

PERSONAL GEAR

Clothing

Polypro underwear or equivalent top and bottom (3 pair in winter)
Jacket (wind/rain long cut)
Pile/Fleece jacket or wool sweater (2 for winter)
Gloves (woolen in winter)
Warm pants (wool, fleece, or pile. 1 pair summer, 3 pair winter)
Warm shirt (1 summer, 3 winter)
Bib overall bottoms and spray top
Cool shirt (3 in summer, 1-2 in winter)
Sun Hats (2, wide brim to protect head, face, and neck, preferably crushable, with some sort of tie strap)
Balaclava or sock hat (2, winter only)
Swimsuit (1 or 2)
Shorts (quick dry, not cotton) for river (2)
Shorts, Cotton or other comfy (1 or 2)
Tee shirts (4 in summer, 2 in winter)
Tee shirts (long sleeve for sun protection) (2-3 summer and winter)
Underwear (2-3 pair summer, 6-8 winter)
Socks (2 cotton, 1 wool summer, 5 wool winter)
Light sun pants (loose, quick-dry 1 pair summer/winter)
Sarong: This is a lightweight cotton wraparound for wearing/changing in camp, on the boat, or hiking. Very comfy & versatile, just get 45-50" of fabric in your favorite pattern, wrap around your waist, enjoy.)
Shades (with straps!) (2 pair)
Spare prescription eyewear (eye glass repair kit-coordinate)

Needed Extras for Camping

Head lamp, extra batteries & bulb
Personal Hot/cold Cup
Large dry bag 4400-5500 cu. in. (if shaky looking, turn it inside-out & partial fill to check for leaks... 2 for winter trip)
Small dry bag (use for day bag in winter)
Water Bottles (2 x l.)
Blanket and Sheet, or Light Sleeping Bag (summer)
Blanket and 2 sleeping bags (winter)
Ground Pad (Thermarest or Paco pad, Thermarest repair kit-coordinate)

Foot Wear

Booties (winter)
River Sandals (Teva & such)
Light weight Hiking Boots
Concrete boots (winter only), 1 size too big, to accommodate thick socks)

Personal Hygiene

all in one shampoo (small bottle, safe top)
dental floss
Toothbrush and toothpaste
Hair brush
Tampons
Hand lotion, Aloe gel, sun screen, chapstick: (lots!)
Hair ties
Wash cloth
Solar shower (Summer, heat water with stove in the winter. coordinate)
Medium size bath towel

Entertainment

Camera
Extra camera battery
Journal
Paper, Pen
Book to read (more in winter)
Binoculars
Extra Batteries
Backgammon, cards (coordinate)
Musical instruments (coordinate)
Library (bird book, geology book, star book-coordinate)
Needle and thread
Baby pins (half dozen, misc. sizes)
Stamps, Envelopes, Address, Money, calling card #, for Phantom Ranch
Signal Mirror (for toilet kit and emergency use in a pinch)**NPS**
mole skin (limited use)
Handkerchief
Pocket Knife
Day Pack or fanny pack (w/water bottle holders)

Safety

Life jacket Type III, or V **NPS**
Whistle (non ball-type)
River knife (optional)
Rubber bands, safety pins, needle and thread
Tent (Bomber proof for winter)
Ground tarp
Folding Chair (cheap ones are just that. Your chair must be comfortable for you.)
Personal Meds (If drug dependent, meds split into 2 supplies and stashed on 2 different boats.)
If you are tobacco dependent, bring enough so you don't have to deal with involuntarily going cold turkey and ruining everyone else's trip.
Butane lighter (for candles, emergencies, frayed cam strap ends)
Plastic bags: Trash bags (1-3), Ziplock baggies, qt & gallon sizes

Locking Carabineers (5-10), (personalize them with your own colored tape pattern) Ammo Can(s) for quick-draw day stuff (painted as you like)