



PEAK 7 ADVENTURES

Multi-Day Rafting Trip **PACKING LIST:**

RAFTING:

- Non-cotton shorts & t-shirt or tank top/swimsuit
- Sandals with ankle strap or old tennis shoes (no flip-flops)
- Water bottle
- Sunscreen
- Retaining strap if you plan to wear your glasses or sunglasses on the water
- Change of clothes/towel for after rafting

CAMPING:

- Warm Pajamas
- Change of clothes
- Sneakers and socks
- Underwear
- Beanie
- Rain coat
- Toiletries
- Pillow
- Sleeping bag
- Insect repellent
- Flashlight/headlamp
- Medications
- Optional: Bible, notebook, books, cards & games

- *We recommend not bringing electronics/phones on the river*
- *No drugs or alcohol on Peak 7 trips*
- *Leave valuables at home*

***Make sure to sign your online waiver!**

**** Feel free to reach out to our staff with any questions at trips@peak7.org**



Peak 7 Adventures
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