

# LCTA Recommended Personal Gear List Missouri-Lolo trip

## **Rain Gear**

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

## **River & Camp Clothing**

\_\_\_ Swimwear and river shorts

\_\_\_ 3-4 T-shirts\*

\_\_\_ 2-3 tank tops

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

\_\_\_ 1 pr pants Quick-dry

\* Have a couple cotton and the rest Synthetic fiber recommended for cool weather or sun protection.

\_\_\_ Hat – good sun protection

\_\_\_ Sarong skirt (optional for women)

\_\_\_ Walking shorts

## **Cool weather and evening additions**

\_\_\_ Light-wt long underwear (i.e. capilene)

\_\_\_ Fleece jacket – light weight

## **Shoes**

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

\_\_\_ Teva-type sandals (river shoes)

\_\_\_ light-wt hiking shoes (camp shoes)

\_\_\_ hiking boots (Lolo trail)

\_\_\_ 2-3 pr/trip light-wt walking/hiking socks

## **Toiletries**

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

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

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

\_\_\_ Insect repellent

\_\_\_ Biodegradable soap/shampoo

\_\_\_ Unscented Lotion

\_\_\_ 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?**

Toll-free 1-800-366-6246

Local 406-728-7609

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

## **Other**

\_\_\_ Towel

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

\_\_\_ Books (minimal)

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

\_\_\_ Cash for snacks & souvenirs

\_\_\_ Small flashlight or head lamp

\_\_\_ Water Bottle or camel back

\_\_\_ 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, REI or Cascade Outfitters and NRS online [www.nrsweb.com](http://www.nrsweb.com).
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. Zip locs or small garbage bags will help compartmentalize your clothing inside dry bag and ensure dryness.
5. Extra Luggage can be left in car or at hotel
6. Add more quantities if your trip is longer and scale back for shorter trips.
7. Pack one large duffel & one day pack.

## **Missouri Packing requirements:**

Our dry bags are 3 cu ft / 85 listers/ 16” diameter x 25” when closure is rolled to max volume. Pack light, your dry bag and goes in your canoe.

## **Lolo Trail Packing requirements:**

Duffel goes on gear truck, daypack goes with you. Keep valuables to a minimum, i.e. cash, credit cards, I.D. and carry in your pocket or daypack.

## **Cool Weather additions – Can occur anytime-- check forecast and plan:**

Change light-wt to mid or heavy wt Add additional layers, fleece hat & gloves