



Air Temp
35°C (95°F)

Water Temp
24°C (84°F)

7 Nights Camping – 6 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
- 2 Rash vests to wear under your life jacket – Long sleeved as best to avoid contact with the sun on wet skin
- 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 4-season sleeping bag, *this can be hired from us in advance. Each sleep kit contains a sleeping bag, sleep bag liner and pillow at a hire price of £55 /\$80*
- Travel pillow
- Flipflops for around camp
- Thermal top and bottoms (good to sleep in)
- T-shirts and Tops for around camp
- Trousers for around camp (not jeans)
- Shorts for around camp
- A fleece or sweatshirt
- Sarong
- Rain jacket – we do expect a little rain
- Underwear and socks
- Allow for extra clothes for your stay at the 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
- Headlamp or head torch with spare batteries
- Any current medication you are currently taking
- Insect repellent and your anti malaria tablets (**Please seek medical advice on which anti malaria tablets to take as some can make you light sensitive and this can make you feel unwell in the hot sun**)
- 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 and helmets*