

PACKING LIST - RAFTING AND HIKING THE ROGUE RIVER

FOOTWEAR

- On River:** One pair of river sandals (must have an ankle strap, no flip-flops and we recommend hard-bottom shoes that are easy to walk in) 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 Lodges:** One pair of tennis shoes or sandals for wearing in the evenings.
- For Hiking:** Lightweight hiking shoe or boots
- 3 – 4 pairs of socks (wool, polypro or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

CLOTHING

- Swimsuit
- 2 pairs of comfortable long pants, one for the river and one for wearing other times. Zip-off hiking pants also work well for both on and off the river
- 2-3 pairs of shorts (synthetic or nylon quick drying)
- 2-3 synthetic or lightweight wool T-shirts or short-sleeved shirts
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent
- 1 light long-sleeved shirt for sun protection and cool evenings.
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent or a fleece jacket
- 1 rain parka & rain pants: coated nylon or a **waterproof/breathable** fabric like Gore-tex. ***Very Important***
- Underwear (we recommend quick drying and no cotton)
- Sleepwear
- 1 wool or synthetic hat and gloves
- 1 wide-brimmed hat, cap or visor for protection from the sun
- 1-2 changes of comfortable clothes to wear pre/post river and/or at lodges

Note: River attire is very casual comfort and convenience takes precedence over style!

ESSENTIALS

- A water bottle or canteen with carabiner, for clipping onto the boat, as well as the ability to carry 2 liters of water while hiking.
- 1 small daypack (see notes on packing list)
- Capability to 'waterproof' your backpack. Either a rain cover or a heavy-duty plastic bag to line your pack.
- Bandana(s) Small headlamp or flashlight
- Insect Repellent Ear plugs (for a good night's sleep!)
- Sunglasses (100% UV protection) **w/retention strap**

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, contact lens paraphernalia, & sanitary items. No soap can be used in the river and biodegradable everything is best
- Travel size shampoo and conditioner, biodegradable is best, some lodges provide, others don't
- Waterproof sunscreen and lip protection with sunblock of at least SPF 15. Nothing oily as this is not good for life jackets, and nothing highly scented as this will attract bees.
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, any personal medications. If you're taking a prescription drug, bring a copy of the prescription or the generic name of it.

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

OPTIONAL

- Trekking Poles (if you typically use them, we recommend you bring them)
- Plastic garbage bags (2-3 for separating dirty/wet clothes in your waterproof bag)
- Camera - Waterproof digital with extra batteries and film/memory card recommended.
- Cards, book, journal, etc.
- Binoculars Paddling gloves
- Wristwatch/travel alarm clock 2-3 Carabiners for clipping items to the boat

NOTES ON PACKING

Please Note: If you are not familiar with any of the terms regarding the equipment or clothing required for this trip or would like help with any item listed please let us know. We are available to answer your questions and/or send more information to assist in determining appropriate equipment and clothing for your trip.

Provided for you: Two dry bags. One large dry bag (13" in diameter x 33" tall) that will NOT be accessible during the day as it goes ahead of the group with our cargo raft, and one small dry bag (9" in diameter x 20" tall). The small dry bag will be accessible to you during the day for items such as rain gear, sunscreen, camera, medications, etc.

The guides will also have a large dry bag where everyone can store their hiking shoes/boots when rafting, and that are easily accessible for hiking. The boot bag is brought up daily to the lodges from the rafts so that they are also easily accessible for evening wear if needed. There will also be a place to store trekking poles on the rafts.

You need to bring: a soft-sided duffel bag approximately 12" x 13" x 24" in size. This will hold all your personal items that you don't need during the day and will be placed inside your large waterproof bag. Note: If your duffel is packed very full it will not fit inside the dry bag. You may want to take clothes out of a duffel and place them directly in the dry bag.

Daypacks for hiking: A small daypack is recommended for days you are hiking. Your daypack should be large enough to hold 2 liters of water, rain gear, snacks, sunscreen, warm layer (fleece pullover or vest), footcare items, lightweight gloves, warm hat and personal items such as camera, journal, etc.

Hydration: A water bottle or canteen with carabiner, for clipping onto the boat, is necessary while rafting. You will also want the ability to carry up to 2 liters of water while hiking. You can bring an additional water bottle, or choose to bring a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

Clothing: All clothing **on the river** should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. *NO COTTON* for your activewear. The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Bringing Your Camera on a Rafting Trip: To protect your camera from moisture, pack it in a waterproof sports bag. Many outdoor retailers and most camera shops have inflatable bags that are waterproof, float, and cushion your camera against bumps. Another option is hard-plastic case, such as a pelican case, [Pelican Case](#).

Extra clothing, such as your travel clothes or clothes you want at the end of the trip, a small bag can be left at the Morrison's Lodge while on the river.

Trekking Poles: Trekking poles are optional but recommended for this trip if you plan on hiking and are accustomed to hiking with trekking poles. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, [click here to read this blog post](#) that addresses the most commonly asked questions: