



## Whitewater Voyages LOWER KERN TRIP SUGGESTIONS

Here's a list of some items that will allow you to get the most out of your Lower Kern, Two Day, "Sierra Escape" rafting trip:

### While on the Water:

1. Bathing Suit or quick drying shorts.
  2. Good footwear (An old pair of sneakers is best, however aquatic sandals such as Tevas or Chacos work well.) Avoid "flip flops" and other footwear that offer little protection for your feet.
  3. Long-sleeved shirt. (It's okay to wear cotton on the water in June-September trips.)
  4. Lip balm.
  5. Sunscreen.
  6. Sunglasses.
  7. "Chums" (Eyeglass retainers). These items are available at our Kern Outdoor Center.
  8. Water bottle. (Each raft has a gallon of water onboard for refills; this is a great item for on-water as well as beside your bed in the evening.)
  9. Visor or ball cap. (You'll be wearing helmets on the water, but you can wear a visor or ball cap under the helmet to provide some shade for your eyes and face.)
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### While at Camp:

1. Sleeping Bag.
2. Pillow.
3. Sheet. (A sheet can be a great comfort when used as a light blanket until the evening cools or a wrap around your provided sleeping pad\*.)
4. Change of clothes and footwear for camp.
5. Sunglasses.
6. Toothbrush/paste/floss.
7. Lip balm.
8. Lotion.
9. Bug repellent. (Bugs aren't a problem, but some folks seem to attract them regardless.)
10. Towel. (To dry off if you take a dip in the river at camp.)
11. Binoculars for amazing evening star viewing!
12. Feel free to bring a small cooler if you have a favorite beverage you'd like to enjoy while at camp.

\*Whitewater Voyages provides outstanding "Paco" style sleeping pads for all of our guests enjoying the evening at our Lower Kern camp.