

## Gauley River Overnight Rafting Trip Checklist

### **You Need To Bring:**

#### **Necessary:**

- sleeping bag
- sleeping pad
- flashlight
- long pants
- pair of shorts
- long sleeve T-shirt
- short sleeve T-shirt
- other under garments
- at-camp shoes and socks
- sweater, fleece, pile and/or jacket
- personal toiletries (biodegradable soap, towel, etc.)
- swimsuit
- pile, polypropylene, rain jacket and pants and/or wetsuit
- river shoes
- river shorts

#### **Recommended:**

- sunscreen
- bug repellent
- sunglasses and/or spare glasses with retaining strap(s)
- ball cap / sun visor
- gloves - paddling or biking

#### **Optional:**

- camera and film (waterproof and disposable ones are easiest!)
- musical instrument(s), book, etc.
- extra beverages

#### **North American River Runners Provides:**

- Tents (2 person)
- Transportation to and from the river
- All rafting equipment
- Guides
- All meals, lunch the first day through lunch the last day of the rafting trip
- Beverages - keg beer, sodas, water

**Please label all of your gear with your name and address!**