

# 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

\_\_\_ 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 (i.e. capilene)

\_\_\_ 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

\_\_\_ 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

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

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

## **Other**

\_\_\_ Towel or Sarong

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

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

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

\_\_\_ 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. 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" when closure is rolled to maximum volume. Made by Jack's Plastic Welding, Med Outfitter.

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

1. Change light-wt to mid-wt or heavywt capilene and fleece.

2. Add additional layers, fleece hat & gloves.