# Rafting Essentials Checklist

# 1. Utensils and Food

* Deep plate, mug, spoon, fork
* 1–1.5 liters of drinking water for the boat
* Dried fruits, nuts, snacks for rafting breaks

# 2. Clothing and Footwear

* Flip-flops / slippers
* Sneakers or other closed-toe shoes
* Shorts
* Pants
* 2 T-shirts
* Sweater (in case of a cool night)
* Swimwear
* Headwear for sun protection
* Raincoat (in case of rain)

# 3. Hygiene

* Towel
* Toothbrush and toothpaste
* Soap / soap dish
* Wet wipes (optional)
* Toilet paper
* Sun protection (SPF cream, sunglasses)

# 4. Special Gear

* Work or cycling gloves (for comfort and blister prevention)
* Insect and tick repellent

# 5. Additional Recommendations

* Shot glass (optional)
* Flashlight (headlamp or handheld)
* Power bank
* Plastic bag or dry bag to protect items from water (can be provided)
* Waterproof phone case
* Personal first aid kit (band-aids, painkillers, antiseptic, digestive aid, …)
* Full change of clothes (in case of soaking)