

Suggested Packing List—Sheri Griffith Expeditions Multi-Day Rafting Trips

The Essentials

- Rain Jacket and Pants—Not just for rain
- Fleece or Sweatshirt—For cool mornings and evenings
- Water Bottle with Strap or Carabiner
- Sunglasses
- Chums—or other Sunglasses retainer
- Sunscreen—SPF 30 or greater
- Chapstick—SPF 15 or greater
- Hat or Visor
- Hat Clip—to keep you hat from flying or washing away
- Flashlight or Headlamp—extra batteries are good
- T-Shirts or Lightweight Shirts
- Swimsuits—We suggest two piece for women
- Lightweight Pants—Zip-off pants are GREAT!
- Quick Dry Shorts
- Long Sleeve Shirt—to keep the sun and bugs off
- Underwear
- River Sandals—Or other shoes that can get wet
- Sarong—For women AND men
- Toiletry Kit:
 - Toothbrush and Toothpaste
 - Biodegradable Soap and Shampoo
 - Medications—Prescription, and over the counter
 - Comb and/or Brush
 - Small Towel and Washcloth
 - Feminine Hygiene Products
 - Small personal first aid kit

Highly Recommended Items

- Hiking Shoes and socks
- Moisturizing Lotion
- Waterproof Camera
- Sun Umbrella
- Binoculars
- Books

Our Guides Suggest:

- Disposable Moist Towelettes
- Small Day Pack or Fanny Pack
- Ziplock Bags
- Skirt or Sarong
- Travel Pillow
- Garbage Bag or Stuff Sack—for soiled clothing
- Extra Snacks
- Journal or Notebook with Pen or Pencil
- Duck Tape
- Goggles—If you wear contacts
- Personal Alcohol (Please Limit Glass)
- Paddling Gloves (Kayaking Trips)

Cool Weather Items (March, April, May, September, October and November Trips)

- Wool or Fleece Jacket and Pants (2 sets)
- Extra Wool or Fleece Socks
- Polypropylene Long Underwear
- Extra Shoes
- Wool or Fleece Hat
- Wool Gloves
- Neoprene Gloves and Booties
- Extra Set of Warm Clothing for the Evenings

Waterproof Bags:

We provide two waterproof bags at the river trip orientation. The first is a larger **20" x 20" x 27"** bag that will be for clothing and your sleeping bag. This bag is tucked away each morning and unavailable until we pull over to camp each night. We suggest packing your clothing in a medium sized duffel bag for easier access each evening. The second bag is a "ditty" bag that measures about **9" x 20"**. This will be available to you all day, and should hold your day use items such as sunscreen, chapstick, extra snacks and rain gear. Please try to keep your bags **under 25 pounds** due to FAA regulations.

Handy Items:

Ziplock and Trash Bags	Useful for separating personal items such as medications, shampoo, soap, wet items and dirty laundry.	Extra Snacks	We provide snacks throughout the day, but it is a good idea to bring extra snacks for children, for individuals who have snack preferences, or for those who are diabetic.
Wet Wipes	Great for washing your face, wiping your hands and cleaning dirt and sand off of personal items.	Rain Gear	Rain Gear isn't just for rain. When riding through the rapids, rain gear can provide extra protection and warmth when being splashed by cold water.
Carabiners	Very handy in the outdoors as well as back home. Their oval shape and simple gate mechanism allow you to easily clip your water bottle, camera, hat ~ just about anything ~ nearby.	Beverages	Each boat has an ice cooler for "personal" drinks such as soda, juice, beer, wine, etc. Since there are no stores along the river, we recommend bringing more than you anticipate needing. Please do not bring glass. SGE provides water, available to you all day long, with lemonade, Gatorade, and iced tea mixes. We also provide 2 sodas per person, per day.