

Recommended River Trip Packing List

Pack light. Anything you bring may get wet.

Clothing & Footwear

- Quick-dry clothing: shorts, pants, short- and long-sleeved shirts, warm layer
 - Merino or polyester recommended (no cotton)
 - Dress in layers
- Rain jacket and rain pants (we paddle rain or shine)
- Broad-brimmed hat
- Spare set of clothing
- Wool socks (if they get wet they stay warm)
- Sunglasses with a head strap
- **Heel-strap sandals** (ideal for wet entries/exits)
 - Old running shoes also work
 - **Rubber boots and hiking boots are not recommended**
 - For rockier rivers, **closed-toed sandals** are best

Personal Gear

- Reusable water bottle (insulated preferred)
- Sunscreen (SPF 60+) and lip balm with SPF
- Basic toiletry kit (toothbrush, toothpaste, deodorant, hand sanitizer, environmentally friendly soap, small towel)
- Medications for the full trip **plus extra** (pack some separately)
- Thin gloves (optional)
- Aloe vera or hand cream (guide-recommended)
- Travel mug or coffee mug
- Headlamp (optional)
- A good book

Sleeping Gear

- **Tent**
- **Sleeping Mat** (We recommend Thermo-rest)
- **Sleeping bag**
 - Mummy-style recommended
 - Temperature rating **to -5°C** (warmer for late season trips)

Electronics, Valuables & Extras

- Electronics may get **wet, damaged, or lost**
 - Waterproof or floatable phone cases recommended
- Please be mindful of valuables
 - Some items can be left at select hotels, in storage lockers, or with us
- Compact, inexpensive **binoculars** for wildlife viewing
- Fishing rod and **valid fishing licence**, if applicable
- Moderate alcohol (beer or wine) welcome if enjoyed respectfully