

MAGPIE GEAR AND CLOTHING LIST

Please make sure you bring the following things. If you have any questions call our office. If you don't already have a local supplier for purchasing your river gear, we recommend Northwest River Supplies. They are familiar with our trips, sell quality gear and provide excellent service and competitive prices www.nrsweb.com .

Small, lightweight, compressible sleeping pad. Do not bring foam pads because they do not compress well and space is an issue on the baggage boats.

Lightweight compressible sleeping bag with a rating down to 35 degrees.

*waterproof paddle jacket

*Waterproof Paddle pants

3 quick drying synthetic shirts (also known as Synchronia, fleece, pile, polypro or Capilene.)

*river shoes (important) (preferably 5-10 with stealth soles)

baseball cap to fit under a helmet

water bottle with locking carabineer attachment for clipping into boat.

Note: Carbineer must lock so that if a boat flips there is no way to get hooked on the carabineer. Do not bring non-locking carabineers.

lightweight hiking shoes

- *sun glasses with neck strap
- headlamp (flashlight) with batteries
- good quality rain jacket with hood (Paddle jacket will suffice)
- 2 synthetic pants (Synchilla, fleece, pile or polypro)
- 4 pairs of underpants
- 3 socks (2 pair synthetic quick drying)
- 2 additional pairs of cotton socks
- medium weight jacket (big agnes dry down compressible jackets are great)
- 2 short sleeved shirts
- 1 long pants
- 1 shorts (synthetic and quick drying)
- long sleeved shirt (light colored to reflect sun)
- bathing suit
- toilet kit
- *soap (only Dr. Bronners can be used in the river)
- small towel
- sunscreen

***Headlamp (flash light):** A good headlamp is a valuable tool for any river trip because it keeps your hands free. It is especially helpful for evening visits to the incredible stone hot tub at the Cave Camp. Princeton Tech makes an excellent, lightweight, inexpensive (\$30) LCD light that will last 80 hours on one set of batteries called the Aurora #2777.

***River shoes:** River shoes should stick to wet rocks, not come off in a strong current and should protect your toes. The water on the river is not that cold (68 degrees) so you do not need wetsuit booties. are not suitable river shoes because they do not protect your feet and are difficult to swim in if you unexpectedly end up in the water. We are **strongly** recommending the Five-Ten shoes with “Stealth soles. They will work well on the rafts and most importantly for hiking around on wet rocks. A “stealth” bottom sole is the **only shoe that will stick to wet rocks, period!** Five-ten is the only company that uses “Stealth” soles. You can find a store that sells them by going to www.fiveten.com . If you can not find a store that handles them they can be purchased directly from the company by going to their website.

***Paddle jacket & paddle pants:** It is mandatory to have a waterproof paddle jacket and paddle pants on the river. This will keep you warm and relatively dry and is worn over your synthetic shirts, which are worn over the sleeveless farmer John wetsuits that Earth River supplies.

Rain jacket: A good paddle jacket will not adequately substitute for a rain jacket because they often don't breath and do not have a hood. Therefore, you may want to bring a rain jacket in case it rains on the hike up to or back from the Tree House Camp. Ponchos are clumsy and are not adequate.

***Soap and Shampoo:** Because you will be washing in the river it is imperative that you bring only Dr. bronners soap which can be purchased at

health food stores. It is made from natural ingredients and does not pollute.

NOTE: You will be limited to 22 pounds for the expedition, so you must limit yourself to what will fit into the medium size waterproof bag Earth River will supply you with. Additional belongings can be left at the hotel at the start of the trip.

EARTH RIVER PROVIDES:

- 1) waterproof river bag
- 2) Tent
- 3) cup, plate and eating utensils.
- 4) life jacket (type 5) paddle, helmet
- 5) self-bailing rafts and kayaks
- 6) Satellite phone, first aid kit,

OPTIONAL:

- personal medication
- breakdown fishing pole
- camera, film, and soft waterproof case (no metal ammo cans)
- binoculars
- book
- journal and pen
- lightweight bicycle gloves (for paddling)

[] pocketknife

[] tampons, lip protection, other personal needs

***IMPORTANT NOTE:**

Each season a few people (approx. 2 %) end up on our trips without their belongings. By the time they receive them from the air carrier the trip is over. Because this is a real possibility we highly recommend the following steps to protect your self. Pack all necessary river gear (fleece, paddle jacket, river shoes, hat, sun glasses, bathing suit, etc.) into the largest legal carry on bag you can find and don't check it. Pack everything else in a regular suitcase. This way if you become separated from you checked bag you will have the most important things for the river as well as the clothes on your back for camp. A couple of year we started recommending this packing plan to our guests. Since then we have averaged about 6 people a year who arrived to do a trip without their checked bags. In each case they had packed their river gear in carry ons and all were able to complete the trip with little discomfort.