

## Equipment List For Guide School

Rain and cool weather is always a possibility, and during the month of April you can almost count on it. Bring plenty of warm clothing for both on and off the river. Wool and fleece **are critical** because they keep you warm even if they are wet. Stay away from cotton on the river, as it will drain heat from your body and takes a long time to dry. Be prepared for cold (bring at least 4 sets or dry clothes) as well as hot weather! Please call us if you have any questions or have concerns about what to bring.

### River Gear

- Option “A”, “B” or “C” (see descriptions below)
- **Non-Cotton long underwear (top and bottom)- capilene or polypro**
- **Wool or fleece sweater (1-2)**
- **Wool or fleece socks (2 pair)**
- **Wool or fleece hat**
- Wool/fleece/neoprene gloves
- River booties or sturdy river shoes (tennis shoes ok)
- Brimmed hat or visor
- Optional shorts to wear over your wetsuit or if it is warm
- PFD (personal floatation device-lifejacket) if you have one
- Swimsuit
- Whistle
- Personal water bottle that can be attached to raft
- Carabiner

Option “A”      3mm wetsuit with full arms and legs  
Option “B”      Farmer john wetsuit with a splash top or dry top  
                         with polypro and fleece  
Option “C”      Dry suit with polypro and fleece

### Camp Gear and Other Stuff

- **Non-Cotton** long underwear (top and bottom 2<sup>nd</sup> set)
- Wool or fleece sweater and pants
- Rain gear (top and bottom)
- Warm hat and gloves
- Warm Comfy Clothes (jeans/sweatshirts/t-shirts etc)
- Tent & tarp & rain fly—Available to rent
- Sleeping bag & pad – Available to rent
- Headlamp/flashlight
- Alarm Clock
- Wet suit and booties
- Toiletries
- Journal \*
- Camera \*
- Sunglasses with strap
- Sunscreen
- Insect repellent
- Camp Chair \*
- Games, Cards \*
- Rope for a clothesline \*
- Zip Lock Bags \*

\* denotes optional items

**We provide all rafting gear, river instruction, shuttles and most food.**

**We also have farmer john style wetsuits, wetsuit booties which you can rent for \$25 for the week.**

**You may also rent a tent, pad, sleeping bag for \$25 for the week if you need any of these items.**

**The sleeping bag is a summer bag, however—not very warm, so bring a wool blanket.**

If you prefer a drysuit or dry top you may be able to rent one from local outfitters.

We recommend that you reserve one ahead of time.

Call the Sierra Outdoor Center 530-885-1844

River Store 530-626-3435

Mariah Wilderness Expeditions, 800-462-7424, 530-626-6049  
[rafting@mariahrafting.com](mailto:rafting@mariahrafting.com), [www.mariahrafting.com](http://www.mariahrafting.com)

