

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 (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

___ 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

___ 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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