



1 DAY RAFTING TRIP WHAT TO BRING AND HOW TO DRESS

Each participant is responsible for his or her own personal items needed for the day. Everyone must have a signed Health Form, Adventure Trip Release form, and Rafting Waiver Form to participate.

WHAT TO BRING:

- ☐ The best footwear is a pair of securely strapped sandals like Chaco's or Keen style, or a lace-up athletic shoe. We will not allow you to go barefoot at any time during the day.

Do not plan to wear flip flops or Crocks on this trip.

- ☐ Modest one-piece swimsuit or tankini for gals, Trunk style shorts for guys.
- ☐ Shorts
- ☐ T-shirt
- ☐ Light Jacket
- ☐ Hat of some kind for protection from the sun.
- ☐ Sunblock
- ☐ Insect Repellent (or plan to share with someone else)
- ☐ Water bottle
- ☐ Eye-glass strap (for prescription glasses or sunglasses)
- ☐ Feel free to bring some candy or other snacks for your own enjoyment for the ride, if leader approves.

FOREST SPRINGS WILL PROVIDE:

- All the necessary rafting equipment; life jackets, first-aid kits, dry bags, and lunch.
- Instructors to facilitate the day's activities.
- The rafting company will provide the rafts and paddles.