

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 OR Lightweight, synthetic pants (zip offs are great)
	Synthetic long underwear top and bottom (light to mid weight)
	Fleece/synthetic puffy mid layer top (light to mid weight)
	Waterproof Rain Jacket and Pants
	Heavy weight wool or synthetic socks
	Secure Sandals, Keens, old tennis shoes (no flip flops)
	Warm Hat (wool or fleece)
	Brimmed sun hat or visor
	Two, one quart water bottles (able to be clipped with a carabiner)
	Quick dry t-shirt(s)
	Sunglasses
	Sunscreen- waterproof and SPF 30 or higher
	Extra pair of contacts AND backup glasses
	Small, quick drying towel
	Lip balm (spf 15 or higher)
	Insect repellent (small size, NO DEET)
	<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)
	Small, light backpack for side hikes

YHAO Supplies:

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