

## WHAT TO BRING TO YOUR ARISING TRIP

- Personal clothing- some combination of natural and synthetics (for the canoe trip- synthetic shorts are recommended) fibers.
- long john top & bottom (synthetic)- 2 sets
- Sleeping bag
- Thermarest or sleeping pad- arising will supply if you do not have you own
- Flashlight
- Warm sweeter- fleece or wool
- toque & scarf
- Rain gear- jacket & pants
- Sandals
- Comfortable walking shoes (to keep dry)
- Water shoes- that can be worn on the river, will remain wet the entire time
- Lifejacket- arising will supply if you do not have you own
- Paddle- arising will supply if you do not have your own
- Sun hat & sunscreen & sunglasses (with safety strap)
- Swim suit
- Bug jacket
- Water bottle
- Towel or sarong
- Personal toiletries
- Yoga mat- arising will supply
- Personal journal
- Musical instruments welcome & encouraged