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### Missouri River Canoe Gear List

Packing properly for a river trip is **CRITICAL** to your enjoyment while on the river. We recommend that you prepare yourself for three basic scenarios: 1. a cool day on the river; 2. a warm day on the river; or 3. time spent lounging in camp. Take care of these, and you are free to let the river and the canyon work their magic.

Weather in the northwest is unpredictable. You must come prepared for cold/wet weather and hot/sunny weather – sometimes even in the same day! The following information will help you be prepared for the expected as well as the unexpected events of your trip. You may not use all of the gear listed below, but we recommend bringing it all!

#### Dry Bags that ROW Provides for your personal items:

	<p>One large waterproof bag (16” in diameter x 33” tall) per person. This will contain your sleeping bag as well as your personal clothing and items. This bag is NOT accessible during the day as it goes ahead of the group with our cargo raft.</p> <p>This bag will also contain additional gear provided by ROW:</p> <ul style="list-style-type: none"> <li>• Sleeping bag, flannel liner, &amp; pillow</li> </ul>
	<p>A small daypack (9” in diameter x 20” tall) for items you want to access during the day such as rain gear, sunscreen, camera, medications, etc.</p>

#### What you will need:

	<p>All of your personal items should be packed into a soft-sided duffle bag approximately 12” x 13” x 24” in size. Due to weight allowances and raft space, please limit your gear to 20-25 pounds.</p> <p>This bag will then go inside of your large waterproof bag.</p>
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#### Liquor and Favorite Beverages

If you bring liquor (beer and wine in moderate quantities provided for legal age guests), you can give it to your guide in its original container. No glass beer bottles please. Bottled wine is fine. You can buy bottled liquor in almost any bar or casino in Montana, as well as liquor stores until midnight. Beer and wine are sold in grocery stores.

#### Layering for Outdoor Comfort

Clothing layers are the thermostat of the wilderness. As you get ready for your river trip, think about dressing in layers. By adding and subtracting layers you can keep yourself perfectly comfortable. If you were to look into the dry bags of a well-prepared river guide you would see packing for three weather scenarios -- cold, wet days; hot, summer days; and cool evenings and mornings in camp. All of your on-river clothing should be made from synthetic fabrics with names like fleece, pile, polypropylene, Capilene™ or polyester. A cotton T-shirt is used occasionally on hot, sunny days, but cotton clothing is best saved for on-shore camp use.

**LAYER #1:** The layer next to your skin should be close-fitting and thin. A snug-fitting underwear or mid-weight fleece layer made of synthetic fibers works best. You do not want to wear cotton on the river on cool rainy days. The evaporation of water from a wet cotton layer will actually make you colder! Synthetic fibers maintain insulative properties when wet and "wick" moisture away from your skin.

**LAYER #2:** The next layer should also be made of a synthetic fiber, but should be a bit heavier in weight. If you get too warm you can always peel this layer off.

**LAYER #3:** The outer layer is what is known as the "barrier" layer. This layer should be waterproof and loose-fitting enough to give you good range of motion. The idea of this layer is to seal out water, and seal in the warmth generated by you and insulated by layers # 1 and # 2. A good rain suit can do the job, or a good paddling jacket and pants. Not only will this protect you from rainstorms, but chilly water temperatures when running rapids as well!

## Packing Lists

### *Clothing Items:*

- Two or three T-shirts for on river and in camp.
- One light long-sleeved shirt for sun protection and cool evenings. Popular options are rash guard or sunscreen shirts.
- One or two pair of long pants (jeans are fine for camp, loose-fitting, light pants are best for on river)
- Two or three pairs of shorts (nylon quick drying always better than cotton)
- Swimsuit – two-piece suits are easier for women
- On River:** One pair of river sandals (must have an ankle strap, no flip-flops!) Velcro is okay if in good condition. Popular name brands include: Chaco, Teva, Keen, or Merrells. Tennis shoes with polypro socks are a good option if your feet tend to get cold.
- For Camp/Hiking:** One pair of tennis shoes or walking shoes for cooler weather and hiking. (We don't recommend you bring large hiking boots as they take up too much space and aren't necessary.)
- One or two synthetic mid-weight sweaters for cool evenings and layering on the river
- Mid-weight to light-weight long underwear tops and bottoms. Best worn over swimsuit and under shorts.
- One **QUALITY** rain suit, jacket & pants (not necessarily expensive, but no cheap ponchos)
- One Cap, Sun Hat or Visor (**ROW** hats are available when you arrive.)
- Sunglasses with retaining cord / device
- Underwear and socks

### *Additional Clothes for Cool Weather: (Early and late season – June & September)*

- Two pair wool or polypro socks to wear on the river
- One additional synthetic pile or wool shirt
- One mid-weight to heavy-weight pile jacket or wool sweater
- Wool or poly gloves & wool or poly cap (like a skiing hat)
- One additional set of polypropylene or capilene long underwear (tops & bottoms)

### *Personal Items:*

- Flashlight or headlamp with extra bulb and batteries
- Skin lotion, lip balm, waterproof sunscreen, etc.
- Toilet kit - toothbrush and paste, soap (Ivory or other biodegradable is best, no soaps can be used in the river), camp towel, wash cloth, comb, handkerchief, small pack of tissues, moist towelettes, shaving stuff, feminine sanitary supplies, etc.
- Extra eyeglasses and/or contact lenses strongly suggested. ALL glasses need a head strap!
- Water bottle or canteen with carabiner
- Bee Sting kit for those allergic to bees

### *Optional Items:*

- Camera – waterproof digital with extra batteries & memory card recommended. Many guests use smart phones (there is NOT cell service on the river). A waterproof case is also highly recommended for protection and ease of use.
  - Paddling Gloves
  - Binoculars
  - Plastic garbage bags (2-3 for separating dirty/wet clothes in your waterproof bag)
  - Cards, games, books, musical instruments, journals, etc.

Please call us if you have any questions at 1-800-451-6034.