

NATIVE SONS ADVENTURE COMPANY

Suggested River Tour Clothing List- One Day Trips

- Swim Suit or Shorts
- Protective shoes: Sneakers, River Booties, Sandals that buckle, NO flip flops
- Sunglasses * Waves have been known to wash out contact lenses, prescription glasses are a better choice for rafting
- Secure Leash or Strap for Sunglasses
- Baseball Hat, Visor, or Wide Brimmed Hat. *Class IV requires a helmet, only visors will comfortably fit under helmet
- Sunscreen * The combined altitude and sunshine in NM make this essential
- Polypropylene Shirt or Fleece
- Waterproof Paddle Jacket or Windbreaker
- Dry Clothes/Towel for the end of the trip
- Disposable Waterproof Camera, Water Bottle
- Prescriptions or Medications
- Jewelry such as necklaces, ear rings, bracelets, and watches are not recommended
- Native Sons will provide wet suits and rain gear as weather conditions mandate. Typically wet suits are not needed in our climate zone after May 15th. Rain/Splash gear is usually needed during the spring runoff, and during the late summer monsoon season. All Guides carry dry bags, and can stow a few personal items for you during the trip.
- **NOTE that cotton is not recommended for boating, when wet it will trap moisture to your skin and actually lower your body temperature. Synthetic fabrics such as synthilla, polartec, polypropylene and fleece are great for river trips. A good base layer is a fleece vest over your skin and under your life jacket.**

Overnight trips

Native Sons provides comfortable tents and sleep pads for your use. Well cared for sleeping bags may be rented for \$20 per person. Suggested overnight items:

- Headlamp or flashlight with fresh batteries
- Toiletries and washcloth, lotion or Aloe for dry NM climate
- Pants, shirt, pullover, warm hat, additional layers
- Comfortable camp shoes and socks for hiking & loafing
- Beer and Wine welcome (in moderation) for camp, you must however provide your own beverages at the beginning of the trip. We will be glad to provide coolers and ice for whatever you would like to bring. Because your safety is our concern, we ask that you do not drink alcoholic beverages on the morning of a trip or while on the river.

Items to Bring For Bike Tours

- Sturdy, Rubber soled shoes, clip biking shoes w/ advance notice to switch pedals
- Padded bike shorts, or comfortable/breathable shorts, or running pants
- Camel back, small pack, hip pouch, sunscreen, lip balm
- Sunglasses, windbreaker, polypropylene shirt or similar, visor or ballcap, extra t-shirt
- Sweets, energy bars, trail mix, or similar energy snacks

Please call us if you have any unanswered questions about what to bring.