

## LCTA Recommended Gear List Workshop trip

### **River layering system – Synthetic Fiber**

- 2 Base layers of silk-wt or light wt
- 2-3 2nd layer of fleece tops
- 2 fleece bottom if using paddling pants
- 3<sup>rd</sup> layer Paddling jacket & pants
- Fleece or wool hat & gloves

### **Camp Clothing – Separate from or in addition to River Clothing**

- Carharts or other heavy duty pants
- Fleece jacket and pants
- Parka and/or rain gear
- Fleece or wool hat & gloves
- 6-8 wool or fleece socks

### **Shoes**

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

- Neoprene booties
- Teva-type sandals (river shoes)
- light-wt hiking shoes (camp shoes)

### **Toiletries\*\*\*Keep to a minimum**

LCTA provides standard first aid kit on all trips. You may want to bring your own supply of preferred remedies. Please specify if you have any serious allergies or medical conditions.

### **Camping Equipment**

- Tent and/or tarp
- Sleeping pad (if not waterproof, goes in dry bag)
- Sleeping bag (goes in dry bag)
- Water Bottle, Nalgene recommended
- Coffee mug
- Any other personal camping equipment
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### **Packing tips:**

1. Visit your local outdoor gear store, Trailhead or Army-Navy in Missoula
2. Always be prepared for sudden weather changes.
3. Pack layering systems for maximum versatility with minimal clothing.
4. Line dry bag with garbage bag. Our dry bags are 16" diameter x 33" tall or 3.8 cubic ft. when sealed and lined with plastic.
5. Bring extra zip-locs or plastic bags to keep wet clothing separated from dry

### **Leave No Trace things to remember**

1. Remove all packaging prior to arrival at the put-in from newly purchased items to reduce garbage on the river.
2. No soap is allowed in the river, baby wipes are a good alternative to a bath.
3. All micro-trash is packed out.

### **Cold Water & Weather considerations**

Multiple layers of light-wt to mid-wt or heavy-wt capilene and fleece. Always keeping your wet river clothing separate from dry camp clothing.

### **LCTA has the following river gear if needed**

Wetsuit  
Paddling top  
Neoprene Booties

### **Questions? Call LCTA**

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