



PERSONAL EQUIPMENT LIST – FAMILY ADVENTURES

(Leader: Please copy & distribute)

If you will be involved in any of the following activities, either apart from or in addition to a full-scale backpacking trip, **please** bring the following items in addition to your normal change of clothes.

Rock Climbing

Avoid tight clothing that will hinder a full range of motion

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| _____ LONG PANTS (<i>required</i> to participate in rock climbing) | _____ Something to tie your hair back |
| _____ Raincoat | _____ Sunscreen |
| _____ Closed toe shoes. No sandals or flipflops. | _____ Lip balm |
| | _____ Sunglasses |

Browns Canyon Adventure Park

Avoid any loose or dangly clothing or items. No loose jewelry, drawstrings, nothing in pockets.

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| _____ Outdoor clothing, no skirts, dresses. Long pants or long shorts are ok. | _____ Something to tie your hair back |
| _____ Closed toe shoes | _____ Sunscreen |
| | _____ Lip balm |

Day Hiking

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| _____ Shorts | _____ Sunscreen |
| _____ Long pants | _____ Lip balm |
| _____ Wool or fleece/pile jacket (nothing too bulky) | _____ Sunglasses |
| _____ Raincoat (provided if you do not have one) | _____ Water bottle (1 quart Nalgene bottles are best; we will provide them but it is nice to bring your own; we also have them to purchase in our lodge) |
| _____ Wool or fleece/pile hat or cap | |
| _____ Hiking boots (High top tennis shoes-OK) | |

Half and Full Day Rafting

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| _____ Swim suit | _____ Lip balm |
| _____ Nylon quick drying shorts | _____ Sun visor or ball cap |
| _____ Polypro clothing (available for rental from Noah's) | _____ Sunglasses |
| _____ NO COTTON CLOTHING!!!! | _____ Disposable Waterproof Camera (available for purchase at Noah's) |
| _____ Sunscreen | |

Noah's Ark rents the following river gear (no reservations necessary; prices subject to change.)

	Full Day	Half Day
Polypro shirts	\$3.00	\$2.50
Wetsuit	\$9.00	\$7.00
Booties	\$6.00	\$4.00
Splash Jackets	\$5.00	\$7.00

Overnight Rafting

Note: We provide you with dry bags for the trip.

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| _____ All of the above items listed for half and full day rafting | |
| _____ Long pants | _____ Toiletries |
| _____ Pair of shorts | _____ Bug repellent |
| _____ Short sleeve shirt | _____ Any necessary medication |
| _____ Long sleeve shirt | _____ Sleeping bag rated to 20° or warmer (Rentals available for \$7 per night. <u>Sleeping bags must be reserved in advance to guarantee availability.</u>) |
| _____ Wool or fleece/pile jacket (avoid bulky items) | _____ Tents (provided by Noah's on Basecamp trips) |
| _____ Wool socks | |
| _____ Additional old pair of footwear (one for camp, one for raft) | |