

## National Center for Fathering Expedition Rafting Clothing & Equipment List - 2015

*Both Dad and Son/Daughter will each need the items on this list*



### Required Equipment (you provide)

- 1 pair **HIKING BOOTS** (see "Notes on Equipment")
- 1 pair closed toe **WATER SHOES** for rafting & swimming (no bare-foot swimming) – can double as camp shoes
- 3 pairs of **SOCKS** (wool or synthetic)
- 1 pair **LONG INSULATING (WARM) PANTS** (non cotton preferred) – for night time use
- 1 pair **HIKING SHORTS** (gym type shorts are ok)
- 1 **BATHING SUIT**
- 2 -3 **T-SHIRTS** (synthetic preferred)
- 1 pair **LONG UNDERWEAR** (synthetic preferred)
- 1 **LIGHT INSULATING UPPER LAYER** (light jacket, fleece, vest, etc)
- 1 **WARM INSULATING UPPER LAYER** (down or synthetic filled jacket, warm fleece jacket)
- RAIN GEAR**, jacket/pants or poncho (waterproof/breathable material is best)
- 1 **WARM HAT**
- 1 **HAT** or **VISOR** for sun protection
- 1 -2 **BANDANAS**
- 3-4 pairs of **UNDERWEAR**
- SUNSCREEN - SPF 30** (1 per dad/teen pair)
- 1 **LIP SALVE WITH SUNSCREEN**
- 1 pair **SUNGLASSES**
- MOSQUITO REPELLANT** (plastic bottles or tubes only – no aerosols)
- 1 small **HEADLAMP** – with extra batteries
- 1 small compressible **DAY PACK**
- PEN** and **SMALL NOTEBOOK**
- TOILETRY KIT** (toothbrush, toothpaste, contact/glasses needs, necessary meds, ladies you will need hair ties)
- WIPES** or **HAND SANITIZER** (for personal hygiene)

### Optional Equipment

- 1 pair **HIKING PANTS** (these can zip off into your hiking shorts if desired)
- 1 pair lightweight **GLOVES** (no leather or cotton)
- CAMERA** (remember we are rafting – water...)
- CAMP CHAIR**
- CAMP SHOES**
- POCKET KNIFE** (no sheath knives)

### Provided Equipment (we provide)

- SLEEPING BAGS**
- SLEEPING PADS** (Paco Type Pads)
- DRY-FIT SHIRTS** (for both father/teen for rafting portion)
- TENTS**
- NALGENE** type water bottles
- LLAMAS**
- RAFTING GEAR**

## NOTES on EQUIPMENT

### Boots

If you don't already own a pair, your feet are worth the extra effort in choosing a pair of quality boots. Here is some information to help you decided. Each boot has its advantages.

**Lightweight fabric or leather boots:** These are about 2 lbs and a good option (most popular). They are less expensive and are light and cool in warm weather.

**Medium to heavyweight leather books:** These are 3-4 lbs and are more waterproof, warmer and durable as well as providing stronger ankle support. These must be well-broken in prior to your course and are a good option if you plan to do extensive hiking later on.

With all boots: apply waterproof material to boots before arriving

**Other options:** although not optimal, high-top tennis shoes are ok.



**DO NOT ARRIVE FOR YOUR COURSE WITH BOOTS THAT YOU HAVE NEVER WORN!**

### Clothing

Cotton is a very poor material outdoors because it readily absorbs moisture and holds it next to the skin, transferring body heat into the environment. It also takes a long time to dry. Generally, you should avoid cotton clothing on course (especially rafting), with the possible exception being a t-shirt that would be worn during the day.

Synthetic (dryfit/polypro/fleece) or wool clothing does not absorb much moisture, dries fast and keeps you warm even when wet.

### Raingear

Summer afternoon storms in the Colorado mountains are frequent and short lived, but can be severe. You must have waterproof gear in the form of a hooded jacket with pants, or a long poncho. The best raingear is durable and has a waterproof/breathable coating like GoreTex. These fabrics can be quite expensive. Coated nylon is second best. It is durable and less expensive, but not breathable. Cheap plastic or vinyl ponchos and raincoats will not hold up and should be avoided.

*NOTE: You didn't hear it from me, but if you don't open your raingear and kept the receipt, they can often be returned if unused/unopened.*

### Hard Gear

All equipment/gear such as a tents, sleeping bag, foam pad, etc will be provided. IF you have your own equipment or other gear, you are welcome to bring them. However, they must be approved by your guide at the course start.

### Glasses/Contacts

We recommend bringing an extra pair of contacts or eye glasses. Contacts are easily lost outdoors and may cause eye trouble due to changes in climate, altitude and activities. Bring plenty of sterile cleaning products, we also recommend using "hard" eye glass holders.

### Ladies

Bring enough menstruation products for two periods because the change in altitude (we start at 7,965 and go up from there) and activities can cause irregularity. You should also bring a supply of wipes and a few small zip lock bags. ALL items will be packed out of the backcountry. We will provide little bags of baking soda for this purpose and will instruct you in proper disposal. Our guides will include at least one woman.