

LCTA Recommended Personal Gear List 5-7 Day Rafting trip

Rain Gear

Light-wt Jacket & Pants

River & Camp Clothing*

2 Swimwear and river shorts

2-3 T-shirts

2-3 tank tops

2-3 long sleeve shirt / Lt jacket

1 pr pants

*Quick-dry or Swim/Rash Guard

recommended for cool weather or sun protection.

Hat

Sarong / Dress

under garments

Cool weather optional additions

Light-wt long underwear-synthetic fiber

Fleece jacket & pants – light weight

Shoes

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

Teva-type sandals (river shoes)

light-wt hiking or tennis 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 / Moisturizer

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.

Cool Weather additions – Can occur anytime, check weather forecast for Salmon to Riggins, ID:

1. Change light-wt to mid-wt or heavy-wt rain gear, capilene and fleece.
2. Add layers, Lt.Wt. fleece hat-gloves.

Other

Personal day dry Bag-7.5”Diam x 17”H, clear plastic (available at LCTA or NRS)

Towel

Zip-loc bags (water resistant storage)

Book (minimal)

Notebook/Journal & pen/pencil

Cash for snacks & souvenirs

Small flashlight

Toys (Frisbees, playing cards, face paint, other age appropriate fun things)

Water Bottle – with loop to hook to onto

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 rent through LCTA.*

Small camp pillow

Packing tips:

1. Visit your local outdoor gear store, like REI or Cascade Outfitters and NRS online www.nrsweb.com. Trailhead or Bob Wards in Missoula
2. 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. Luggage can be left in car or at hotel/office to transfer clothing to dry bags (16” diameter x 33” tall / 3.8 cubic ft. when sealed)
5. Zip locs or small garbage bags will help compartmentalize your clothing inside dry bag and ensure dryness.
6. Your dry bag will go on a gear raft and will not be accessible during the day. Your personal day bag will go with you on your raft of choice.

Questions? Call LCTA

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