

Prepping for your Doring River trip with Gravity Adventures

You've decided to take the plunge and book a Doring River rafting trip with Gravity Adventures. Welcome to the Gravity family! We know that this trip will allow you to disconnect completely from the stresses of modern living and that you'll have experiences that you'll remember forever. Here are some pointers to help you prepare – by understanding what to expect and how to stay safe and comfortable, you'll be able to make the most of it!

Make sure that this is the trip for you

The Doring River is a 2 day, 1 night wilderness rafting trip that is run in the winter months. It's an exciting and beautiful trip but nights and river temperatures are usually cold so you'll need to be prepared and pack the right gear. Make sure you've read the trip information carefully so that you know what to expect.

Pack Efficiently!

If you pack well, you will be able to enjoy a cosy and comfortable night's sleep after your exciting day on the river. During the day, we recommend a long wetsuit and a light windbreaker to wear over it. You can hire a wetsuit from us if you need one. Wetsuit booties or an old pair of trainers are the best footwear - no bare feet or slip-on shoes, please. Once you've done paddling for the day, it's all about layering! You'll need to add layers as the temperature drops and you'll need to pack for space efficiency. Lightweight, compressible gear like down is the best option. Start with a thermal base layer – we love Core merino long-sleeved top and leggings. Track pants or jeans over that, with a light fleece and a down jacket to round it off. Keep the wind out with a Buff for your neck, a beanie for your head and thick socks and warm shoes (short sheepskin boots like Uggs are a winner!). Make sure you have a good sleeping bag and a sleeping pad that blocks the cold (not a big inflatable one). A small tent is highly recommended.

You will be packing your clothes and sleeping bag into a roll top dry-bag that we will supply. Bring along some strong black bags to provide an extra layer of waterproofing

Keeping it Clean

In terms of toiletries, all you really need is sunscreen, and your toothbrush and toothpaste. Zinc based sunscreen is effective and planet friendly and don't forget lip protection and a soothing lip balm for the end of the day. You are, of course, welcome to bring along other toiletries, but please make sure that whatever you pack is wilderness friendly.

Life carries on as usual, even on a rafting trip, and that means that you may need to deal with your period. I can recommend using a menstrual cup – they are widely available nowadays – as this means MUCH less admin. Try it before the trip so you're familiar with how to use it. If you'd rather use tampons, pack them in a double layered ziplock bag and keep them in the access barrel (we provide this) in the front of your boat. Also pack an extra ziplock bag or two and a small drybag for the used ones when the group rubbish bag is not available.

“Answering the call of nature” is a subject that worries many people. Your guides will explain clearly how our system works during your briefing on the first evening or morning of your trip. Basically, we usually use the ‘cat hole’ method – this ensures that human waste is the only thing left behind to degrade naturally. We pack out all loo paper and you do not have to burn it yourself. It’s simple and effective and much less of an issue than you think it will be.

Personal Medication

We’ll provide a comprehensive First Aid kit but, if there are certain products you know you use often, please bring your own supply. Of course, this includes prescription and allergy meds. On that subject, if you are allergic to anything, please tell your guide and inform them of what treatment you may need. It’s also worth packing some FABRIC plasters (not plastic ones as they come off too easily) in case of blisters from paddling.

Recommended Extras

Sunglasses are useful but please bring along your oldest pair and make sure that you have attached a strap to minimize the risk of sacrificing them to the river gods. Finally, bring a headlamp.

If you’re worried ...

We know that leaving one’s comfort zone can be scary. Our guides are well trained and very experienced - we have been running these types of trips for 25 years. If you find yourself feeling anxious about something, it’s important to make a conscious decision to stay calm and remind yourself of this. If you’re unsure of anything, just ask us and we will do their best to answer your question and set your mind at ease.

We can’t wait to see you

One of the favourite things about my job is that I get to help people have the best holiday possible – low environmental impact combined with a high personal impact. Thank you for choosing Gravity Adventures – we really can’t wait to have you experience our world.
