

## Welcome!

Whitewater School weather is notoriously inclement, (we call it character-building). Your comfort during the school will be greatly enhanced if you come prepared. **DO NOT SKIMP ON THE EQUIPMENT LIST!** Because the rivers are extremely cold, and because you will be spending both planned and unplanned time in it, we require that all students have the following items:

- A "Farmer- John" type wetsuit - Farmer john wetsuits cover the torso and legs but are sleeveless, (like a farmer's overalls), allowing for good shoulder movement; 3mm or 1/8 inch thickness is ideal.
- Two thick fleece tops - Fleece garments retain their insulation even when wet and are ideal for river wear. At least two fleece sweaters, jackets or polypropylene expedition weight long underwear tops, (such as those made by Patagonia, REI and the North Face - commonly called Polartec or Polarfleece) are advised.
- A sturdy waterproof rainshell - A waterproof rainshell or paddling jacket will keep you dry on the river and in camp if it rains - make sure it is waterproof, not just water-repellant.

Also, fleece socks, (not cotton!), and a wool or fleece hat will help keep you warm on really cold days and a good pair of cycling gloves, (fingerless with leather palms), will help protect your hands from blistering.

Please follow this list closely and call us if you have any questions.

## Personal Equipment List

**CAMP ITEMS:** These will be packed in your dry bag and WILL NOT be accessible during the day.

- \*Compact sleeping bag, (down or synthetic, rated to 35°)
- \*Closed-cell foam or self-inflating sleeping pad, (ensolite, Thermarest, or air mattress)
- \*Sleeping bag liner or flat bed-sheet (perfect for hot nights and will add warmth on cold nights)
- \*Small tarp or groundcloth
- \*Compact, lightweight tent, (free-standing preferred, no wall or Wal-Mart tents please)
- Small, compact, lightweight pillow
- 2 complete changes of clothing (versatile pants and shirts, cotton is fine - something exciting for dinner is welcome!)
- Extra swimsuit or shorts and T-shirts for on the river & in camp
- Extra socks, (wool or fleece are best), and underwear (wool only for the rugged)
- Camp shoes, (trail running shoes, ultra-lite boots, tennis shoes; something you can walk and hike in comfortably)
- Small towel, soap and shampoo (*Campsuds & Dr. Bronner's* are the most environmentally friendly)
- Personal hygiene items, including medicine, insect repellent, dry-skin lotion, etc. Please bring double the amount needed of any essential medicine.
- Warm jacket, (thick fleece is great - will work on-river as well - or durable coat)
- Rain gear, (can double as on-river gear); top is essential, bottoms are advised, especially in Idaho.
- Small flashlight with extra batteries, (headlamps are great)
- 1 or 2 garbage & gallon size zip-lock bags for organizing gear
- Book, sketch pad, journal, etc.

**RIVER ITEMS:** These will be worn or packed in your personal semi-dry day bag and WILL be accessible during the day.

- Wetsuit\*, Farmer-John 3 mm (**required**)
- Polypropylene fleece top (**required**)
- Waterproof rainshell or paddling jacket (**required**)
- Swimsuit or shorts and T-shirt, (nylon quick-drying shorts and "tech-dry" type shirts are best - women will want to wear shorts over their swimsuits)
- Sandals **with heel strap** or tennis shoes  
**NO FLIP FLOPS OR SLIP-ONS**
- Biking/Sailing gloves and wetsuit, (3mm farmer john or spring suit), especially for inflatable kayakers  Polypropylene pile or fleece pants (encouraged)
- Brimmed hat, (a spare is a good idea; baseball style is fine;
- Lightweight cotton clothing, (old dress shirts) for sun protection
- Waterproof sunscreen/block (SPF 15+), lip balm
- Sunglasses with strap, (maybe not your best pair)
- Small water bottle, 1 quart, (**essential** - even if it's just an empty plastic Gatorade bottle)

**OPTIONAL ITEMS:** These are not absolutely necessary, but you are welcome to bring them.

- Camera (we have space in shared ammunition boxes, or bring your own)
- Beer, wine, liquor, or soda in unbreakable containers, (cans or plastic bottles). We will try to keep it cold
- Fishing gear, (compact, lightweight, minimalist)
- Small daypack, "dry bag", or ammunition box
- Carabiner, handy for securing your day-bag

\* These items are available to rent from ARTA, see other side for more information.

Underlined items are the preferred choice of our professional river guides!

PLEASE DO NOT BRING: Valuable jewelry, radios, guns, cellular phones, or any irreplaceable items!

### PROFESSIONAL TIP:

*Our girl guides say that one of the most versatile things to bring on a trip is a sarong. Comfortable and colorful, sarongs get used for quick clothing changes, beach throws, sun screens and dinner celebrations. Some of our boy guides bring them too and no one laughs (at least not out loud).*

## EQUIPMENT LIST AND PACKING GUIDE

Professional Guide Training — Page 2

### How to dress:

**On hot days** you will want clothing that dries quickly (nylon shorts and bathing suits) and something to shield you from the sun, (an old lightweight cotton dress shirt and surgeon's pants). Also, a brimmed hat and a bandana are helpful for staying cool.

**On cool days** you will want a thick fleece top, (pullover or jacket) and a sturdy, fully-waterproof rainshell. You may also want fleece pants or polypropylene long underwear bottoms and rainpants, (or even a 3 mm farmer john wetsuit), particularly before mid-July. Cotton is worthless when wet and should not be used for on-river insulation.

**On your feet** you will want shoes that stay on if you go for a swim and are comfortable for hiking. Sport sandals with heel straps (Texas, Chacos, Keen, etc.) work well, (buckles are better than velcro). Neoprene or fleece socks will add a bit of insulation. Wetsuit booties work but can be a bit clammy after a full day. Tennis or running shoes with fleece socks work well, are inexpensive and easy to find.

**In camp** you will want comfortable walking/hiking shoes, (lightweight boots or tennis/approach shoes), and versatile clothing, (T-shirts, warm shirts, cotton shorts, jeans or sweats, extra fleece, etc). Cotton is o.k. for camp stuff, but because it is worthless for keeping you warm on the river, many people bring two sets of fleece - one for the river, one for camp - and have a backup in case one gets drenched.

### PROFESSIONAL TIP:

*Layering your clothing is an effective way to adjust to the daily weather changes that you will encounter. A light polypropylene layer under a heavy fleece top under a rainshell will get you going on the chilliest of mornings and allow you to shed layers as the day warms up.*

### How to pack:

**Camp items** will go in a watertight dunnage bag provided by ARTA, (one per person). These are not accessible during the day. Each bag is roughly 17 inches in diameter and about 24 inches tall, (the size of a large duffel bag). We ask that you limit all of your gear to 35 pounds. Although we will show you how to close the dunnage bag so that it stays watertight even if temporarily submerged, packing your sleeping bag in a garbage bag provides extra protection. Zip-lock bags and small stuff sacks are good for keeping track of small and/or wet things inside your bag.

**River items** will go in a semi-watertight, personal dry-bag provided by ARTA, (one per person). These bags are 9 inches in diameter and 12 inches tall, perfect for rain gear, fleece, sunblock, and other things you want to keep handy during the day. The bags are marginally waterproof so for expensive cameras or other things that must stay dry we recommend a small Pelican Box or 50 caliber ammunition box . These can be found at most surplus and outdoor stores and work best when lined with foam. ARTA provides ammunition boxes on a shared basis.

### PROFESSIONAL TIP:

*Our dry-bags are great for keeping things dry but are somewhat awkward for packing and living out of, (they are tall and narrow with a small opening at the top). Compact sleeping bags are much more convenient, and small stuff sacks or zip-lock bags are helpful for dividing up your stuff inside the bag. Trying to put your entire duffel bag or rolling luggage into the dry-bag never seems to work.*

### How to find it:

Local mountaineering or sporting goods stores should have everything you need and fleece garments are now available at most department stores (and our guides find a lot of fleece and other trip clothing at thrift stores). Great selections of river trip gear are also available through:

REI -800/426-4840 or [rei.com](http://rei.com)  
Campmor -800/525-4784 or [campmor.com](http://campmor.com)  
Patagonia -800/638-6464 or [patagonia.com](http://patagonia.com)  
Cascade-888/748-3717 or [rivertraveler.com](http://rivertraveler.com)

If you do not own or do not wish to transport camping gear, ARTA has equipment available to rent. A "Sleep Kit" consists of a 35° Polarguard Bag, a cotton liner, a self-inflating pad, and a ground cloth and is available for less than \$6 per trip day. Free-standing, two-person tents are also available for less than \$6 per trip day. Please reserve rental gear well in advance using your Guest Information Sheet.

### PROFESSIONAL TIP:

*"Fleece" is a generic term for a spun, polyester fabric developed for outdoor use. It is thick and fluffy and does not absorb water, making it ideal insulation on a river trip. It is commonly called Polartec or Polarfleece. "Polypropylene" is a thinner, stretchier, woven variation used predominately for long underwear. Any polypropylene long underwear will work; heavy-weight is the most versatile.*

### PROFESSIONAL TIP:

*Thrift store.*