



PADDLE OREGON 2010 EQUIPMENT CHECKLIST

Use this convenient checklist to put together the recommended equipment for your trip.

General Equipment

- | | |
|---|--|
| <input type="checkbox"/> Change of clothes* (shorts, pants, t-shirts, etc.) | <input type="checkbox"/> Swim suit and/or board shorts |
| <input type="checkbox"/> Personal hygiene
(soap, toothbrush/paste, shampoo) | <input type="checkbox"/> Wool/synthetic cap |
| <input type="checkbox"/> Bath towel and wash cloth | <input type="checkbox"/> Wool/synthetic gloves |
| <input type="checkbox"/> Personal medications, vitamins, and
eye wear/care (bring back ups!) | <input type="checkbox"/> Camp shoes (ex. tennis shoes) |
| | <input type="checkbox"/> Hand lotion |

- * **TIPS:**
- synthetic layers are quick drying and great for wicking moisture
 - some active wear/outdoor apparel has sunscreen incorporated into the fabric
 - comfortable, warm layers are great for mornings, evenings and cool days

Optional items

- | | |
|--|---|
| <input type="checkbox"/> Camera (in waterproof bag) | <input type="checkbox"/> Cards/games |
| <input type="checkbox"/> Extra batteries or solar charger | <input type="checkbox"/> Solar shower |
| <input type="checkbox"/> Binoculars (in waterproof bag) | <input type="checkbox"/> Camp chair |
| <input type="checkbox"/> Fishing gear (need Oregon permit) | <input type="checkbox"/> Yoga mat |
| <input type="checkbox"/> Notebook/journal or sketch pad | <input type="checkbox"/> Musical instrument |
| <input type="checkbox"/> Reading book | <input type="checkbox"/> <i>Heck, we've even had people dress in
costumes just because!</i> |
| <input type="checkbox"/> Nature field guides | |

Equipment for Camping

- | | |
|--|---|
| <input type="checkbox"/> Sleeping bag | <input type="checkbox"/> Ground tarp for tent |
| <input type="checkbox"/> Sleeping pad | <input type="checkbox"/> Flashlight or headlamp |
| <input type="checkbox"/> Tent, stakes, rain fly (for dew
and the obvious) | |

Equipment for Paddling

- | | |
|---|--|
| <input type="checkbox"/> Paddling gloves for sun or blister protection
(bike gloves, glove liners work well) | <input type="checkbox"/> Plastic whistle secured to your
Portable Floatation Device (PFD) |
| <input type="checkbox"/> Dry bag (waterproof) for daily paddling
equipment (extra clothes, etc.) | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Water bottle (at least 1 quart size) | <input type="checkbox"/> Lip protection |
| | <input type="checkbox"/> Rain and sun hats |
| | <input type="checkbox"/> Synthetic or wool long underwear |

Equipment for Paddling (continued)

- | | |
|---|--|
| <input type="checkbox"/> Fleece or wool sweater/jacket | <input type="checkbox"/> Personal toilet paper or Wag Bag waste kit (for emergencies!) |
| <input type="checkbox"/> Sunglasses with eye wear retainer/croakie | <input type="checkbox"/> Extra padding to sit on (towel, foam) |
| <input type="checkbox"/> Wool or synthetic socks | <input type="checkbox"/> Rain/paddle jacket and pants |
| <input type="checkbox"/> Sandals (with heel strap) or water booties | <input type="checkbox"/> PFD/Life Jacket |
| <input type="checkbox"/> Long sleeve lightweight cotton shirt | |
| <input type="checkbox"/> Motion sickness remedies if susceptible | |

* packable snacks will be provided each morning

* Leave all rings, jewelry, and valuables at home. Bring only essential items (including insurance card or copy!) in your wallet.

For additional information contact info@willametteriverkeeper.org or call us at (503) 223-6418.