



**Air Temp**  
27°C (81°F)

**Water Temp**  
13°C (55°F)

## ***0 Nights Camping – 3 Nights Hotel***

### **For on the River**

- A pair of Chaco's or similar sandals that cover your toes are ideal
- A pair of river shorts (longer in length)
- Long sleeve thermal top and bottoms to wear under your floatation device. Capilene, polypropylene or Merino wool is best. (not cotton)
- A rash vest 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)
- 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'
- Waterproof sunscreen and lip balm SPF30 Minimum

### **Biking & Hotels**

- Trainers / comfortable shoes
- T-shirts and Tops
- Trousers
- Shorts
- A fleece or sweatshirt
- Light weight down jacket
- Rain jacket with hood
- Underwear and socks
- Sleepwear
- Extra clothes for your evenings at the hotel or around town

### **Personal items**

- Glasses or contact lenses. Disposable lenses are ideal
- Toiletries, toothpaste,
- Hand wipes and a small bottle of hand sanitiser
- Small pack towel
- Any current medication you are currently taking
- Personal first aid kit

*We provide all personal flotation jackets, spray jackets, helmets and wetsuits*