

# Packing List

## FOUR & FIVE-DAY TRIPS

ALL OF THE EQUIPMENT TO KEEP YOU SAFE & COMFORTABLE ON YOUR OVERNIGHT TRIP IS INCLUDED & PROVIDED BY SALMON RAFT. YOU WILL RECEIVE TWO DRY BAGS (OVERNIGHT & DAYTIME) TO KEEP YOUR PERSONAL ITEMS SAFE & DRY WHILE YOU'RE ON THE WATER. SALMON RAFT PROVIDES ALL CAMPING GEAR (TENT, SLEEPING PAD, SLEEPING BAG), AND MEALS BEGINNING WITH LUNCH ON DAY ONE, ENDING WITH LUNCH ON THE LAST DAY.

### Items for your overnight dry bag:

(this large bag will not be accessible during the day - it will be waiting for you at camp)

- Dry clothing to change into at camp
  - Fleece or other insulating jacket for evenings
  - Sweatpants for evenings
  - Cotton clothing is ok at camp
  - Shorts & t-shirts
  - Undergarments & socks
  - Dry shoes (flip-flops, other sandals, or sneakers)
- Clothing for the next day(s) on the water
  - Fresh swimsuit (or rewear from day prior)
  - Quick-drying clothing to wear over swimsuit
- Toiletry items
  - Toothbrush/toothpaste
  - Aloe or other lotion after sun exposure
  - Hairbrush
- Items for bathing in the river
  - Biodegradable soap, no conditioner
  - Small towel
- Nighttime items
  - Small pillow
  - Headlamp or flashlight

### Items for your daytime dry bag:

(you will have this smaller bag with you in the raft for easy access during the day)

- Reusable water bottle\*
- Sunscreen
- Chapstick
- Camera
- Rain jacket (for splashes or inclement weather)
- Medications
- Fleece jacket or other insulating layer
- Carabiner for water bottle (optional)
- Ladies: feminine products if needed
  - Sealable plastic bag for trash items (these can be disposed of at lunch and/or at camp)

### What to wear during the day on the water:

- Quick-drying or breathable clothing (no cotton)
- Swimsuit
- Hat with a brim
- Sunglasses with retention straps
- Sturdy footwear

### Extra Notes:

- \*Help us reduce waste! We bring LOTS of fresh drinking water to refill your water bottles. Disposable water bottles are not provided.
- Please try to avoid bringing valuables, like jewelry or fragile items. Salmon Raft is not responsible for lost or damaged personal items.
- Salmon Raft provides a hearty lunch, as well as snacks and drinks to enjoy throughout the day while on the rafts.
- Are you allergic to bees? Please remember your EpiPen!

### Gear Recommendations:

- Retention straps (Chums) for your sunglasses can be purchased at our Boathouse (adult & youth sizes).
- Recommended footwear brands: Teva, Chaco, Keen, or similar. Please wear something that will stay on your feet. No flip-flops on the river, and you cannot be barefoot in the rafts.
- Insulated water bottles (Hydroflask or similar) will keep your water from getting warm in the sun.
- Ladies: quick-dry shorts and shirt over your swimsuit will help with comfort. Men: swim shorts are recommended.
- Sunshirts or clothing with UPF is great for full-coverage sun protection, especially for kids.
- Biodegradable soap: Dr. Bronner's (<https://amzn.to/3d6kiCT>). If you need conditioner, please use a spray/ leave-in type instead of one that requires rinsing in the river (example: <https://amzn.to/2wWPoMx>).
- Small camp towel: Save space with a packable, quick-drying microfiber towel (<https://amzn.to/2ITFFts>).
- It's helpful to pack overnight items in a soft-sided duffel bag so that your items aren't loose in our very large dry bags.

### Dry Bag Sizes:

- Overnight dry bag dimensions, one per person: 110 liters - 16" diameter x 33" height
- Daytime dry bag dimensions, one per person: 25 liters - 9.5" diameter x 21.5" height



**SALMON RAFT**