

## LCTA Recommended Personal Gear List 3-4 Day Canoe trip

### **Rain Gear**

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

### **River & Camp Clothing**

\_\_\_ Swimwear and river shorts

\_\_\_ 1-2 T-shirts

\_\_\_ 1-2 tank tops

\_\_\_ 1-2 long sleeve shirt\*

\_\_\_ 1 pr pants\*

\*Quick-dry or other Synthetic fiber recommended for cool weather or sun protection.

\_\_\_ Hat

\_\_\_ Sarong (optional)

### **Cool weather optional additions**

\_\_\_ Light-wt long underwear (i.e. capilene)

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

\_\_\_ Walking shorts

### **Shoes**

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

\_\_\_ Teva-type sandals (river shoes)

\_\_\_ light-wt hiking shoes (camp 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

\_\_\_ Unscented Lotion

\_\_\_ 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.

### **Questions? Call LCTA**

### **Other**

\_\_\_ Towel

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

\_\_\_ Books (minimal)

\_\_\_ Notebook/Journal & pen/pencil

\_\_\_ Cash for snacks & souvenirs

\_\_\_ Small flashlight

\_\_\_ Water Bottle, Nalgene recommended

\_\_\_ 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 purchase through LCTA.*

\_\_\_ Small camp pillow

### **Packing tips:**

1. Visit your local outdoor gear store, or REI or online [www.nrsweb.com](http://www.nrsweb.com).
2. Adjust up for 4-day trip.
3. Always be prepared for sudden weather changes. Even in the middle of summer storms can happen.
4. Pack layering systems for maximum versatility with minimal clothing.
5. Pack in soft duffel. Dry bags are 16" diameter x 33" tall or 3.8 cubic ft. when sealed.
6. Bring some large zip locs or small garbage bags to compartmentalize your clothing inside dry bag.
7. Pack light, your dry bag and sleeping pad will go in your canoe and serve as back rest.

### **Cool Weather additions – Can occur anytime-- check forecasts:**

1. Change light-wt to mid-wt or heavy-wt capilene and fleece.
2. Add additional layers  
Add fleece hat & gloves.

Toll-free

1-800-366-6246

Local

406-728-7609

Web

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