

TREK GEAR LIST

ITEM	# REQUIRED	DESCRIPTIONS
Sleeping Bag w/compression sack	1	Fiber-fill to 30 degrees/ no down or cotton (needs a stuff sack) Should pack easily. Must be able to fit in a compression sack measuring 10x10x20 inches.
Hiking Boots	1 pair	An outdoor store can help you choose these. The boots should be sized with wool socks, or another heavy hiking sock. It is important that these boots be broken in before camp. This will prevent blisters and sore feet at camp.
Sport Sandals with backstrap	1 pair	For water play and showering etc. (like Tevas)
Socks	4 pairs	Wool or synthetic hiking socks - NO COTTON
Rain Suit	1	Make sure it is appropriate coverage for heavy rain.
Bathing Suit	1	Girls please only one pieces
GIRLS- Bathing suits	2	One piece swimsuits only
T-shirts	4	No inappropriate slogans or pictures
Shorts	4	Shorts with liners are great to hike in. Quick dry nylon shorts are recommended.
Pants	1	Nylon hiking pants - they are comfortable and dry easily
Underwear	4	
Light Jacket or Sweatshirt	1	Fleece or wool - NO COTTON
Towels	1	Pack towels are good (see outdoor stores)
Washcloths	1	
Toothbrush with case and toothpaste	1	
Shampoo, soap, brush		
Water bottle	2	Large size-32oz (we suggest Nalgene brand)
Headlamp or Flashlight & batteries	1	Lightweight
Long underwear	1 set (top, bottom)	Medium weight, synthetic polyester- NO COTTON
Hat	1	Preferably a stocking cap that can be pulled over the ears (nights can be chilly)
Bandana	1-2	
Large bag that all belongings fit into	1	Duffle bags are good
OPTIONAL		
Disposable Camera	2	Waterproof
Watch		Waterproof
Writing Materials, Books		
Backpack with padded waistbelt (we provide these, but campers may bring their own.	1	It must be able to carry the sleeping bag, a bag of food that will be at least as big as the sleeping bag, clothing, rain gear and group gear. Please make sure this pack is an appropriate size for your camper. (4000 Cubic inches is perfect)
Sleeping Pad		(we have these for all campers)

Please label all clothing and belongings clearly with first and last names with a laundry marker, iron on labels, or EZMark. We will send home left over items only if they are clearly marked. All other items will go to Goodwill.

ITEMS NOT ALLOWED: Electronic equipment, alcohol, drugs, cigarettes, gum or weapons of any kind.

READ CAREFULLY

WAIVER AND RELEASE OF LIABILITY - In consideration of USA Raft, Inc. furnishing services and/or equipment to enable me to participate in a whitewater activity, I agree as follows:

I fully understand and acknowledge that outdoor recreational activities have: (a) inherent risks, dangers and hazards and such exists in my use of whitewater equipment and my participation in whitewater activities; (b) my participation in such activities and/or use of such equipment may result in injury or illness including, but not limited to bodily injury, disease, strains, fractures, partial and/or total paralysis, death or other ailments that could cause serious disability; (c) these risks and dangers may be caused by the negligence of the owners, employees, officers or agents of USA Raft, Inc.; the negligence of the participants, the negligence of others, accidents, breaches of contract, the forces of nature or other causes. Risks and dangers may arise from foreseeable or unforeseeable causes including, but not limited to, guide decision making, including that a guide may misjudge terrain, weather, trail or river route location, and water level, risks of falling out of or drowning while in a raft, canoe or kayak and such other risks, hazards and dangers that are integral to recreational activities that take place in a wilderness, outdoor or recreational environment; and (d) by my participation in these activities and/or use of equipment, I hereby assume all risks and dangers and all responsibility for any losses and/or damages, whether caused in whole or in part by the negligence or other conduct of the owners, agents, officers, or employees of USA Raft, Inc., or by any other person.

I, on behalf of myself, my personal representatives and my heirs hereby voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify USA Raft, Inc., the TVA, the State of Tennessee, the United States, and their respective owners, agents, officers and employees from any and all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services or otherwise which may arise out of my use of whitewater equipment or my participation in whitewater activities. I specifically understand that I am releasing, discharging and waiving any claims or actions that I may have presently or in the future for the negligent acts or other conduct by the owners, agents, officers or employees of USA Raft, Inc.

I HAVE READ THE ABOVE WAIVER AND RELEASE AND BY SIGNING IT AGREE. IT IS MY INTENTION TO EXEMPT AND RELIEVE USA RAFT, INC. FROM LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE.

The Venue of any dispute that may arise out of this waiver and release or otherwise between the parties to which USA Raft, Inc. or its agents is a party shall be the Circuit Court of Cocke County, Tennessee.

Finally, I hereby irrevocably consent to and authorize USA Raft, Inc. to use and reproduce any and all photographs and videos taken of me for any purpose whatsoever, without further compensation to me. All such photographs and videos, including negatives and the like are solely the property of USA Raft, Inc.

Signature Age Date

Signature of Parent or Guardian (If less than 18 years old.)

PERSON'S NAME YOUR RESERVATION IS UNDER

Please print clearly

First Name

Last Name

Mailing Address

City

State

Zip

Email Address

Trip Date

Trip Time