

River Trip Checklist

Helmet ¹	<input type="checkbox"/>
Thermal Top	<input type="checkbox"/>
Thermal Bottoms	<input type="checkbox"/>
Wetsuit ² +Cag ¹ or Drysuit ²	<input type="checkbox"/>
Buoyancy Aid ¹	<input type="checkbox"/>
Spray deck ¹	<input type="checkbox"/>
Water Shoes ³	<input type="checkbox"/>
Towel	<input type="checkbox"/>
Spare underwear and socks	<input type="checkbox"/>
Waterproof Coat	<input type="checkbox"/>
Jumper	<input type="checkbox"/>
On water snack	<input type="checkbox"/>
On water drink	<input type="checkbox"/>

1. We can provide these if you do not own them yourself.
2. Not required, but will make life more enjoyable.
3. Any old trainers that you don't mind getting wet will be fine.

