



**Air Temp**  
23°C (73°F)

**Water Temp**  
19°C (66°F)

**3 Nights Camping – 6 Nights Hotel**

## For on the River

- A pair of trainers or Keens that cover your toes and provide grip on wet rocks
- 1 pair of river shorts (longer leg length)
- Swimming costume or bikini for ladies
- Long sleeved thermal top and bottoms to wear under your personal floatation device. Capilene, Polypropylene or Merino wool is best. (not cotton)
- A rash vest (not cotton) as an alternative to a thermal layer.
- A baseball cap for under your helmet to keep the sun off
- 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, Hotels & Hiking

- 2 pairs of warm tracksuit pants or trekking trousers
- 2 lightweight tops – long sleeve shirts or t shirts
- Fleece or wool jumper
- Lightweight down jacket
- Rain jacket
- Shorts
- Wide brimmed sun hat
- Underwear
- Sleeping bag liner
- Woollen socks
- Walking shoes
- Trainers or flipflops for wearing around camp
- Thermal top and bottoms good to sleep in.
- Allow for extra items of clothing for your stay at hotels

## 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
- Personal first aid kit
- Headlamp or head torch with spare batteries
- Any medication you are currently taking

*You do not need to bring tents or sleeping mats  
We provide all personal flotation jackets and helmets*