

LCTA Recommended Personal Gear List 5-7 Day Rafting trip

Items for main dry bag that goes on gear raft, not accessible during the day:

Camping equipment

- Sleeping bag – need to purchase?
- Small camp pillow
- Coffee Mug

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 or leggings
- *Quick-dry or Swim/Rash Guard
- 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

- Chaco/Teva/Keen sandals (river shoes)
- light-wt hiking or tennis shoes (optional)
- 2 pair light-wt socks

Toiletries – small containers preferred

- Aloe Gel (for sunburn)
- Insect repellent
- Biodegradable soap/shampoo
- Lotion/Coconut oil for dry skin
- Toothpaste and brush
- Hairbrush/comb
- Handy wipes (travel size)
- Personal medications

LCTA provides standard first aid kit.
Recommend your own supply of OTC pain reliever and/or prescriptions. Please specify on your reservation form any serious allergies or medical conditions.

Cool Weather can occur anytime, check forecast for Salmon (day 1-3) and Riggins, ID (day 3-6)

Items for your day bag:

- Day bag – see retailer for sizes - depending on the number of people using
- Sunscreen (spf 30 & lip protection)
- Water Bottle & carabiner
- Rain Jacket
- Snacks (either LCTA or personal)

Other / Optional items

- Cash to tip your guides** 😊
- Towel / Sarong
- Zip-locs (water resistant storage)
- Book / Journal & pen/pencil
- Binoculars for wildlife viewing
- Small solar charger with USB
- Small flashlight or head lamp
- Hammock (optional)
- Toys (Frisbees, playing cards, face paint, other age-appropriate fun things)
- Costume or fun accessories – that you don't mind get wet and sandy
- Favorite snack or beverage/liquor – can be stowed in dry boxes on gear boat. Label with your name.

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. Early & late season trips add heavier layers.
3. Pack layering systems for maximum versatility with minimal clothing.
4. Extra Luggage can be left in your car or at hotel/office. Let us know if need special storage options.
5. Zip locs or small garbage bags will help compartmentalize your clothing inside dry bag and ensure dryness.

Questions?

info@trailadventures.com
406-728-7609