (preferably polarized) with securing strap and a spare
- o Small, quick drying towel
- o Toiletries, including biodegradable soap
- o Sunscreen & lip protection (waterproof & 30 SPF or higher)
- o Moisturizing lotion or cream
- o Insect repellent
- o Personal first aid kit
- o Spare pair of prescription eye glasses or contacts
- o Cash for gratuities for your guides (15%-20% of trip cost is normal depending on how well you think they did)

Footwear:

- o River shoes or sandals WITH a heel strap
- o Athletic shoes or hiking boot if you plan to hike

Clothing:

- o Long sleeve shirt: lightweight and light color for sun protection
- o Long pants: lightweight and light color for sun protection
- o Shade hat or visor with securing strap and a spare
- o Rain jacket and pants: waterproof (not water resistant. A hooded jacket with secure closures is recommended)
- o Swimsuit and/or swimming trunks
- o Underwear: quick drying
- o Quick dry shorts: 1 pair
- o Quick dry t-shirts/tops: 1-2 pair
- o Synthetic long underwear top & bottom: 1 set light to medium (optional for July & August)
- o Camp clothes: comfortable and appropriate for season.

Optional Items:

- o Beverages: we provide coffee, tea, water, and sparkling water. Feel free to bring your favorite beverage of choice.
- o Sarong: useful for sun protection and changing clothes
- o Day pack or hydration pack
- o Bathing wipes: pre-moistened disposable towels
- o Ear plugs
- o Binoculars
- o Camera and accessories
- o Splash jacket and pants
- o Lightweight cord & clothespins for drying clothes
- o Sketchbook, notebook & pen, paperback book