

# TIMBER-LEE ADVENTURE TRIPS

## What's Next

### Whitewater Rafting Packing List

#### Paperwork to be Completed Before Trip Departure

- Timber-lee Health Form
- Timber-lee Waiver, Release and Hold Harmless Agreement Form
- Outfitter's Consent Form

#### Gear for Rafting:

- Non-cotton long-sleeve shirt for chilly days on river
- Quick-drying (i.e. nylon) swimsuit, shorts or pants
- Shoes to wear in the river. Shoes must be able to secure to feet, no flip flops or Crocs. Ex. old tennis shoes or Chaco's
- Non-cotton socks for chilly days on river Ex. Smartwools

#### Other Important Gear to Bring:

- Pillow
- Sleeping Bag- using a compression or stuff sack reduces the size of your bag while not using it
- Sleeping pad
- Fleece, weatherproof jacket or wool sweater- in other words, something to keep you warm if you get wet
- Sturdy rain gear
- Enough shorts, pants, t-shirts, and long-sleeve shirts to dress in layers—nights can get chilly
- Athletic shoes, boots, or sport sandals for hiking. Flip flops are fine around the campsite, but not for hiking.
- Swimsuit (modest please; one piece for females)
- Underwear
- 2-3 pr. athletic socks, 1-2 pr. Wool socks for nights
- Small towel
- Insect repellent (no aerosol cans, please)
- Sunglasses & sunscreen
- Flashlight (headlamp-style works well!)
- Toothbrush, toothpaste, deodorant, soap/shampoo
- Bible/journal/pen (pack in a Ziploc bag to help keep dry)
- Water Bottle in addition to *the 32 oz. Nalgene that will be provided*
- Extra Ziploc bags and plastic garbage bag to keep dirty clothes in

Timber-lee will provide the tents, water filters, life jackets, eating utensils and other general gear for the trip.

\*We do not intend for you to have to buy everything on this list. Make appropriate substitutions as necessary, keeping in mind the purpose of each item. If you have any questions about gear, packing, or clothing, please don't hesitate contacting the Adventure Team.