

# LCTA Recommended Personal Gear List 3-Day Lolo Trail trips

## **Rain Gear**

Light-wt Jacket & Pants

## **Trail Clothing**

2-3 T-shirts

1-2 tank tops

2 pair walking shorts/skorts

2-3 long sleeve shirt\*

1-2 pr pants\*

\*Quick-dry or other Synthetic fiber recommended for cool weather

Hat

## **Bike Gear (Biking trips Only)**

1-2 Biking tights or shorts

Biking gloves and shoes

## **Camp Clothing & cool weather**

Light-wt long underwear (i.e. capilene) Top & bottoms.

Fleece jacket – light weight

Quick dry pants

Jeans or Work pants (if dry)

## **Shoes**

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

Light hiking boots or supportive trail shoe – call us with any questions.

4-6 pair light-wt socks\*

\*Use quality synthetic & wool fiber or fiber socks like “smartwool” designed for hiking & walking. Extra socks will keep you comfortable at camp if wet weather.

## **Toiletries**

### **\*\*\*Keep to a minimum & small quantities**

Sunscreen (spf 30 & lip protection)

Aloe Gel (for sunburn)

Insect repellent

Biodegradable soap/shampoo

Unscented Lotion

Deodorant

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.

## **Other**

Day Pack –Big enough for water bottle, rain gear, lunch & misc. items

Towel

Zip-loc bags (water resistant storage)

Books (minimal)

Notebook/Journal & pen/pencil

Cash for snacks & souvenirs

Small flashlight

Water Bottle-fits in pack or Camelback

Favorite snack or beverage/liquor

## **Camping Equipment-packed in duffel**

Sleeping bag -*recommend using your own, bags available for purchase or rent through LCTA.*

Small camp pillow

## **Packing tips:**

1. Visit your local outdoor gear store, REI or Northwest River Supply.
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.
8. If doing both Missouri & Lolo, some items can overlap for both trips.

## **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 min, 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

**Questions?** 1-800-366-6246 or 406-728-7609 or [info@trailadventures.com](mailto:info@trailadventures.com) or trailadventures.com