



**Air Temp**  
21°C (70°F)

**Water Temp**  
16°C (61°F)

## **7 Nights Camping – 4 Nights Hotel**

### **For on the River**

- A pair of Chaco's or similar sandals that cover your toes are ideal
- 2 Pairs of river shorts (longer in length)
- 2 Swimming costume or bikini for ladies
- Long sleeve thermal top and bottoms to wear under your spray jacket. Capilene, Polypropylene or Merino wool is best (not cotton)
- 2 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)
- 2x 1 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' (Helmets for GoPros can be provided)
- Waterproof sunscreen and lip balm SPF30 Minimum

### **Around Camp**

- A 3-season sleeping bag, *this can be hired from us in advance.*
- Travel pillow
- Trainers / sandals for around camp
- 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
- 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, sleeping mats,  
We provide all personal flotation jackets, spray jackets, helmets and wetsuits*