

keep you warm until mid-morning, when you can stow those items in a cargo box on the raft. In June, you may need those layers all day, along with neoprene socks or booties and a wool or synthetic stocking cap. On hot days, you may want to wear a light-colored T-shirt to wet and keep you cool. Sun hats and sunscreen are highly recommended.

In camp, just be comfortable. Cotton is fine because our sleeping tents and group tarps will keep you dry if it rains. Have a second sweater in case your river sweater is wet. Guests often bring tropical print shirts and light sundresses or sarongs. In June, you should bring a particularly warm jacket, hat, long johns and wool or synthetic socks. Teva-type, strap-on sandals are ideal for your feet in warm weather. Consider bringing neoprene gloves and booties or socks if your hands and feet get cold. Or, you can wear wool, synthetic or neoprene socks with tennies. In camp, tennies or light-weight hiking shoes are perfect.

Plan with comfort and warmth as priorities over style. Clothes stay much cleaner on a river trip than on a backpacking trip. It is better to have layers to adjust for changing temperatures than to have multiple changes of the same type garments. On your first day, dress comfortably for your flight to the river. It's often cool on early morning flights. You can wear a swimsuit under your clothes or change in restrooms at the put-in.

FOOD ~ We guarantee that you'll be impressed with our menu. Our big coolers and full kitchen allow us to prepare meals that rival fine restaurants. Breakfasts and dinners will be served in camp and a picnic lunch on a beach as we head downstream. Snacks are available on the oar rafts all day and as soon as we reach camp. We give everyone a water bottle and encourage you to drink and refill often. We provide about two beers and two canned drinks (assorted sodas, juices, mineral waters) per person per day. We also serve wine with dinner (the best boxed wine available!). You are welcome to bring liquor or other personal drinks if you wish, preferably in non-glass containers. We gladly accommodate special diet requests and special occasions. All of the eating utensils are provided and we do all of the cooking and cleanup. We use stainless steel sierra cups for hot liquids; feel free to bring an insulated mug if you prefer.

CAMPING EQUIPMENT ~ Canyons provides comfortable two-person dome tents at no charge. We assume couples or siblings will share and single folks will have a private tent. Let us know if it's not obvious how many tents to bring for you or your group. You'll have the opportunity to choose your tent site each afternoon. The tents are easy to erect; your guides will show you how and will be available to help if necessary. Guests often sleep under the stars and just use the tent for changing. For a \$25 cleaning fee, Canyons will provide sleeping bags and pads. You are welcome to bring your own if you prefer. Make sure it's rated to 32 degrees and your pad is designed for backpacking. Canyons' bags are rectangular with full-length zippers. Two can be zipped together for a cozy double bed. We use Thermarest self-inflating pads and a guide will show you how to operate the valves.

HOW TO PACK ~ We suggest that you bring your things in a lightweight duffel bag. We'll provide you with a 16" x 33" waterproof bag that's clearly and individually labeled so that you can find yours again each day. You can either slip your duffel bag directly into the waterproof bag or unload your clothes in the bag (stuff sacks work well to organize things). Ideally, the waterproof bag will hold your sleeping bag, pad and clothing. We have emergency storage if necessary. The bag will be lashed to the raft and will be fairly inaccessible during the day. Sweaters, rain gear, and video cameras can be stowed separately in a waterproof cargo box where they are easy to access. We'll provide an ammo can for each person to carry things like sunscreen, small cameras, books, and water bottles. It's waterproof, about the size of a shoebox, and easy to get to all day.

SOURCES FOR CLOTHING AND RIVER GEAR:

CASCADE OUTFITTERS - 1-800-223-RAFT (7238); www.cascadeoutfitters.com
NANTAHALA OUTDOOR CENTER - 1-800-367-3521; www.noc.com/store.htm