

For Kayak Instruction Clinics:

- Bathing suit or swim trunks - synthetic material, no cotton
- Low-profile water shoes - aqua socks or river booties work best
- Towel and dry change of clothes
- Sunscreen
- Eyeglasses/Sunglasses - with a retaining strap
- Extra pair of contact lenses
- Required Medications

*We provide all kayaking specific gear. If you forget something, our outfitter store will probably have it!

For Inflatable Kayaking Trips:

- Bathing suit or swim trunks - synthetic material, no cotton
- Water shoes - that can get wet, and won't fall off while swimming
- Towel and dry change of clothes
- Sunscreen
- Eyeglasses/Sunglasses - with a retaining strap
- Extra pair of contact lenses
- Required Medications

*We provide all kayaking specific gear. If you forget something, our outfitter store will probably have it!

For Waterfall Adventures:

- T-shirt and swim trunks - synthetic material, no cotton
- Extra warm layer - synthetic material, no cotton
- Sturdy shoes - that are good for hiking and walking on slippery rocks
- Towel and dry change of clothes
- Sunscreen
- Eyeglasses/Sunglasses - with a retaining strap
- Extra pair of contact lenses
- Required Medications

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