

MULTI-DAY PACKING LIST:

River Gear

- _____ swimsuit or shorts and T-shirt (avoid cotton shorts)
- _____ tennis shoes or sport sandals (or hard-soled wetsuit boots for spring trips)
- _____ wool or synthetic “ski” hat — for cold/rainy days
- _____ wide-brimmed hat (preferably with chin-strap), or baseball cap — for sunny days
- _____ 1 pair socks (wool or synthetic)
- _____ waterproof rain jacket and rain pants
- _____ Polypropylene or similar long underwear tops and bottoms
- _____ 1 warm sweater or jacket, polyester fleece or wool
- _____ water bottle or canteen
- _____ waterproof sunscreen and lip balm
- _____ sunglasses, with strap

Extra River Clothing, Camp Clothing

- _____ camp shoes (or lightweight hiking boots)
- _____ 1 pair long pants
- _____ 1-2 pair shorts
- _____ 1-2 long-sleeved shirts
- _____ 1-2 short-sleeved shirts
- _____ socks and underwear

Camp Gear

- _____ compact, lightweight tent (freestanding is preferred)
- _____ compact, medium-weight sleeping bag
- _____ compact foam sleeping pad or air mattress
- _____ small tarp (to place beneath your tent, or as a ground-cloth for sleeping under the stars)
- _____ personal toiletries, including small towel, biodegradable soap, dry-skin lotion, prescription medicines
- _____ small flashlight or headlamp, with extra batteries

Optional Items

- _____ gloves (especially if you’ll be rowing)
- _____ binoculars
- _____ camera
- _____ reading material
- _____ pen and journal or notebook
- _____ compact fishing gear
- _____ spare glasses, sunglasses
- _____ insect repellent
- _____ small daypack, ammo box, or small dry bag
- _____ beer or soft drinks (up to 2 six-packs per person), wine or liquor —in unbreakable containers. (We provide coffee, tea, and juice; also wine with some dinners). consumption of alcohol is prohibited during the day but okay once we arrive in camp.
- _____ People sensitive to the sun may want to bring lightweight cotton clothes (such a surgeon’s outfit) for sun protection on midsummer trips.

Please do not bring pets, guns, or valuable jewelry