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BITTERROOT BONANZA GEAR LIST

Plan on bringing both a day bag as well as an overnight bag. You can carry your day pack with you, or keep it in the support van, which will be accessible at a couple points throughout the day. Your day pack might include things such as your rain jacket, personal items, etc. Your overnight bag would include clothes and toiletries for the end of the day when you reach your hotel. Each evening your guide will discuss the next day's activities so you know how to prepare. Use this gear list as a starting point to help you pack accordingly. Our trips run rain or shine so it's important to be dressed in layers for all weather conditions. Please contact us if you have any questions!

CYCLING GEAR

- ___ Mountain or hybrid bike (If you are using one of our bikes, you are welcome to bring your own pedals and seat if you would prefer and we will be happy to install them on the rental bike. If you choose to bring your own bike please make sure that it is suitable for both on-road and off-road trails)
- ___ Helmet (We have helmets available but find that most people prefer to bring their own as each helmet fits differently)
- ___ Cycling shoes (The pedals on our rental bikes are flats so a flat soled tennis shoe will work fine. If you are bringing your own pedals don't forget to bring your shoes with the appropriate cleats!)
- ___ 2-3 pair cycling shorts (We highly recommend shorts with a chamois pad which will provide padding on the bike and help prevent discomfort on the bike. These can be found at bike shops or most sporting good stores)
- ___ 2 cycling jerseys and/or wicking t-shirts.
- ___ 1 long sleeve jersey or base layer to wear underneath short sleeve jersey. (Some prefer arm warmers instead)
- ___ 4 pair of non-cotton wicking socks.
- ___ Rain jacket/pants (we do ride rain or shine!)
- ___ Tights, cycling pants or leg warmers in case of inclement weather.
- ___ Cycling gloves
- ___ Chamois butter (Optional but highly recommended if you haven't been cycling much. This is available at bike shops and most sporting good stores and prevents chaffing)
- ___ Water bottle (We have one cage on each bike. You can also place one in your jersey pocket)
- ___ Bike light (We will provide lights but you are welcome to bring your own as well. They are necessary for the long tunnels we will be riding through on the Route of the Hiawatha)

KAYAKING/RAFTING GEAR

For Warm Days:

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| ___ Sun screen and sun hat | ___ Towel for end of day |
| ___ Nylon shorts or swimsuit | ___ Camera |
| ___ Tennis shoes or sport sandals with straps | ___ Headstrap for glasses |
| ___ Personal water bottle - optional | |
| ___ Windbreaker and/or raincoat in case of cloudy weather | |

For Cool Days:

- ___ Polypropylene underwear is highly recommended
- ___ Wool sweater or synthetic pile top
- ___ Rain coat (good waterproof kind - not nylon windbreaker)
- ___ See other items under "For Warm Days" too

DO NOT bring cotton clothing to keep you warm on the water. A good waterproof raincoat (NOT a flimsy windbreaker) and wool or fleece layers are appropriate.

Come prepared for a variety of weather conditions, as you will be traveling through Washington, Idaho, and Montana on your adventure, and weather can change quickly. Let us know if you have any questions!