

Personal Packing List.

MaineGuiding will supply the boats, paddles poles, tents, gear packs and/or water resistant bags, PFD's (Personal Flotation Device), and all other general gear necessary for your trip. If, however, you have any of your own items, that are suitable, and that you would like to bring, please feel free to do so.

Your goal in packing for a trip should be to have all the gear you need to be comfortable and enjoy your trip in any weather condition. Complete yet LIGHT packing will make your trip a more enjoyable one. Most people tend to over pack. While on river, you shouldn't have to carry around and spend time packing and unpacking items you do not need.

You should plan on one outfit to be worn during the day while on river. Loose fitting pants that are fast drying. No 100% cotton, like jeans, as they do not dry well or insulate from the cold. Sneakers or the well-known L.L. Bean hunting boots would make good footwear on river. On a warm day, shorts or a swim suit would be fine. Loose fitting long sleeve shirts would provide protection from the sun and are comfortable to paddle in. A hat is a must, along with sun screen, and sunglasses and other protection from the sun and glare. Should the weather warrant it, a wool or synthetic pile shirt or coat as well as rain gear. Rain gear should consist of a jacket and pant set, not a poncho. Then you should have another set of clothing suitable for the evenings and nights while in camp. Recommending boots or hiking shoes for when you will be off river. Your sleeping bag should be made of a synthetic material such as Polargard, Holofill or some of the other newer materials. The sleeping bag should be stored within a stuff sack made for it. If you would like a comfortable pad to sleep on, we recommend a self inflating pad such as a "Therma- A- Rest". I can supply a closed cell foam pad if you do not own one.

Required items:

2 pairs of loose fitting long pants
Shorts
2 longsleeved shirts, light weight and medium weight
T-shirts or tank tops
Wool or pile sweater
Jacket (wool) or pile) or a second sweater
Rain gear of good quality, top and bottom
Underwear
Socks: bring plenty (wool or polypropylene)
Towel
Footwear for the river
Footwear for camp and hiking
Hat
Bandannas, 2-3 of them, very useful on river
Sunglasses

Spare glasses, if you wear glasses
Sunscreen
Toilet kit
Personal medications and spare medications to put in another boat
Flashlight, with spare batteries
Sleeping bag and pad
Pocket knife
Water Bottle

Items you may want to bring

Photographic equipment with spare batteries
Waterproof camera bag
Extra film
Fishing gear
Binoculars
Field guide
Books
Journal/pencil
Bathing suit
Personal supply of toilet paper
Small personal first aid kit
Insect repellent/head net
Personal liquor, soft drinks or juices
Spare flashlight
Spare hat
Small day pack
Spare insoles for boots
Light weight gloves for paddling and sun protection
Light weight polypropylene long underwear

Recommend gear may vary regarding a particular trip, weather forecast, or ones personal needs.

Any question or concerns prior to the trip, contact;
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