

O.A.R.S. Rogue River Lodge – 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 bottle: 1 heavy-duty and minimum 1-liter capacity 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 and a spare
- Toiletries
- 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
- Cash for gratuities and drinks at the lodges

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
- 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 (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 (optional for July and August trips)
- Fleece top & bottom: 1 set light to mid-weight

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

- 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

Optional Items:

- Day pack/Hydration pack
- Binoculars
- Camera and accessories
- Splash jacket and pants
- Sketchbook, notebook and pen, paperback book
- Bandana
- Flip-flops or Crocs® for at the lodge only

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