



HIGH MOUNTAIN EXPEDITIONS

What to Bring/ Wear Rafting the Nolichucky River

What You Should Bring/ Wear Rafting:

Swimsuit or Quick Drying Shorts

Water shoes or Strap Sandals

Waterproof Sunscreen

Sunglasses with Strap

Ball Cap

A Change of Clothes

Towel

Plastic Bag for Wet Clothes

Small Amount of Money for Breakfast and Refreshments at the End of Trip

Camera – Waterproof Digital Camera

Special Medication

Do Not Bring/ Wear:

Wallets, Jewelry and Watches - Leave all valuables at home or locked in car at outpost.

Flip Flops

Non-Waterproof Electronic Devices

Pets

Cotton Clothing Items- Cotton dries very slowly and actually draws heat away from your body

Cigarettes- High Mountain Expeditions is a Smoke-Free company

Whitewater Gear High Mountain Expeditions Provides:

Personal Flotation Device (PFD)

Dry Top

Wetsuits

Paddle

Helmet

Wilderness First-Aid Kit

Did you forget something? Our outpost stores carry a full selection of Water Shoes, T-Shirts, Waterproof Cameras, Sunscreen and more.