

O.A.R.S. Tuolumne 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, 4x8 foot tarp. **Sleep kits including these items may be rented for \$25.**
(For trips in April/May/early-June we suggest a synthetic-fill bag rated to 20 degrees Fahrenheit)
- Water bottles: 1 heavy-duty and minimum 1-liter capacity each with a carabiner to attach it to the boat.
- Headlamp or flashlight
- Plastic bags: 1 large trash bag and assorted zip-loc bags
- Sunglasses (preferably polarized) with securing strap and a spare
- Small, quick-drying towel
- 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

Footwear:

- River shoes or sandals
- Athletic Shoes or light hikers
- Hiking socks

Clothing:

- Long-sleeved shirt: lightweight and light color for sun protection (UPF rated shirts are great)
- Long pants: 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 to prevent water from seeping in
- Swimsuit / Swim Trunks: 2- piece suits recommended for women. Tankinis are a great option
- Underwear: quick-drying
- Quick-Dry Shorts: 1 pair
- Quick-Dry T-shirts/Tops: 1 – 2
- Synthetic long underwear top & bottom: 1 set light to mid-weight (optional for July and August trips)

Additional Essentials for early season trips (April / May / early June):

- Extra pair of dry shoes for camp
- Wetsuit booties and/or neoprene socks
- Fleece top & bottom
- Warm hat and gloves: synthetic or wool
- Extra set of synthetic long underwear top and bottom

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"/> Splash jacket and pants |
| <input type="checkbox"/> Bathing wipes: pre-moistened disposable towels | <input type="checkbox"/> Lightweight cord and clothespins for drying clothes |
| <input type="checkbox"/> Binoculars | <input type="checkbox"/> Sketchbook, Notebook and pen, paperback book |