

Packing List – Boat Tour with TraunXperience

Please pack everything marked! | Season: May – October | Duration: 2–5 hours | Location: River Traun, Upper Austria

PROVIDED BY TRAUNXPERIENCE (you do NOT need to bring)

- Incl. Boat (raft, kayak, canoe or SUP)
- Incl. Paddle
- Incl. Life jacket
- Incl. Helmet (for gorge trips)
- Incl. Dry bag for valuables
- Incl. First aid kit
- Incl. Wetsuit (optional add-on, +€5/+€10)

CLOTHING FOR THE TOUR (will get wet!)

Swimwear / bikini / swim trunks

> Wear as a base layer under clothing

Sports T-shirt or technical shirt

> No cotton shirts (gets heavy and cold when wet)

Sports shoes with grip THAT CAN GET WET

> Old trainers or water shoes ideal – NO flip-flops!

Shorts (sports shorts, board shorts)

> NO jeans (terrible when wet)

Cool weather: long-sleeve technical top + leggings

> May, September, October

CHANGE OF CLOTHES (for after the tour – VERY IMPORTANT!)

- Dry underwear
- Dry T-shirt
- Dry trousers
- Dry socks
- SECOND pair of shoes (tour shoes will be wet!)
- Warm jumper / hoodie / fleece
- Towel

SUN & WEATHER PROTECTION

- Sunscreen SPF 30+ (waterproof, apply BEFORE the tour!)
- Sunglasses WITH strap (without strap they fall in the water!)
- Cap / sun hat (must fit under helmet)
- Light rain jacket (weather changes quickly)
- Insect repellent (mosquito spray)

FOOD & DRINK

Water bottle, min. 1 litre (2 litres on hot days) – NO glass!

Packed lunch / snacks (cereal bars, fruit) – in waterproof bag

HEALTH & SAFETY

Personal medication in waterproof case

If wearing glasses: glasses strap!

LEAVE AT HOME / IN THE BUS!

- X Jewellery, watches, rings – will be lost in the water!**
- X Smartphone – only in dry bag (at your own risk)**
- X All valuables**
- X Cotton clothing for the tour**
- X Jeans**
- X Open shoes (flip-flops, Crocs, sandals)**

TIP FROM THE GUIDE

"Pack your change of clothes in a large bin bag – that way everything stays guaranteed dry, even if the rucksack gets wet. And: better one layer too many than too few. It is often cooler on the water than you think!"