

## Thursday—College Visits

- Wear comfortable, weather-appropriate clothes
- Sack lunch/snacks
- Water bottle with water

## Friday—Los Rios River Runners Rafting

NOTE: You must have a Los Rios release form turned in to get on the bus. You can give it/email it to Ms. James or your advisor.

- Sack lunch/snacks
- Water bottle with water
- Wear river clothes on the bus—and plan to get wet
- Shoes with a heel strap—water shoes are recommended, but you can wear sneakers (you might want to bring a dry pair for after).
- If you wear glasses or sunglasses, please make sure you have a strap that keeps them on your head if you end up swimming (or else the river will claim another pair!)
- Hat
- Sunscreen
- A change of clothes so you can be dry on the bus. The drivers stay with the buses so all your valuables will be safe on the bus.
- Los Rios provides lifejackets (required), helmets (if you want one), and splash jackets (if it rains).