

LCTA Recommended Personal Gear List 6-Day Canoe trip

Rain Gear

___ Light-wt Jacket & Pants

River & Camp Clothing

___ Swimwear and river shorts (2-3)

___ 3-4 T-shirts

___ 1-2 tank tops

___ 2-3 long sleeve shirt*

___ 1-2 pr pants*

___ Walking shorts

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

___ Hat

___ Sarong (optional for women)

Cool weather optional additions

___ Light-wt long underwear-synthetic fiber

___ Fleece jacket & pants – light weight

Shoes

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

___ Teva-type sandals (river shoes)

___ light-wt hiking shoes (camp shoes)

___ 4-5 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.

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, like REI or Cascade Outfitters and NRS online www.nrsweb.com. Trailhead or Army-Navy 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. Pack in soft duffel. Our dry bags are 16" diameter x 33" tall or 3.8 cubic ft. when sealed and lined with plastic.
5. 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.

Questions? Call LCTA

Toll-free 1-800-366-6246

Local 406-728-7609

Web www.trailadventures.com