



DORING RIVER WHITE WATER RAFTING

STANDARD PERSONAL KIT LIST



Here is an easy to use Kit List. All you need to do is print it out and tick the boxes. Enjoy packing for your adventure!

CAMPING GOODIES

- o Sleeping bag (WARM ONE!)
- o Stretcher / Ground mat (flat/Inflatable)
- o Small pillow
- o Torch / headlamp (incl spare batteries)

Got	To Buy	Packed

CLOTHING

- On River**
- o Costume
 - o Shorts
 - o Wetsuit (we rent them if you do not have)
 - o Kikoi/wraparound
 - o Cap or wide brim hat
 - o River shoes (wetsuit booties, tekkies, crocs, aqua shoes, etc)

Off River

- o T-shirt
- o Shorts
- o Windbreaker
- o Socks
- o Beanie/buff
- o Shoes
- o Warm set of clothes

REFRESHMENTS & SNACKS

- o NO GLASS CONTAINERS
- o Soft Drinks
- o Alcoholic Drinks
- o Mix-a-drink sachetts eg Game
- o Snacks

OPTIONAL EXTRAS

- o Camera
- o Binoculars

FOR PACKING

- o Refuse bags (6 per person) (not black)

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TOILETRIES & MEDICATION

- o Biodegradable soap/shampoo
- o Towel
- o Personal toiletries
- o Personal medication
- o Insect repellent

SUN PROTECTION *

- o UV sunglasses (cord essential)
- o 25+ SPF Sunblock
- o Lip ice

***NB! Do bear in mind that, although it is winter, you will be exposed to the sun for several hours of the day, the sun's reflection off the water is intense. Wear sunglasses with sufficient UV protection and cover yourself with sufficient sunblock and lip ice. Remember to bring a cord for your glasses so that you do not lose them.

www.whitewater rafting.co.za

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