

## Essential Items | What To Bring

*Always select clothing based on time of year & season of your trip! Contact us if you have any questions.*

### Clothing Items

- 2 pairs of quick dry pants
- Shorts (quick dry only)
- Swim suit
- 2 t-shirts
- 1 long sleeve shirt
- 1 Fleece or heavy sweater
- 1 lightweight Windbreaker jacket
- 1 set of rain gear
- 3 sets underwear
- 1 Long underwear (optional)
- 3 pairs of socks (wool, heavy & cotton/poly)
- 2 pair of footwear. (light hiking boots, sandals or river shoes)
- 1 wide brim hat or cap (bandana)
- 1 Wool hat/ toque: (optional - helps keep you warm on a cool day and at night)
- 1 camp/paddling gloves

### Additional Items

- 1 small headlamp or flashlight
- Extra batteries
- 1 Nalgene or water bottle
- First Aid Kit
- Waterproof Matches & Lighters
- Multi-use tool
- Insect repellent (non-aerosol) &/or headnet
- Sunscreen
- Extra rope
- Camera (w/waterproof case) (optional)
- Notebook, journal or reading books (optional)
- Fishing rod, tackle & equipment(optional)
- Binoculars (optional)
- Compass
- GPS (optional)
- SPOT locators (rental available)

### Personal Items

- Sunglasses w/lanyard
- Lip balm (Chap stick)
- Toothbrush
- Toothpaste
- Toiletries (travel size)
- 1 Towel
- Toilet kit (trowel, toilet paper)
- Biodegradable soap
- Personal Hygiene Products
- Extra set of eye glasses &/or eye contacts & solution
- Prescription medication