



## What to bring for a one-day raft trip

\_\_\_ Swimsuit (Please arrive with your swimsuit UNDER your clothes; there is no bathroom at the put-in area!)

- \_ Sunscreen
- \_ Chapstick with sunscreen
- \_ Water bottle
- \_ Wide brim hat, with straps, to shade your face
- \_ Sunglasses, with retaining strap
- \_ Eyeglass retaining strap if you plan to wear your glasses on the water
- \_ Sandals with ankle strap or old tennis shoes (flip-flops are *not* recommended)
- \_ Change of clothes/towel for end of the day
- \_ Peak 7 Adventures Release Form

\* Wet suits are available to rent (mostly needed only on spring or fall trips)\*

\*\*\* Always feel free to ask if you would like to bring an item not listed. Our staff will be glad to let you know if the item would be of use on the trip.

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