

# LCTA Recommended Personal Gear List 5-7 Day Rafting trip

## **Rain Gear**

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

## **River & Camp Clothing\***

\_\_\_ 2 Swimwear

\_\_\_ 2-3 river shorts or skirts

\_\_\_ 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

\_\_\_ River Dress or skirt/s for camp under garments

## **Cool weather optional additions**

\_\_\_ Light-wt long underwear-synthetic fiber

\_\_\_ Fleece jacket & pants – light weight

## **Shoes**

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

\_\_\_ Chaco/Teva/Keen 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 or head lamp

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

\_\_\_ Costume or fun accessories – that you don’t mind get wet and sandy

\_\_\_ 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](http://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**

**406-728-7609 / 1-800-366-6246**

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