

O.A.R.S. Dories – Suggested Packing List

This list is for the ultra-prepared. Yes, we think you should bring a rain jacket and pants, even in the middle of summer. For packing tips and general packing information, refer to your Trip Planner.

Equipment and Personal Items:

- Water bottles: 1-2 heavy-duty and minimum 1-liter capacity each with a carabiner to attach it to the boat. For day hikes, hydration systems like a CamelBak® are great, but you will still want 1 water bottle while in the boat.
- Headlamp or flashlight. Spare batteries are a good idea.
- Plastic bags: 1 large trash bag and assorted zip-loc bags
- Sunglasses (preferably polarized) with securing strap
- Small, quick-drying towel
- Toiletries including biodegradable soap
- Sunscreen: waterproof & SPF 30 or higher
- Lip protection: SPF 30 or higher
- Moisturizing lotion or cream
- Insect repellent: Mosquitoes are generally not a problem, but it's always best to be prepared
- Personal first aid kit (Band-aids, antibiotic ointment, ibuprofen, moleskin, eye drops, etc.)
- Spare pair of glasses and/or contacts (Blowing sand can cause problems for contact wearers)
- Cash for gratuities

Footwear:

- River shoes or sandals
- Athletic Shoes or light hikers
- Hiking socks: 2 – 3 pair

Clothing:

- Long-sleeved shirt: lightweight and light color for sun protection (UPF rated shirts are great)
- Long pants: 1 pair, lightweight and light color for sun protection
- Shade hat or visor with securing strap and a spare
- Bandana
- Rain jacket & pants: *waterproof* (not water resistant) to protect you from the wind and splash from rapids, as well as rain. A hooded jacket is recommended as well as good secure closures around your head, neck, wrists and ankles.
- Swimsuit / Swim Trunks: 1 – 2 pair. (2-piece suits recommended for women). Tankinis are a great option
- Underwear: quick-drying
- Quick-Dry Shorts: 1 – 2 pair
- Quick-Dry T-shirts/Tops: 2 – 3
- Synthetic long underwear top & bottom: 1 set light to mid-weight
- Fleece top & bottom: 1 set light to mid-weight

Additional Essentials for spring (May / June) & fall (September):

- Extra pair of dry shoes for camp
- Wetsuit booties and/or neoprene socks
- Additional fleece top & bottom
- Warm hat and gloves: synthetic or wool
- Extra set of synthetic long underwear top and bottom
- Neoprene shirt, like NRS Hydroskin®

Optional Items:

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| <input type="checkbox"/> Sarong: useful for sun protection/changing clothes | <input type="checkbox"/> Camera and accessories |
| <input type="checkbox"/> Day pack/Hydration pack. | <input type="checkbox"/> Whisk broom: small (no long handle). To sweep wet sand off of tent and ground cloth |
| <input type="checkbox"/> Solar shower | <input type="checkbox"/> Splash jacket and pants, with neck and wrist gaskets |
| <input type="checkbox"/> Flip-flops or Crocs® for in camp only | <input type="checkbox"/> Lightweight cord and clothespins for drying clothes |
| <input type="checkbox"/> Bathing wipes: pre-moistened disposable towels | <input type="checkbox"/> Sketchbook, Notebook and pen, paperback book |
| <input type="checkbox"/> Binoculars | |