



Note from our Eagle County - Medical Coordinator

Hello volunteer crew,

September weather in Colorado can vary dramatically from sunny and warm, to snowfall. We are hoping for beautiful sunshine but being prepared for whatever mother nature gives us is important. Here is a short list to give you some ideas of what to bring with you every day for the event. Please remember these are long days on the river and we want you to be comfortable and safe.

- *Sturdy shoes/socks. Rocks and river debris are slick and difficult to navigate, good, comfortable hiking/trail running shoes are a must. Flip flops/sandals are not recommended.
- *Shorts/pants. Shorts will be fine for a sunny day. Light pants for sun/wind protection, and rain pants in case of inclement weather. Long john/thermal bottoms are nice on a cool day.
- *Shirts/tops. A t-shirt/short sleeve synthetic shirt is fine for a sunny day. Long sleeve synthetic for sun/wind protection. Fleece or other warm layer. Waterproof rain jacket with hood for inclement weather.
- *Gloves. A pair of lightweight fleece/leather gloves are nice to have on a cool/rainy day.
- *Hats. Ball cap for a sunny day. Buff/neck gaiter for warmth/sun protection. Winter hat/cap for warmth. Waterproof hat for inclement weather.
- *Sunglasses. Eye protection is important, sunny days and glare from the water is tough on your eyes. If you have contact lenses bring spare lenses and solution.
- *Miscellaneous. Water, 1 or 2 quarts recommended. It is very dry in Colorado and very important to stay well hydrated throughout the day. Snacks as needed. Camp chair to sit in throughout the day. Sunscreen and lip balm. Small backpack to carry your gear.
- *Medications. You must bring any/all personal medications with you each day. It is not possible to return to the hotel to pick anything up. Please feel free to contact me to discuss any pre-existing medical needs/conditions at any time prior to or during the event.

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