

# LCTA Recommended Personal Gear List 3-4 Day Canoe trip

## **Rain Gear**

\_\_\_ Light-wt Jacket & Pants

## **River & Camp Clothing**

\_\_\_ Swimwear

\_\_\_ 2 pr river shorts or skirts

\_\_\_ 2 short sleeve T-shirts (cotton OK)

\_\_\_ 2 tank tops (optional)

\_\_\_ 2 long sleeve shirt\*

\_\_\_ 1-2 pr pants\*

\_\_\_ walking shorts or skort

\*Quick-dry or other Synthetic fiber recommended for cool weather AND *sun protection* while paddling.

\_\_\_ Hat for sun protection

\_\_\_ River dress or skirt for camp

## **Cool weather optional additions**

\_\_\_ Light-wt long underwear (synthetic)

\_\_\_ Fleece jacket & pants – light weight

## **Shoes**

\*\*\*\***Comfort comes first with shoes**

\_\_\_ River shoes or sandals

\_\_\_ light-wt hiking/camp shoes

\_\_\_ 2-3 pair light-wt socks

## **Toiletries**

\*\*\***Keep to a minimum**

\_\_\_ Sunscreen (spf 30 & lip protection)

\_\_\_ Aloe Gel (for sunburn)

\_\_\_ Insect repellent

\_\_\_ Biodegradable soap/shampoo

\_\_\_ Lotion or coconut oil for dry skin

\_\_\_ Toothpaste and brush

\_\_\_ Hair brush/comb

\_\_\_ Handy wipes (travel size)

\_\_\_ Personal medications

LCTA provides standard first aid kit on all trips. You may want to bring your own supply of preferred remedies for bee stings, allergies etc... Please specify on your reservation form any serious allergies or medical conditions.

## **Questions?**

[info@trailadventures.com](mailto:info@trailadventures.com)

[www.trailadventures.com](http://www.trailadventures.com)

Local 406-728-7609

## **Other**

\_\_\_ Towel or Sarong

\_\_\_ Zip-loc bags (water resistant storage)

\_\_\_ Book/s (minimal)

\_\_\_ Notebook/Journal & pen/pencil

\_\_\_ Binoculars for wildlife viewing

\_\_\_ Cash for snacks & souvenirs

\_\_\_ Small flashlight or headlamp

\_\_\_ Eye Glass Retainer

\_\_\_ Water Bottle

\_\_\_ Favorite snack or beverage/liquor

## **Camping Equipment-packed in dry bag**

\_\_\_ Sleeping bag-*recommend to bring your own but if not possible, bags available for purchase or rent through LCTA.*

\_\_\_ Small camp pillow

## **Packing tips:**

1. Visit your local outdoor gear store, or REI or online [www.nrsweb.com](http://www.nrsweb.com).

2. Check the weather for Big Sandy. Always be prepared for sudden weather changes. Even in the middle of summer storms can happen.

3. Pack layering systems for maximum versatility with minimal clothing.

4. Extra Luggage can be left in car or at hotel

5. Zip locs or small garbage bags will help compartmentalize your clothing inside dry bag and ensure dryness.

6. Pack light, your dry bag and sleeping pad will go in your canoe.

7. Dry Bag size: 3 cu.ft /16" diam x 25" after rolling. Size Med Outfitter bag made by Jack's Plastic Welding. [Jpwinc.com](http://Jpwinc.com)

## **Cool Weather additions – Can occur anytime-- check forecasts:**

1. Change light-wt to mid-wt or heavy wt Synthetic long underwear and fleece.

2. Add additional layers, fleece hat & gloves.