



RECREATION & WELLBEING
OUTDOOR PROGRAM

Vandal Ventures RAFTING EQUIPMENT LIST

Clothing		
	Shoes/Sandals	Shoes/sandals that you are okay with getting wet. Our leaders like the Chaco-style sandals.
	Swimsuit	To wear while rowing and swim in
	Long sleeve shirt	A thin wool or synthetic shirt for sun protection. Our leaders really like the 'sun hoody' style shirts with a hood. You will wear this while rowing.
	Short sleeve shirt	A thin wool or synthetic t-shirt. You will wear this while rowing.
	Shorts	Cotton or synthetic. You will wear this while rowing
	Pants	loose-fitting, light cotton, long pants like sweats work well for sun protection. (Jeans are not a good choice as they are very uncomfortable when they are wet)
	Shirt- base layer	A wool or synthetic shirt to wear while at camp/at night.
	Pants- base layer	Wool or synthetic base layer pants to wear while at camp/at night.
	Rain jacket	Gore-tex or similar waterproof breathable membrane fabric. Does not have to be expensive but thick rubber raincoats are not appropriate
	Rain pants	Gore-tex or similar waterproof breathable membrane fabric. Does not have to be expensive but thick rubber rainpants are not appropriate
	Warm mid layer	Puffy/wool/fleece sweater or jacket to keep you warm at night/in the morning when it gets cooler out.
	Warm hat	Your favorite hat to wear when it is cool out
	Sun glasses	MUST have a strap so you do not lose the glasses in the water
	Hat with visor	Hat with a visor for sun protection. A ball cap or trucker hat works well.
	Underwear	2-3 pairs are common to bring
	EXTRAS	Not required but can be nice: buff, extra socks

Personal Equipment		
	Sleeping bag*	20 degrees. Synthetic or down. If you bring a down sleeping bag, you must understand that if it gets wet- it will not dry out on the trip.
	Sleeping pad*	Foam or inflatable Thermarest style pad
*You do not need to buy or rent this equipment if you do not have it. It is provided FREE of charge if you need these items- we just need to know on your registration, so we have it ready for you.		
	Headlamp	Make sure the batteries work and you have extras
	Water bottle	You must be able to carry 1 liter of water with you. We strongly recommend Nalgene style water bottles with a loop or strap on it so it can attach to the boat



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Personal hygiene items	Toothbrush, toothpaste, menstrual products as needed (please bring a quart-sized ziplock to carry out product), extra hair ties, comb, contact solution, etc.
Sunscreen	Enough for 5 days
Medicine and First-aid	Please bring any medicine that you take on a regular basis or any life saving medicine (such as an inhaler or EpiPen). Have enough for 7 days. If you know you get blisters, please bring anything you use to prevent blisters such as athletic tape or moleskin.
EXTRAS	Not required but can be nice: pocketknife, reading book, insect repellent, small towel or bandanna, pencil/pen, baby wipes, extra ziplock bags, camera, compass, lighter/matches, plastic garbage bag to separate dirty/wet clothes from your dry clothes in the waterproof bag, small musical instrument
Fishing	Fishing is allowed but you must provide your own fishing gear and an Idaho fishing license. Your gear must be in a protective case and disassembled for transport.
“happy bag” for the van	A small backpack of things you would like to see when you get off the river such as: a change of clothes, your favorite snack food, baby wipes, etc