

LCTA Recommended Personal Gear List 3-Day Lolo Trail trips

Rain Gear

Light-wt Jacket & Pants

Trail Clothing

1-3 T-shirts

1-2 tank tops

1-2 pr walking shorts

1-3 long sleeve shirt*

1-2 pr pants*

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

Hat

Bike Gear (Biking trips Only)

1-2 Biking tights or shorts

Biking gloves and shoes

Camp Clothing & cool weather

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

Top & bottoms.

Fleece jacket & pants – light weight

Shoes

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

Hiking boots

3-6 pair light-wt socks*

*Use quality synthetic & wool fiber or fiber socks like “smartwool” designed for hiking & walking. Extra socks will keep you comfortable at camp if wet weather.

Toiletries

*****Keep to a minimum & small quantities**

Sunscreen (spf 30 & lip protection)

Aloe Gel (for sunburn)

Insect repellent

Biodegradable soap/shampoo

Unscented Lotion

Deodorant

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

Day Pack –Big enough for water bottle, rain gear, lunch & misc. items

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 duffel

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 shop. In Missoula Trailhead or Army-Navy
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.

Packing requirements:

Pack in only one large soft duffel and one-day pack. Duffel goes on gear truck, daypack goes with you. Keep valuables to a minimum, i.e. cash, credit cards, I.D. and carry in your pocket or daypack. **Do not pack valuables/ID in duffel.**

Cool Weather – Can occur anytime:

Change light-wt to mid-wt or heavy-wt
Change light-wt rain jacket to heavy-wt shell, Gortex or similar.

1. Add additional layers
2. Add fleece hat & gloves.

Questions? Call LCTA

Toll-free 1-800-366-6246

Local 406-728-7609

Web www.trailadventures.com