

What to Bring

Your comfort and safety depend on you being well equipped for the wilderness. If the weather is perfect you will not need the cold weather clothing or rain gear, but should plan for sun protection. Please call if you don't understand or cannot find an item on the list.

Pack clothing you won't mind getting wet or dirty.

Cut down on bulk by not bringing too many changes of clothing for the same temperature conditions. You do not need a change of clothing every day.

Clothing List RECOMMENDED for ALL trips:

- Swimsuit: May be worn as a first layer
- Shorts: quick drying shorts can double as a swimsuit for men.
- Footwear: Sandals that **attach to your feet** for rafting, and comfortable shoes for the evening in camp/lodge. An extra pair of flip flops is nice as back up.
- Socks: Polypropylene or wool*
- Long sleeved shirts: best for sun protection. Avoid cotton for during the day- it is slow to dry, and heavy when wet.
- T-shirts/tank tops: rafting and camp
- Long underwear: Polypropylene, Smart wool, or Capilene (for sleeping comfort and colder weather trips)
- Sweater or jacket: Fleece or Wool (for cold mornings in camp, and colder trips)
- Pants: 1 pair is nice for chilly mornings in camp. Rain pants are a great idea for early and late season trips.
- Baseball cap or visor (with strap) for sun protection
- Make sure you bring a comfortable outfit for evenings in camp/lodge. You can wear the outfit the next night too! We won't judge!

Gear List:

- Small camp Pillow
- Water bottle with strap
- Flashlight or headlamp
- Sunglasses with Strap
- Bandana
- Insect repellent
- Toiletries
- Medications. If you are in need of bringing a CPAP- please visit www.cpap.com to purchase a battery pack. (Please leave epi pen and emergency medications out of overnight pack and in a readily available location)
- Large zip lock bags for wet gear
- Sunscreen/ lip balm
- Moisturizer/Skin lotion
- Wet Wipes

Recommended for early season trips:

- Long underwear: Polypropylene, Smart wool, or Capilene
- Sweater or jacket: Fleece or Wool
- Rain gear: jacket and pants
- Gloves for camp/lodge

Optional Gear:

- Bike gloves to protect hands while paddling
- Fishing equipment and license
- Small zip lock bags for organizing gear
- Disposable/ Waterproof camera*
- Dramamine (if prone to car sickness)
- Small day pack or fanny pack
- Book / Journal / Notebook

Questions? Please contact our office at 1-800-336-1647 or info@wildrogue.com if you have any other questions about your trip. Once you are on the river, our guides will be happy to answer questions or assist you. We welcome any suggestions you have and want you to enjoy your trip.

We can't wait to see you soon!