



JUNIOR GUIDES PACKING LIST

On the River (3 days):

- River clothes:** Bathing suit and river shorts.
Girls often wear shorts or running capris with a jog bra and rash guard. Boys wear trunks and sun-resistant rash guards.
- Good river shoes.** Protect your paddler's feet! Keen, Chacos, or Teva sandals work well – especially those that cover toes. Or old sneakers like Converse that dry reasonably well. **Real guides never wear slip-on “water shoes” or flip flops on the river.**
- Wetsuit:** Long, farmer john, or shorty. It'll be hot, but the river is cool, and junior guides love to swim! Some paddlers wear spray jackets.
- Helmets:** We will have helmets for kids. But Otters may wear their own helmet for rafting; even if not specific to rafting, a good bike or board helmet works.
- A leakproof **water bottle**. A strap or ring is ideal to clip on the boat.
- Waterproof **sunscreen**. (Don't apply to the forehead, where it'll wash into eyes.)
- Sunglasses** with a strap like Chums
- A **hat** for shore exploration and searching for skippin' rocks.

In Camp (2-3 nights):

- Camp clothing/sweater** for cool nights and cool mornings-
- Camp shoes.** Sandals or flip flops, though youthful campers may prefer shoes for runnin' around.
- Sleeping bag, sleeping pad**, perhaps a pillow, ground cloth.
- Tents are optional. It's generally hot and dry in July. Many guides enjoy sleeping under the stars.
- A **camp chair**
- Headlamp** or flashlight
- Mosquito repellent
- Toiletries
- Medicine if needed. (Please remind your senior guides about any requirements for on-river medicines.)
- A **lifejacket/PFD** for playing in the river after rafting (While rafting, paddlers must wear an official company life preserver.)
- Water toys/inner tubes/SUPs
- Serious skit gear! Costumes and silly hats are ideal.
- And finally, we recommend against...**
- Electronics: Why bring 'em?