

## THE LODGE AT CHILKO LAKE MULTI-SPORT - SUGGESTED PACKING LIST

*This list is for the ultra-prepared. Yes, we think you should bring the items listed, even during the middle of the summer. For packing tips and general packing information, refer to your Trip Planner.*

### **Equipment & Personal Items:**

- Duffel bag or soft luggage to pack your gear for the flights (NO hard suitcases)
- Backpack/Daypack for day hikes. It should be large enough to carry raingear, camera and, water bottle.
- Water bottle: 1 heavy-duty and minimum 1-liter capacity. For day hikes, hydration systems like a CamelBak® are great, but you will still want 1 water bottle for your rafting day
- Headlamp or flashlight, extra batteries and bulb
- Plastic bags: large trash bags and zip-loc bags to separate clean and dry clothes from wet and dirty
- Sunglasses with securing strap
- Toiletries including biodegradable soap and shampoo
- 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.)
- Cash for gratuities and goodies

### **Footwear:**

- Sport sandals or amphibious sport shoes (such as Teva) to wear in the boats
- Athletic shoes or lightweight hiking boots: 1 pair, comfortable and with good tread
- Hiking socks: 3 pair mid-weight and 3 pairs warm wool or fleece socks

### **Clothing:**

- Long-sleeved shirt: 1-2 lightweight and light color for sun protection (UPF rated shirts are great)
- Long pants: 1-2 lightweight and quick-drying
- Quick-dry T-shirts or tops: 3
- Quick-dry shorts: 2 pair
- Synthetic long underwear top & bottom: 2 sets light to mid-weight
- Fleece top & bottom: 1 set light to mid-weight (100-200 weight Polar Plus)
- Down or synthetic insulated jacket or vest (for early or late season departures)
- 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 secure closures around your head, neck, wrists and ankles to prevent water from seeping in
- Fleece hat and gloves
- Bandana
- Shade hat or visor with securing strap
- Swimsuit / swim trunks (2-piece suits are recommended for women. Tankinis are a great option.)

### **Optional Items:**

- Camera and accessories
- Binoculars: small
- Paddling gloves
- Splash jacket and pants
- Flip-flops or Crocs® for lodge only
- Fishing rod with case and tackle
- Reading and writing materials