

YHAO River Equipment Checklist

The below list is what you should bring in addition to the normal gear needed to spend the week at camp.

<i>Check ✓</i>	<i>Required</i>
	Swim trunks/ board shorts
	Synthetic long underwear top and bottom (light to mid weight)
	Fleece mid layer top and bottom (light to mid weight)
	Waterproof Rain Jacket and Pants
	Lightweight, synthetic pants (zip offs are great)
	Heavy weight wool or synthetic socks
	Secure Sandals, Keens, old tennis shoes or neoprene river booties (no flip flops)
	Warm Hat (wool or fleece)
	Brimmed sun hat or visor
	Underwear (quick drying)
	Two, one quart water bottles (able to be clipped with a carabiner)
	Quick dry t-shirt(s)
	Closed Toed camp shoes
	Small, light backpack for side hikes
	Sunscreen- waterproof and SPF 30 or higher
	Sunglasses
	Extra pair of contacts AND backup glasses
	Personal Toiletries
	Headlamp or small flashlight
	Insect repellent (small size)
	Ziplock bags for organization (sandwich and gallon sizes)
	Small, quick drying towel
	Lip balm (spf 15 or higher)
	Sleeping bag and pad (20°F)
	<i>Suggested</i>
	Glasses retainer strap (chums or croakies)
	Wetsuit for early season itineraries
	Fleece or wool gloves (for June itineraries)
	Synthetic long-sleeve shirt (for sun protection)
	Small camera with waterproof case
	2 bandannas
	Lightweight multipurpose neck gaiter (Buff)

YHAO Supplies:

- PFD
- Splash Jacket
- Helmet
- Group First Aid Kit
- Dry Bags