

# ITEMS TO BRING FOR WHITEWATER RAFTING

## Warm weather on the Deschutes

1. Non-slip tennis shoes or wet-suit booties (No aqua socks but closed toed sandals are good).
2. Wet-suit socks or wool socks.
3. Old hat (With a cord to tie to your life jacket and one that fits under a helmet.).
4. Swim suit (optional).
5. Pants or shorts (that are quick dry) and a shirt that can get wet.
6. Sun protection: lip balm, sunscreen, and sunglasses.
7. A set of dry clothes to change into after the river trip.
8. A towel.
9. A water bottle (filled).
10. Any personal items you may need.
11. A plastic garbage bag to put your wet clothes in after the trip.

**DO NOT WEAR BLUE JEANS!!!!** Blue jeans dry slowly, chafe, are cold and heavy when wet.