



## PERSONAL EQUIPMENT LIST – BASECAMP ADVENTURE AND OVERNIGHT RAFT

(Leader: Please copy & distribute)

If you will be involved in any of the following activities, either apart from or in addition to a full-scale backpacking trip, **please** bring the following items in addition to your normal change of clothes.

### Rock Climbing

Avoid tight clothing that will hinder a full range of motion

- \_\_\_\_\_ LONG PANTS (*required* to participate in rock climbing)
- \_\_\_\_\_ Closed-toe shoes (i.e., tennis shoes) (*required* to participate in rock climbing)
- \_\_\_\_\_ Raincoat
- \_\_\_\_\_ A hair tie for those with longer hair
- \_\_\_\_\_ Sunscreen (30 SPF or higher)
- \_\_\_\_\_ Lip balm
- \_\_\_\_\_ Sunglasses
- \_\_\_\_\_ Water bottle

### Day Hiking

- \_\_\_\_\_ Shorts
- \_\_\_\_\_ Long pants
- \_\_\_\_\_ Wool or fleece/pile jacket (nothing too bulky)
- \_\_\_\_\_ Raincoat (provided if you do not have one)
- \_\_\_\_\_ Wool or fleece/pile hat or cap
- \_\_\_\_\_ Hiking boots (tennis shoes-OK)
- \_\_\_\_\_ Sunscreen (30 SPF or higher)
- \_\_\_\_\_ Lip balm
- \_\_\_\_\_ Sunglasses
- \_\_\_\_\_ Water bottle (2 - 1 quart Nalgene bottles are best; we will provide them but it is nice to bring your own; we also have them to purchase in our lodge)

### Half and Full Day Rafting

- \_\_\_\_\_ Swim suit
- \_\_\_\_\_ Nylon quick drying shorts
- \_\_\_\_\_ Polypro clothing (available for rental from Noah's—see below)  
NO COTTON CLOTHING!!!!
- \_\_\_\_\_ Shoes must be worn (no “flip-flops” or Crocs. Sandals with backstrap are OK if they are made for river activity)
- \_\_\_\_\_ Sunscreen (30 SPF or higher)
- \_\_\_\_\_ Lip balm
- \_\_\_\_\_ Sun visor or ball cap w/ keeper strap (recommended)
- \_\_\_\_\_ Sunglasses w/ keeper strap (recommended)
- \_\_\_\_\_ Disposable Waterproof Camera (available for purchase at Noah's)

Noah's Ark rents the following river gear (no reservations necessary; prices subject to change.)

	Half Day	Full Day
Polypro shirts	\$2.50	\$3.00
Wetsuit	\$7.00	\$9.00
Booties	\$4.00	\$6.00
Splash Jackets	\$5.00	\$7.00

### Overnight Rafting

- \_\_\_\_\_ All of the above items listed for half and full day rafting
- \_\_\_\_\_ Long pants
- \_\_\_\_\_ Pair of shorts
- \_\_\_\_\_ Short sleeve shirt
- \_\_\_\_\_ Long sleeve shirt
- \_\_\_\_\_ Wool or fleece/pile jacket (avoid bulky items)
- \_\_\_\_\_ Wool socks
- \_\_\_\_\_ Additional old pair of footwear (one for camp, one for raft)
- \_\_\_\_\_ Toiletries
- \_\_\_\_\_ Bug repellent
- \_\_\_\_\_ Any necessary medication
- \_\_\_\_\_ Sleeping bag rated to 20° or warmer (Rentals available for \$7 per night. **Sleeping bags must be reserved in advance to guarantee availability.**)

\*\*Note: We provide you with tents and dry bags for the trip.