Having appropriate clothing and equipment for your specific TREK trip is essential for your safety and your comfort. Below is a list of equipment you will need to participate in Whitewater Rafting TREK.

When you arrive to check-in, TREK leaders will check your pack to ensure you have all the necessary items from this list prior to departure. This ensures both your safety, as well as the safety and enjoyment of others on your trip.

A note on packing light: Though you will be “car camping,” we do have a minimal amount of space in the vans/buses for all the groups gear and equipment. When you arrive at your site, the less that you have to keep track of and store in your tent the easier your life will be for the week. The list below is what we find to be most helpful when packing for a week-long car camping trip without being too minimal or having too much.

CLOTHING

A requirement for most of the clothing listed here is that it is not made from cotton. While cotton is affordable and comfortable, when it rains, cotton absorbs a lot of water (making it very heavy), it doesn’t dry quickly (keeping you wet and cold longer) and the fibers compress (reducing its ability to keep you warm). Wool and many synthetic fibers don’t absorb a lot of water, dry quickly and maintain their ‘loft’ when they get wet. Hence, the specificity here on cotton, vs. non-cotton.

☐ 1 15-liter stuff sack to contain clothes (and become your pillow!)
☐ Small camping pillow (optional)
☐ 1 set of non-cotton long underwear tops / bottoms – Synthetic or wool (no cotton) – think Under Armor or similar.
☐ 2 quick dry t-shirts (no cotton)
☐ 2 long sleeve UPF rated sun-shirts (no cotton)
☐ 1 cotton t-shirt (optional) – Some find comforting to change into a cotton t-shirt once in camp if the weather is nice.
☐ 1 windbreaker jacket (optional) - These layers are great for windy but sunny summits to break up the cold.
□ 1 waterproof rain jacket – The best test for waterproofing is to hold the material up to your mouth and try to suck air through it. If you can’t get any air through, it’s for certain waterproof…though some fancier jackets are both breathable and waterproof.

□ 1 pair waterproof rain pants

□ 2-3 pairs wool / synthetic fiber socks (no cotton)

□ 1 fleece/or lightweight synthetic down jacket – If a light down jacket, consider synthetic down because we live in a wet part of the world and once goose down gets wet it doesn’t keep you warm.

□ 2 - 4 pairs underwear - However many you need for a week’s worth of living outdoors – we’re not here to judge! No cotton.

□ 1 light warm hat - Wool or synthetic fiber.

□ Bathing suit

PERSONAL ITEMS

□ 1 pair close-toed camp shoes/closed toe sandals – Chucks, crocs, tennies, sneakers…etc.

□ Water shoes – Any water sandal or shoe that that has a back strap or goes around your heel will do the trick.

□ Sun hat or bandanna

□ 1 pair sunglasses with croakies

□ Toiletries - Toothbrush/paste, hairbrush (if you have hair to brush), lip balm, sunscreen, extra contacts (if you wear them), contact solution, glasses if you wear contacts throughout the day and any medications you may need, menstrual products, Band-Aids, wet wipes (optional) for a “trail shower” …etc.

□ Camp Towel – If you take a shower/jump in a lake, you’ll want a way to dry off.

ESSENTIAL EQUIPMENT

□ 1 large duffel bag – To keep all your stuff contained for the week.

□ 1 day backpack (25-35 liters) – To take with you when you leave camp for the day.
☐ 1 small drybag – To hold sunscreen, sunglasses, snacks, etc. while out paddling.

☐ 1 sleeping bag (30-20-degree rating) – No cotton and should be synthetic down. 1 sleeping pad

☐ 2 One-Liter plastic or metal water bottles – Must be durable and reusable. Nalgene makes a very good reusable water bottle. A reused 32oz Gatorade bottle is more affordable and will last just about the length of your TREK trip.

☐ Plastic or metal eating/dining set - Bowl, spoon/fork, and mug. Plastic Tupperware and disposable cutlery works just fine!

☐ Thermos or mug

☐ 1 headlamp with extra batteries

OPTIONAL ITEMS

☐ Camera

☐ Personal journal and pen

☐ Musical instrument that easily travel (no full-size guitars)

☐ Favorite poem or prose for around the campfire

☐ Nighttime reading book

☐ 1 Pocket Knife/Leatherman multi tool – While not required, this will come in handy when helping around camp, preparing dinner, etc...