

LCTA Recommended Personal Gear List Missouri-Lolo trip

Rain Gear

___ Light-wt Jacket & Pants

River & Camp Clothing

___ Swimwear and river shorts

___ 3-4 T-shirts*

___ 2-3 tank tops

___ 2 long sleeve shirt*

___ 1 pr pants Quick-dry

* Have a couple cotton and the rest Synthetic fiber recommended for cool weather or sun protection.

___ Hat – good sun protection

___ Sarong skirt (optional for women)

___ Walking shorts

Cool weather and evening additions

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

___ Fleece jacket – light weight

Shoes

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

___ Teva-type sandals (river shoes)

___ light-wt hiking shoes (camp shoes)

___ hiking boots (Lolo trail)

___ 2-3 pr/trip light-wt walking/hiking 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.

Cool Weather additions – Can occur anytime-- check forecasts:

1. Change light-wt to mid or heavy wt
Add additional layers
Add fleece hat & gloves.

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. Add more quantities if your trip is longer and scale back for shorter trips.
5. Pack in only one large soft duffel and one-day pack.

Missouri Packing requirements:

Our dry bags are 16” diameter x 33” tall or 3.8 cubic ft. when sealed and lined with plastic. Pack light, your dry bag and sleeping pad goes in your canoe as backrest.

Lolo Trail Packing requirements:

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.**

Questions? Call LCTA

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