

# **WHAT TO BRING?**

Your own sleeping bag or duvet. (warm one )

Your cabins at the main bush camp will have bunk beds with mattresses and fitted sheets.

We do supply bedding and towels when choosing a fully serviced package.

## **Clothing on the river**

Shorts, wetsuit, wetsuit booties tekkies or sandals that straps around your ankle (Rockies)and fit tightly.

Quick drying thermal gear (Cape Union Mart)

Remember that you will be wet. So bring quick drying clothing that protects you against a cold breeze.

## **Clothing of the river**

T-shirt, Shorts, Tracksuit, Windbreaker, Socks, Trainers

Consider temperatures during the night could drop, so be prepared.

## **Refreshments-No glass containers!**

Energy snacks (eg. Peanuts & chocolates) that will carry you through each day on and of the river.

Bring your own water bottle that we can tie to your raft with string.

We supply juice and water at lunchtime.

Cold drinks in plastic containers (eg.500ml or 2L plastic bottles)

Energade and Powerade etc. (optional)

## **Optional Extras**

Snacks for in-between meals

Camera ( we supply dry bags for each boat, but they are not 100% watertight. Bring your own watertight bag for your camera)

Mosquito repellent

Binoculars

## **Toiletries**

Please bring biodegradable products.( available at Cape Union Mart )(only needed when doing a 3-4 day trip.)

Towel and personal gear

## **Medication**

Personal medication for any daily concern, we do carry an extensive first aid kit, but might not have the remedy for your personal medical problem.

## **NB!**

You will be exposed to the sun. Be sure to have sufficient sunblock and lip ice.

## **Torch(Optional)**

Do not forget additional batteries