

LOS RIOS RIVER RUNNERS

PACKING LIST FOR THE RIVER

Please don't bring anything on the river that you're not prepared to lose or get wet!

For a full-day or half-day trip:

- Swimsuit and/or shorts & T-shirt (synthetic sports shirt preferred)
- Soft-soled shoes or very secure sports sandals (no flip-flops)
- Sunscreen
- Hat or visor
- Sunglasses with a retainer strap
- Personal water bottle
- Waterproof disposable camera, if desired
- A complete set of dry clothes for the end of the trip, including shoes
- Cash to tip your guide, if desired

For early season and trips in marginal weather add:

- Wool or synthetic socks
- A wool or synthetic sweater, such as polar fleece
- Long underwear, synthetic or silk
- A warm hat

For an overnight trip add:

- A complete set of dry clothes for camp, including shoes
- A wool or synthetic sweater or jacket
- A flashlight or headlamp
- Personal hygiene items

You are welcome to bring your own sleeping bag, pad, and/or tent. Otherwise, Los Rios will lend you camping gear at no charge.

Your personal items will be transferred into waterproof bags, so please use soft rucksacks or bags, pillowcases, or garbage bags. Frame backpacks and suitcases cannot be taken down the river.

Please avoid cotton for the river! Jeans and sweats are not appropriate for boating. You may bring them as camp wear on overnight trips.

Neoprene

Wetsuits are provided free of charge on Taos Box and overnight trips. On other trips, wetsuits are available to rent for \$10 – please let us know a day in advance. Neoprene booties are available to rent for \$5. Wool or synthetic socks should be worn with booties.

A deposit or credit card guarantee is required for all neoprene rental. Neoprene not returned will be charged at full replacement cost.