



Triad Pack List-Day Trips

What Triad Provides:

- **Type V Life Jacket specifically designed for whitewater**
- **Whitewater Specific helmet**
- **First Aid kits (1 per raft)**
- **Rescue ropes (2 per raft)**
- **Extensive recovery kits for rescues (1 per trip)**
- **Certified guides on every raft who have:**
 - **Swiftwater Rescue Training (SRT-1 certification)**
 - **Advanced medical training and CPR**
 - **At least 6 trips down the river they are guiding**
- **Shuttle to and from the meeting location and take out location**
- **Wetsuits available for rent**
- **GoPro cameras available for rent**

What you may want to bring on the raft with you:

- **Old Tennis Shoes, sandals, or booties (protection for your feet)**
- **Warm Socks (not cotton)**
- **Base Layer (capilene, under armor, etc)**
- **Extra clothes (not cotton)**

What you may want to leave at your car:

- **All of your personal belongings (do not take valuables on your trip)**
- **A towel**
- **Anything cotton**
- **Lunch**
- **Beverage (for AFTER your trip)**
- **Worries**