



## Lochsa River Gear List

**Packing:** Proper packing for a river trip is **CRITICAL** to your enjoyment while on the river. Although ROW supplies all of your essential gear, there are certain extras that will increase your comfort. Weather on the Lochsa is completely unpredictable. It can be raining and/or cold in May and early June. In late June and July the weather is warmer and dryer, although you must come prepared for cold weather

The following information will help you be prepared for the expected as well as the unexpected events of your trip. You may not use all of the gear listed below, but we recommend bringing it all! If it's a hot day, you can remove some layers. We will have dry bags available to store any extra layers.

**No Cotton:** Cotton is a non-water wicking material and should never be worn on the river. Cotton holds water against you and makes it difficult to stay warm. While on the river you need to dress in fleece, wool or synthetic wicking materials that retain their ability to insulate even while wet.

### **ROW Provided Gear**

- Farmer John style neoprene wetsuit
- Neoprene Jacket
- Neoprene Socks
- Neoprene Booties
- Fleece Sweater
- Paddle/Splash Jacket (similar to a light rain coat)
- Helmet
- Fleece Helmet Liner
- Personal Flotation Device

### **Personal Clothes & Gear**

- Swimsuit to wear under wetsuit
- Fleece or silk long underwear (top and bottom) when it is cold
- Shorts or swim trunks to wear over wetsuit
- Wool or fleece/synthetic socks to wear under booties (ski socks work well)
- Neoprene or wool gloves (Especially in May and early June)
- One cap, hat or visor (may not fit under helmet)
- Sunglasses with "Chums" style eyeglass holder
- Sunscreen
- Water bottle
- Bee Sting Kit (ROW does not carry epinephrine)
- Size 12+ feet, bring a pair of old tennis shoes and good wool socks to wear on river

**\* We do not allow alcoholic beverages to be consumed while we are floating on the Lochsa**

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