



Air Temp
35+°C (95+°F)

Water Temp
7°C (45°F)

13 Nights Camping – 2 Nights Hotel

For on the River

- A pair of Chaco's or similar sandals that cover your toes are ideal
- 3 pair of river shorts (longer in length)
- 2 Swimming costumes or bikini for ladies
- 3 Sets of long sleeve thermal top and bottoms to wear under your floatation device. 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 x 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

Around Camp and Hiking

- Trainers / good comfortable walking shoes
- 2 T-shirts and Tops
- 2 pairs of trousers, Hiking Pants
- 2 Shorts
- A fleece or sweatshirt
- Light weight down jacket
- Rain jacket with hood –
- Underwear and socks
- Travel Pillow
- Sleeping bag
- Thermal top and bottoms (good to sleep in)

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
- Personal first aid kit. (your trip leader will also carry a first aid kit)

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