

## **Day Outings - Gear List**

### **General Information**

- Complete and return all information forms and waivers
- Must be 12 years or older unless parents are attending activity
- Children under 18 must be accompanied by parent on overnight trips
- Let us know all dietary considerations for overnight trips or trips where lunch is provided

### **Rafting Day Trips**

- Meds- let us know if they need to be kept in a cooler!! TASP staff can not administer meds
- Synthetic shorts and/or bathing suit – can wear bathing suit under shorts
- Tank top or t-shirt- long sleeve light weight shirt if sun sensitive
- Teva's, Chaco's, water/river shoes, neoprene booties or old tennis shoes- NO FLIP FLOPS!!!
- Sunscreen, Brimmed Hat & Sunglasses with retaining strap
- Full Water Bottle (atleast one liter for full day trips)
- Own lunch and snacks – Only if lunch is not included on trip
- Rain gear or jacket that will keep you warm when wet
- Change of clothes for ride home- You will get wet!
- Cold Days- Fleece and synthetic long underwear (tops and bottoms) NO COTTON!!!

### **Day Outings – Hiking, Biking, Rock Climbing, Fishing & Jeep Tours**

- Own lunch and snacks- Only if lunch is not included on trip
- Loose fitting clothing
- Sunscreen
- Backpack
- Water bottle
- Hat (brimmed and wool)
- Rain gear (tops and bottoms) in case of bad weather
- Optional- camera and extra socks in case of blisters

\*All required personal gear for overnight programming will be listed in your registration packet. Please refer to that for trip specific packing considerations.\*