

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 / It 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 items and optional items

___ Personal day dry Bag

___ Towel / Sarong

___ Zip-loc bags (water resistant storage)

___ Book (minimal)

___ Notebook/Journal & pen/pencil

___ Cash for snacks & souvenirs

___ Small flashlight or head lamp

___ Hammock

___ 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 - *New COVID policy, bring your own or purchase new through us.*

___ Small camp pillow

Packing tips:

1. Visit your local outdoor gear store, like REI or Cascade Outfitters and NRS online 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