Eagle Quest

*River Packing List*

You will need the following items for your Eagle Quest experience. Note that there are valuable tips given for each item.

REQUIRED ITEMS

\_\_\_\_ **SLEEPING BAG**

 DO NOT bring a big, bulky sleeping bag. Bring one that can be compressed to a small size

 (Tip: go to Wal-Mart and buy a cheap fleece bag for trips during warm months)

 **CLOTHES**

**\_\_\_\_**  Shirts - lightweight synthetic, preferably long sleeve

 *Light colored t-shirts are nice as they retain less heat. (it is best to only take 2 on the river, one for the day and a dry one for the night.) (My personal preference here is a lightweight long sleeve hoody for the day and a dry t-shirt for night.)*

*\_\_\_\_* Shorts/Pants

*Synthetic, quick drying, 2 pair (My personal preference here is a swimsuit and a pair of lightweight pants, then add the pants for sun protection when needed)*

*\_\_\_\_* Underwear, 2 pair (*synthetic is best)*

*\_\_\_\_* Rain Jacket

*Bring a jacket not a poncho incase it’s windy and raining,* ***This is essential for the trip!***

*\_\_\_\_* Bandanna(s)

 *Great for sun protection and countless other things*

*\_\_\_\_* Swimsuit

*(You will be in an out of the river constantly. A comfortable suit is nice for all day on the river.)*

*\_\_\_\_* Closed toed base camp shoes

*The area is rocky and full of poky plants, so for exploring on shore and for the time back at camp eagle a light weight pair of tennis shoes would be ideal.*

*\_\_\_\_* Water Shoes/Sandals. A thicker soled, durable water shoe for getting in and out of the kayak is preferred. ***These will be essential on the river!*** *(boat shoes or an old pair of tennis shoes works well for this)*

*\_\_\_\_* Lightweight Jacket or Fleece

 *For cold nights/mornings or inclement weather.*

*\_\_\_\_ Pants: One pair is enough. Don’t bring jeans or heavy cotton. Lightweight synthetic fabrics are best. A pair of pants or leggings can also be worn for sun protection.*

*\_\_\_\_*Base layer for colder weather *(top and bottom synthetic long underwear)*

*\_\_\_\_*  Stocking cap/beanie

 *Helps with cold nights – It is a necessity for non-summer months*

*All Clothes should be lightweight and able to dry quickly. Cotton takes longer to dry. We recommend that you do not bring jeans.*

**OTHER STUFF**

*\_\_\_\_* Water Bottles

 *Three water bottles carrying about 1 L each. It is nice to have a way to clip your water bottles to your kayak, using a small carabiner or clip.*

*\_\_\_\_* Flashlight or headlamp with extra batteries

\_\_\_\_ Sunglasses

\_\_\_\_ Sunscreen, Chap Stick (with spf), Bug repellant

\_\_\_\_ Medications - *All doctor prescribed medications must come in the prescription bottle with directions.*

\_\_\_\_Small carabiners *(for clipping things to your boat)*

*\_\_\_\_* Hat - *To help shield from the sun!*

OPTIONAL ITEMS

*\_\_\_\_* Dry bags

*\_\_\_\_* Camera

\_\_\_\_ Day pack or fanny pack

WE WILL PROVIDE FOR YOU….

Dry bags First Aid Kit

Tents Food

Sleeping pad Water purification

Stove Cooking utensils

Cooking Pots Bowl and spoon

Boats, paddles, PFD’s, seatbacks, etc…