

# LCTA Recommended Personal Gear List Salmon River

## Items for main dry bag, not accessible during the day:

### Camping equipment

- Sleeping bag
- Small camp pillow

### River & camp clothing

- 2 Swimwear
- 2-3 river shorts or skorts
- 2-3 T-shirts
- 2-3 tank tops
- 2-3 Long sleeve / sun hoodies
- 1 pr pants or leggings
- Hat
- River Dress or skirt/s for camp
- under garments

River clothing should be quick-dry.  
Camp clothing can be cotton if hot

### Cool weather optional additions

- Light-wt long underwear-synthetic fiber
- Fleece jacket & pants – light weight

### Shoes

- Chaco/Teva/Keen sandals (river shoes)
- Lt wt sneaker – for hiking or if you need an alternative shoe for some reason
- 2 pair light-wt socks

### Toiletries – small containers preferred

- Aloe Gel (for sunburn)
- Insect repellent
- Biodegradable soap/shampoo
- Lotion/Coconut oil for dry skin
- Toothpaste and brush
- Hairbrush/comb
- Handy wipes (travel size)
- Personal medications

LCTA provides standard first aid kit.  
Recommend your own supply of OTC pain reliever and/or prescriptions. Please specify on your reservation form any serious allergies or medical conditions.

**Cool Weather can occur anytime, check forecast for Salmon (day 1-3) and Riggins, ID (day 3-6)**

## Items for your day bag:

- Day bag - size depends on the number of people using
- Sunscreen (spf 30 & lip protection)
- Water Bottle & carabiner
- Rain Jacket
- Snacks (either LCTA or personal)

## Other / Optional items

- Cash to tip your guides** 😊
- Towel / Sarong
- Coffee Mug – if you want your own
- Zip-locs (water resistant storage)
- Book / Journal & pen/pencil
- Binoculars for wildlife viewing
- Small solar charger with USB
- Small flashlight or head lamp
- Hammock (optional)
- Toys (Frisbees, playing cards, face paint, other age-appropriate fun things)
- Costume or fun accessories – that you don't mind get wet and sandy
- Favorite snack or beverage/liquor – can be stowed in dry boxes on gear boat. Label with your name.

## Packing tips:

1. Visit your local outdoor gear store, or NRS online [www.nrsweb.com](http://www.nrsweb.com) or the Trailhead River Sports in Missoula.
2. Always be prepared for sudden weather changes. Even in the middle of summer storms can happen. Early & late season trips add heavier layers.
3. Pack layering systems for maximum versatility with minimal clothing.
4. Extra Luggage can be left in your car or at hotel/office.
5. Zip locs or small garbage bags can compartmentalize your clothing inside dry bag and ensure dryness.

Questions? 406-728-7609  
[info@trailadventures.com](mailto:info@trailadventures.com)