



Gear List

What is included?

- All camping equipment: tents, sleeping bags, sleeping pads, ground cloth
- Coast Guard approved life jackets
- 2 Waterproof river bags (*One for sleeping bag, pad and ground cloth and one for clothing*)
- Small waterproof day bag (*for items you would like accessible during the day - dry shirt, sunscreen, etc.*)

Please NO....

- Ipods, Zunes or MP3 players
- Stereos
- Radios
- Cell phones, Blackberries
- Watches

You should bring....

- Good quality rain jacket and rain pants (*avoid cheap plastic, vinyl or poncho style*)
- Lightweight shirts (*one long sleeved for sun protection*)
- 1 pair of long pants
- Long underwear...synthetic, no cotton!
- Shorts...lighter material dries fast, good to wear over swimsuit
- Swimsuit...nylon is best because it dries fast.
- Cap & warm wool or synthetic hat & bandanas ...a must for everyone. In case of wind, attach with clip or a shoe string.
- Warm jacket...some evenings are cool. Synthetic piles are popular because they are warm even when damp.
- Socks, 3-4 pair...one heavy (wool) for hiking.
- Thin liner socks...nylon or synthetic, no cotton for hiking
- Running shoes or heavy walking shoes...2 pairs recommended-one to wear on the river (wet) and one dry.
- River sandals or aqua socks (***no Crocs!!***)
- Sunglasses, ties for glasses, ***an extra pair of prescription glasses even if you wear contacts***
- Sunscreen ... Sun block of maximum strength and moisturizing lotion.
- Small day pack or fanny pack... Nice for side excursions.
- 1 liter water bottle
- Pocket knife
- Chapstick
- Biodegradable soap (if possible), towel and shampoo
- Insect repellent
- Flashlight...small one works fine. Headlamps work great.
- Toothbrush and toothpaste

Optional items to bring.....

- Fishing license
- Fishing gear
- Camera and film...bring more than you think you will need, just in case.
- Small pillow

Wilderness River Outfitters provides a Major First Aid Kit, however we do recommend you bring your own preferred personal medications and accessories: Advil, Tylenol, Aspirin, Band-Aids and cold medicine.