



Air Temp
24°C (75°F)

Water Temp
15°C (57°F)

7 Nights Camping – 1 Nights Hotel

For on the River

- A pair of Chaco's or similar sandals that cover your toes are ideal
- River shorts (longer in length)
- Swimming costume or bikini for ladies
- Sets of long sleeved thermal top and bottoms to wear under your wetsuit, spray jacket. Capilene, Polypropylene or Merino wool is best (not cotton)
- Rash vests to wear under your life jacket – Long sleeved as best to avoid contact with the sun on wet skin can be used as an alternative to thermals
- A baseball cap for under your helmet to keep the sun off
- A wide brimmed sun hat to protect you from the sun during lunch breaks,
- Sunglasses
- Chums for fastening your sunglasses to your head (these can be purchased from us)
- 2 x1 Litre Nalgene / Sigg or similar water bottle. (Hydration is **Extremely** Important)
- Carabiner for fastening your water bottle to the raft. (very important as they will fall out the raft if not secured)
- Waterproof camera such as a GoPro for the 'action shots'
- Waterproof sunscreen and lip balm SPF30 Minimum

Around Camp

- Trainers / good hiking walking shoes
- Thermal top and bottoms (good to sleep in)
- T-shirts and Tops for around camp
- Trousers or tracksuit for around camp (not jeans)
- Shorts for around camp
- A fleece or sweatshirt
- Light weight down jacket
- Rain jacket with hood
- Underwear and socks
- Woolly Hat, gloves, Buff/scarf (chilly early morning & evening)
- Allow for extra clothes for your stay at the hotels or if you are extending your holiday

Personal items

- Glasses or contact lenses. Disposable lenses are ideal
- Toiletries, toothpaste, biodegradable soap and shampoo
- Forget the hairdryer, but we do suggest moisturizer
- Hand wipes and a small bottle of hand sanitiser
- Small pack towel
- Headlamp or head torch with spare batteries
- Any current medication you are currently taking
- Insect repellent
- Personal first aid kit. (your trip leader will also carry a first aid kit)

You do not need to bring tents or sleeping mats

We provide all personal floatation jackets, spray jackets, helmets and wetsuits