

## **TIPS for TRIPS**

### **Day trips**

Complete change of clothes to be packed in dry bag or left in car. Remember extra underwear and shoes.

Tennis shoes or river sandals for the river--rocks are sharp & there might be glass.

Sun protection--Lotion, hat, pants, long sleeve shirt and sunglasses.

Rain and wind protection--wind-proof jacket will keep you warmer if you get wet!

First aid--bug spray, (recently we have found Noxema to keep gnats away), sun lotion, post-sun lotion, bandaids

Towel--for after trip or for sunbathing.

Watch, string for glasses. Leave keys behind at the Outfitters.

Trash bags--for trash and to keep things dry. Heavy twine to tie in things

Lunch and drinks--plenty of water. Don't get dehydrated.

We recommend no alcohol on the river. We reserve the right to inspect coolers and restrict to 3 beers/person. Virginia law is 'no drinking in public.'

Please no glass bottles and no styrofoam coolers. (we do have coolers for rent)

Other Extras--gloves, bailer, ground cloth for lunch, matches, fishing gear and license.

### **Cool Weather**

Dress in layers; polyester fleece is best & wool is warmer than cotton; warm socks. Know about hypothermia and how to avoid it.

### **Overnight Trips**

Tent and stakes, sleeping bag and pad, extra clothing, socks, shoes.

Flashlight, lantern, cook stove, (especially if raining).

Food, dishes, pots, plates, bowls, utensils, can opener, paper towels, scrub pads, soap, trash bags, candles,

folding chair!! radio (remember others have come to enjoy the peace and quiet, not the Top 10).