

O.A.R.S. Rogue River – 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:

- Sleeping bag, pad, sheet liner, small pillow, 5x7 foot tarp. **Sleep kits including these items may be rented for \$40.** (For trips in May / early June and September we suggest a synthetic-fill bag rated to 20 degrees Fahrenheit)
- 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 a 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
- 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
- Swimsuit / Swim Trunks: 1-2 pair (2-piece suits are 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):

- 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

Optional Items:

- Sarong: useful for sun protection/changing clothes
- Day pack/Hydration pack
- Solar shower
- Bathing wipes: pre-moistened disposable towels
- Binoculars
- Camera and accessories
- Splash jacket and pants
- Lightweight cord and clothespins for drying clothes
- Sketchbook, Notebook and pen, paperback book
- Bandana
- Flip-flops or Crocs® for in camp only