

PERSONAL GEAR LIST

- Passport or passport card
- *Dry Bag for your personal clothing and sleeping bag (Sealine 115 liter)
- *Dry Bag to use as a day bag (Sealine 30 Liter)
- *Sleeping Pad (closed cell form or self-inflating)
- Sleeping Bag, we recommend 20 degree F, compact and packable
- Quality packable rain coat & pants
- 1-2 Warm, heavy wool sweater or heavy synthetic tops for cool weather.
- 1 set synthetic long underwear (top & bottom lightweight, for sleeping if nights are cold)
- set of hydro skin base layer in case of cold rainy days.
- Knit or felt hat in case of cold or rainy weather
- Heavy duty Crocs or hiking boots for around the campsite
- 1 pair of river shoes for canoeing and wading WITH GOOD TRACTION AND PROPER FITTING (Sneakers with smart wool socks or similar. NO Teva's or opened toed sandals as they provide little protection for your feet!
- 2 quick drying pants (no jeans)
- 4-5 pair socks (synthetic or smart wool)
- 5-6 pair underwear (synthetic)
- 4-5 t shirts (at least 2 are synthetic)
- 1 long sleeve shirt light in color, no black, dark brown or navy blue (sun & bugs).
- 1 towel (packable)
- Hat with visor (sun)
- Sunblock
- Sunglasses
- 1 bandanna
- Small flashlight or headlamp (extra batteries)
- Personal toiletries: toothpaste & brush, deodorant, nail clippers, lip balm, feminine products
- *biodegradable soap & wet ones
- Several gallon size zip lock bags to organize stuff in
- Pocket knife or one that you wear in a sheath on your belt (cut your steak with!)
- 2-Personal water bottle (wide mouth 2 quart or liter sized water bottles, no glass)
- Extra set of clothes & towel to leave in the vehicle to change into after the trip for the ride home.

OPTIONAL GEAR LIST

- Digital camera
- travel size hand lotion
- **Medications (kept with trip staff)
- spare eye glasses
- Paddling gloves
- Compact fishing tackle-spinning outfit
- Buff (head band)
- notebook to journal in

Note on Packing: Organize personal gear and clothing in 3 or more doubled up 13-gallon size trash bags prior to placing into river bags. Trying to stuff your pack or duffel bag into river bags size 115L, robs room and makes it harder to fold and roll the river bag shut. Items you may want throughout the day can be packed into a smaller dry bag size 30L.

*Provided

** Prescription medications must be kept in original bottles for crossing the border and for dispensing