

LCTA Recommended Personal Gear List 5-6 Day Canoe trip

Rain Gear

___ Light-wt Jacket & Pants

River & Camp Clothing

___ 2 Swimwear

___ 2-3 pr river shorts or skirts

___ 3+ 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**

___ Chaco/Teva/Keen sturdy river shoes

___ light-wt hiking/camp shoes

___ 3-4 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

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.

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 heavy wt capilene and fleece.

2. Add additional layers, fleece hat & gloves.