**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).