



HIGH MOUNTAIN EXPEDITIONS

What to Bring/ Wear- Nolichucky River 2 Day

What You Should Bring/ Wear:

Clothing Items:

Swimsuit or Quick Drying Shorts- Shorts and Sports Bra, or a 2-piece swimsuit and quick drying shorts are recommended for women.

Water Shoes or Strap Sandals

Light-weight Waterproof Rain Jacket

Quick-drying Shirt

Comfortable Lightweight Pants or Shorts

Lightweight Fleece Top

Ball Cap

Personal Items:

Personal Hygiene Products

Waterproof Sunscreen

Biodegradable Soap and Shampoo (Travel Size)

Sport Water Bottle

Headlamp or Flashlight

Sunglasses with Strap

Camera – Waterproof Digital Camera

Small Travel Pillow

Sleeping Bag

Tent- 2 or 4 person

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



HIGH MOUNTAIN EXPEDITIONS

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.