**Items for Rafting (Pack in separate bag):**

|  |  |
| --- | --- |
| * Swimsuit (we suggest knee length shorts and long sleeve shirt – see below)
 |  |
| * Towel (optional)
 | * Rain jacket
 |
| * 2 warm changes of clothes
 | * Dry shoes and socks for after rafting
 |
| * Long sleeve synthetic shirt
* Camp Chair
* Sun screen/bug repellant
* Dry Bag (optional)
* Prescription Medications (not 215)
* Utensils/cup/plate/bowl
* Biodegradable “hygiene”
 | * Water shoes with heal strap
* Sun Glasses with retainer strap
* Hat or Visor
* Tent/Sleeping bag/Sleeping pad
* Head Lamp/flashlight
* Water bottle
 |
|  |  |
|  |  |
|  |  |

**VETS will Provide:**

|  |  |
| --- | --- |
| * Meals
 | * Transportation
 |
| * Helmets
 | * Rash guards
 |
| * PFD
 | * Instruction
 |
| * Guides
* Rope
 | * Lanterns
* Toilet Paper
* Trowel
 |

(R) Gear can be rented at Center Activities

Please note, Center Activities has gear they will rent and VETS will cover cost. Contact them at 707 826-3357

<http://www2.humboldt.edu/centeractivities/rental-information>

**Drugs, Alcohol and Tobacco:** The use of drugs, alcohol and tobacco is not allowed during VETS trips (including medical marijuana).