

What to Bring to River Rage Version (1.0)

You need to Bring

- Clothes that can get wet/muddy (light long-sleeved shirt/sun shirt/rashy, board shorts or similar, not short shorts as legs will get burnt in canoes.
- A Broad Brim Sunsafe Hat (preferably one with a drawstring to keep on the head when windy)
- Good High SPF Sunscreen
- A names drink bottle.
- Enclosed shoes (that can get wet/muddy and will not come off in the mud) **This includes Adults also.**
- Spray jacket (wind and waterproof)
- Swimming gear
- Towels (for showering and for water activities)
- Plastic bags (for wet clothes)
- Strap for spectacles/sunglasses (string or otherwise)
- clothes to get changed into (e.g., uniform after water activities)
- Your own sleeping gear (including a pillow)
- A mess kit (knife fork spoon, plate bowl cup)
- Spare closed in shoes.
- Scouts Queensland has a closed in shoes policy **NO THONGS except for in the shower.**
- Toiletries Toothbrush Toothpaste
- Torch
- Tent
- Personal First aid kit
- Sunscreen with a High SPF
- Drinks (water or other)
- Scout Membership Number
- Willingness to try something new

We will Provide

- Food
- Canoes
- LifeJackets
- Paddles
- Great Company