

What to Bring List for River Valley Multi Day Trips.

Just a reminder that all on river equipment will be supplied by River Valley. This will include: Helmet, Lifejacket, Neoprene or fleece/splash suit and boots, thermal layers and a spray jacket. Other on river extras you could bring can be:

- A pair of River shorts or swimming costume (for under your on river suit).
- A baseball cap for under the helmet to keep sun off.
- Sunglasses and strap so you don't lose them. (a piece of string also works fine).
- Waterproof sunscreen and lip balm SPF15 minimum.

For evenings and around camp

River Valley will supply tents and extra thick inflatable air mattresses. You should also bring:

- Lightweight long trousers.
- Quick dry shorts.
- Lightweight Long Sleeved shirt and a t-shirt.
- Fleece jacket.
- Thermal Top for cooler weather. Medium weight - Heavyweight- Capilene, merino or polypropylene is the best.
- Rain jacket and pants (optional).
- Underwear.
- Sunhat for around camp.
- Glasses or Contact lenses. Disposable lenses are ideal.
- Toiletries. Toothbrush, toothpaste, biodegradable soap and shampoo.
- Forget the cosmetics and hair dryer! But we do suggest moisturizer.
- A 3-4 season sleeping bag.
- Travel Pillow.
- Small pack towel.
- Headlamp or head torch and spare batteries.
- Sandals/jandals or shoes/boots for wearing around camp and on hikes.
- Insect Repellent.
- Any medication you may be taking.

Optional Items

- A journal for recording your river memories.
- Sketchpad.
- Photographic or video equipment. On most expeditions we provide a waterproof pelicase for these items. We recommend a cleaning kit as sand gets everywhere. Bring a spare memory card or plenty of film. Also bring spare batteries for your camera.
- Waterproof disposable camera for the "action" on the river shots.
- Swiss Army Knife or Leatherman.
- An iPod or other music preferences
- A good book to read