



**HIGH MOUNTAIN EXPEDITIONS**

## **What to Bring/ Wear Rafting the Wilson Creek**

### **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 Refreshments at the End of Trip

Camera – Waterproof Digital Camera

*Special Medications*

### **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.*