

# 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 (cotton OK)

\_\_\_ 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 (synthetic)

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

## **Shoes**

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

\_\_\_ River shoes or sandals

\_\_\_ Sturdy sneakers or low top hiking shoes

\_\_\_ 2-3 pair light-wt socks

## **Toiletries – small containers preferred**

\_\_\_ Sunscreen (spf 30 & lip protection)

\_\_\_ Aloe Gel (for sunburn)

\_\_\_ Insect repellent

\_\_\_ Biodegradable soap/shampoo

\_\_\_ Lotion or 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.

*Items to keep handy in your canoe: Sun protection, snacks, water bottle*

*Items to keep on top of your dry bag for easy access: Rain Gear, Hiking shoes, snacks*

**Cool Weather additions – Can occur anytime-- check forecast for Big Sandy**

## **Other**

\_\_\_ **Cash to tip your guides** 😊

\_\_\_ Towel or Sarong

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

\_\_\_ Book/s & Journal & pen/pencil

\_\_\_ Binoculars for wildlife viewing

\_\_\_ Small solar charger with USB if needed

\_\_\_ Small flashlight or headlamp

\_\_\_ Eye Glass Retainer

\_\_\_ Water Bottle

\_\_\_ Favorite snack or beverage/liquor

## **Camping Equipment-packed in dry bag**

\_\_\_ Sleeping bag-*recommend bringing your own – need to purchase?*

\_\_\_ Small camp pillow

## **Packing tips:**

1. Visit your local outdoor gear store or [NRS](#)

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 your car or at hotel/office.

5. Zip locs or small garbage bags will help compartmentalize your clothing inside dry bag and ensure dryness.

6. Pack light, your dry bag goes in your canoe.

7. Dry Bag size: 3 cu ft /16" diam x 25" after rolling. Size Med Outfitter bag made by [Jack's Plastic Welding](#)

## **Questions?**

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