



FUTALEUFU GEAR AND CLOTHING LIST

Please make sure you bring the following things:

- 3 quick drying long sleeve synthetic shirts "layers" 1 light weight, 1 medium weight, 1 heavy weight (also known as polartec, capeline, flece, Synchronilla, Pile.)
- 1 River shoes, (sport shoes with a soft high traction soul)
- 1 Lightweight hiking boots or shoes
- 1 Wool hat
- 1 hat for sun protection (cotton or synthetic)
- 1 Water bottle with locking carabineer.
- 1 Sun glasses
- 1 Small, lightweight, frameless daypack
- 1 Headlamp (flashlight) with batteries
- 1 Rain jacket/or good quality rain poncho
- 3 pairs of underpants
- 2 socks synthetic
- 2 additional pairs of wool or cotton sock
- 1 Long pants
- 1 Shorts synthetic
- 1 Long sleeved shirt
- 3 T shirts synthetic
- 1 Bathing suit
- 1 Toilet kit
- 1 Quick dry towel
- 1 Sunscreen (strong)

***Headlamp flashlight:** Will keep your hands free at all time (extra batteries)

***Rain jacket:** Helps to keep the temperature in and deflects the rain. A good poncho is more waterproof than most rain jackets and packs smaller, for heavy rain, the combination of both works very well. 90% of the time rain jacket is sufficient.

THE PROGRAM INCLUDES: Lodging, with hot tubs at every camp, sleeping bag, sleeping bag liner, comforters, pillows, pillowcase, thick pads, life jacket, paddles, helmets, wet suits, paddle jacket's, climbing gear, state of the art rafts, inflatable kayaks, hard shell kayaks, paddle boards, paddle cats, safety catarafts, satellite phone, first aid kit.

Suggestions:

Camera, extra batteries, memory cards, and soft waterproof case
Book
Journal and pen