

## Wine & Food On the River Suggested Packing List

### **Equipment & Personal Items:**

- Water Bottle: Heavy Duty, 1 liter capacity with carabiner to hook to boat
- Headlamp or flashlight
- Plastic bags: 1 large trash bag and assorted zip locks
- Sunglasses (preferably polarized) with securing strap and a spare
- Small, quick drying towel
- Toiletries, including biodegradable soap
- Sunscreen & lip protection (waterproof & 30 SPF or higher)
- Moisturizing lotion or cream
- Insect repellent
- Personal first aid kit
- Spare pair of prescription eye glasses or contacts
- Cash for gratuities for your guides and chef (10%-15% of trip cost is normal depending on how well you think they did)

### **Footwear:**

- River shoes or sandals WITH a heel strap
- Athletic shoes or hiking boot if you plan to hike

### **Clothing:**

- Long sleeve shirt: lightweight and light color for sun protection
- Long pants: lightweight and light color for sun protection
- Shade hat or visor with securing strap and a spare
- Rain jacket and pants: waterproof (not water resistant. A hooded jacket with secure closures is recommended)
- Swimsuit and/or swimming trunks
- Underwear: quick drying
- Quick dry shorts: 1 pair
- Quick dry t-shirts/tops: 1-2 pair
- Synthetic long underwear top & bottom: 1 set light to medium (optional for July & August)
- Camp clothes: comfortable and appropriate for season.

### **Optional Items:**

- Beverages: we provide coffee, tea, water, sparkling water and wine. Feel free to bring your favorite beverage of choice.
- Sarong: useful for sun protection and changing clothes
- Day pack or hydration pack
- Bathing wipes: pre-moistened disposable towels
- Ear plugs
- Binoculars
- Camera and accessories
- Splash jacket and pants
- Lightweight cord & clothespins for drying clothes

- Sketchbook, notebook & pen, paperback book