



RECREATION & WELLBEING  
**OUTDOOR PROGRAM**

## Vandal Ventures

# RAFTING EQUIPMENT LIST

<b>Clothing</b>		
	Shoes/Sandals	Shoes/sandals that you are okay with getting wet. Our leaders like the Chaco-style sandals. Should be also able to do small hikes with them.
	Swimsuit	To wear while rowing and swim in.
	Long sleeve shirt	1-2 thin wool or synthetic shirt for sun protection. Our leaders really like the 'sun hoody' style shirts with a hood. You will wear this while rowing.
	Short sleeve shirt	1-2 thin wool or synthetic t-shirt. You will wear this while rowing.
	Shorts	1-2 Cotton or synthetic shorts. You will wear this while rowing
	Pants	1-2 loose-fitting, light cotton, long pants like sweats work well for sun protection. (Jeans are not a good choice as they are very uncomfortable when they are wet)
	Shirt- base layer	1 wool or synthetic shirt to wear while at camp/at night.
	Pants- base layer	1 wool or synthetic base layer pants to wear while at camp/at night.
	Rain jacket	1 Gore-tex or similar waterproof breathable membrane fabric. Does not have to be expensive but thick rubber raincoats are not appropriate.
	Rain pants	1 Gore-tex or similar waterproof breathable membrane fabric. Does not have to be expensive but thick rubber rainpants are not appropriate.
	Warm mid layer	1 Puffy/wool/fleece sweater or jacket to keep you warm at night/in the morning when it gets cooler out.
	Warm hat	1 favorite hat to wear when it is cool out.
	Sun glasses	1-2 pairs. MUST have a strap so you do not lose the glasses in the water.
	Hat with visor	1 hat with a visor for sun protection. A ball cap or trucker hat works well.
	Underwear	2-3 pairs are common to bring.
	EXTRAS	Not required but can be nice: buff, extra socks, ChapStick, small pillow

<b>Personal Equipment</b>		
	Sleeping bag*	20 degrees. Synthetic or down. If you bring a down sleeping bag, you must understand that if it gets wet- it will not dry out on the trip.
✓	Sleeping pad*	We provide paco pads for everyone!
*You do not need to buy this equipment if you do not have it. We have it for rent at the Outdoor Program Rental Center.		



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	Headlamp	Make sure the batteries work and you have extras.
	Water bottle	You must be able to carry at least 1 liter of water with you. We strongly recommend Nalgene style water bottles with a loop or strap on it so it can attach to the boat. Bring extra if it will be a hot trip over 85 degrees.
	Personal hygiene items	Toothbrush, toothpaste, menstrual products as needed (please bring a quart-sized ziplock to carry out product), extra hair ties, comb, contact solution, etc.
	Sunscreen	Enough for 6 days, needs to be waterproof.
	Medicine and First-aid	Please bring any medicine that you take on a regular basis or any life saving medicine (such as an inhaler or EpiPen). Have enough for 7 days. If you know you get blisters, please bring anything you use to prevent blisters such as athletic tape or moleskin.
	EXTRAS	Not required but can be nice: pocketknife, reading book, insect repellent, small towel or bandanna, pencil/pen, baby wipes, extra ziplock bags, camera, compass, lighter/matches, plastic garbage bag to separate dirty/wet clothes from your dry clothes in the waterproof bag, small musical instrument .
	Fishing	Fishing is allowed but you must provide your own fishing gear and an Idaho fishing license. Your gear must be in a protective case and disassembled for transport.
	“happy bag” for the van	A small backpack of things you would like to see when you get off the river such as: a change of clothes, your favorite snack food, baby wipes, etc..