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## RAFTING PRE- TRIP INFORMATION

(Leader: Please copy & distribute)

Below is equipment and trip information that you need for your rafting experience with Noah's Ark Whitewater Rafting Company. Following these recommendations and suggestions will make your trip more enjoyable and help us provide you with the best possible service. Please read each section carefully, and if you have any questions please call us before your arrival.

### #1 APPROPRIATE CLOTHING - \*note: you will get wet\*

- Swim suit
- Nylon quick dry shorts
- Shoes must be worn (no "flip-flops" or Crocs. Sandals with backstrap are OK if they are made for river activity)
- Lip balm and sunscreen, 30 SPF or higher (Strongly recommended due to the high altitude and the sun's reflection on the water).
- Sunglasses w/keeper strap
- A hat to protect face, if just a baseball cap, put sunscreen on the back of neck.
- Disposable waterproof camera (available for purchase at Noah's)
- Polypro clothing (available for rental from Noah's—see below)
- DO NOT WEAR ANY COTTON. COTTON STAYS WET AND COOLS THE BODY DOWN!**

### #2 OVERNIGHT RAFTING All of the above items listed for half and full day rafting plus:

- Long pants
- Pair of shorts
- Short sleeve shirt
- Long sleeve shirt
- Wool or fleece/pile jacket (avoid bulky items)
- Additional old pair of footwear (one for camp, one for raft)
- Wool socks
- Toiletries
- Bug repellent
- Any necessary medication
- Sleeping bag rated to 20° or warmer (Rentals available for \$7 per night. **Reserve in advance to guarantee availability.**)

\*Note: We provide you with tents and dry bags for the trip.

### #3 RECOMMENDED RENTAL CLOTHING

#### HALF DAY

#### FULL DAY

- Polypropylene Shirt ("polypro")
- Full Length WETSUIT w/ "polypro"
- Wetsuit "BOOTIES" for your feet
- Splash Jackets

\$2.50  
\$7.00  
\$4.00  
\$5.00

\$3.00  
\$9.00  
\$6.00  
\$7.00

- Polypropylene Shirts are strongly recommended for anyone in any type of weather. Polypro is made of a quick drying synthetic material designed to wick water away from your skin while keeping you significantly warmer than cotton clothes.
- Wetsuits with "polypro" are recommended for children throughout the summer. The wetsuit is recommended for adults in late May and throughout June, or any other day that is cloudy or looks like it might rain.
- Wetsuit "BOOTIES" are good for those who like to keep their feet a little warmer - your feet are submerged in the water at the bottom of the boat the entire trip. Also, these are good if you don't want to get your personal shoes wet.
- Splash Jackets are great on rainy days and during high water. For those not wanting a full wetsuit, this is a great option. They are water resistant and long sleeve.

### #4 ARRIVAL AND CHECK-IN: For a more efficient check-in process please keep the following in mind:

- Brief your group on the most appropriate items to wear and rental options.
- We require that you make one payment at the front desk. **NO INDIVIDUAL PAYMENTS.**
- Comments on Release forms and Trip Registration (groups over 10).
  - Make sure the Release forms are completely filled out with appropriate signatures, medical information, and address. Participants under 18 must have a parent's or legal guardian's signature.
  - Make sure that every name on trip registration is also filled out on release forms and that they are in order. Alphabetical order is recommended.

Upon arrival, THE GROUP LEADER SHOULD CHECK-IN AT THE FRONT DESK. THE REST OF THE GROUP SHOULD WAIT OUTSIDE. A NOAH'S ARK STAFF MEMBER WILL THEN GIVE THE ENTIRE GROUP A PRE-TRIP ORIENTATION AND EXPLAIN YOUR ITINERARY.