

Skagit River Rafting - Packing List

The following document includes all of the information that you will need to pack for your trip! Everything on this list is required unless otherwise specified. If you do not have any of the items listed in the “Clothing System” section, please let your trip leaders know early on as we have a limited supply of clothing that we can lend out free of charge.

Before You Buy

Outdoor equipment can be expensive and at times overwhelming. Unless you are planning on becoming an avid outdoors person, or already are one, it may not be cost effective to buy all new gear.

Here are some money saving tips for gear!

- **Use gear that you already own** – you may already own equipment that will work for the trip. For example Synthetic running clothing is great for wicking layers.
- **Borrow gear** – You can often borrow most of the necessary gear from friends or family. Remember that matching gear is not necessary for this trip!
- **Search clearance or outlet stores** – there are many great deals to be had at REI on clearance or outlet stores online.
- **Shop thrift stores** – Thrift stores are a great place to find clothing treasures very cheap. Make sure you can see what fabric is used in the clothing.

Fabrics

When you are active you want gear that is warm, breathable, and quick drying. In the Pacific Northwest you also want clothing that will keep you warm even when it is wet. Wool and synthetic fabrics such as fleeces, polar-fleece, Capilene, and Primaloft will all keep you warm even when wet.

Goose down is a common insulator for jackets and sleeping bags and while it is one of the lightest and warmest options, if you do not have experience in keeping these items dry, we highly discourage down. While wool and synthetic materials retain their thermal properties even when wet, down does not.

Lastly, cotton is a very poor insulator and is not recommended for any active wear. When cotton gets wet it loses its ability to trap heat, it traps moisture close to your body, and takes a very long time to dry. Cotton or cotton blends are unacceptable for any insulating gear (clothing, socks, and sleeping bags).

Layering

In the Pacific Northwest, temperatures and weather conditions often change from day to day and hour to hour. It can be cold and overcast one minute and sunny and hot the next. Rain can fall at any time of year, and it is possible to get snow down below tree line after about mid-September. Temperatures can range from 30 degrees to 80 degrees and wind is very common. Layering is a very effective way to stay comfortable in these variable weather conditions.

Dressing in layers makes it easy to make quick adjustments based on your activity level and weather conditions. Each layer in the system has its own function. Base layers manage moisture, mid-layers act as insulators, and the outer (or shell) layer isolates you from the external environment.

***Check off each item as you assemble your equipment to make sure that you have everything**

Items Provided By The Outdoor Center

If you own any of these items and would like to use them on your trip, please be sure to bring them to the pre trip meeting to have it inspected and approved by your trip leaders.

- **Rafts & Paddles**
- **SplashTop Jacket**
- **Wetsuit:** <https://www.nrs.com/nrs-3mm-farmer-bill-wetsuit/p4z1> (feel free to explore this size chart so you can arrive with an idea of what size you will need)
- **Booties**
- **Personal Floatation Device**
- **Helmet**
- **Group Drybag**

River Clothing System

Bring these items as “River Clothes” so you will have the clothes you arrived in, dry and ready for you once you get off the river.

We have a limited supply of layers available for those who do not have the items listed below.

Upper Body

- **1 long sleeve base layer:** This should be “light” or “silk” weight wool or synthetic. (No cotton)
- **1 Mid-weight insulating layer:** This can be either a mid-weight fleece sweater/jacket or a synthetic fill jacket. (No cotton or down)

Lower Body

- **1 Set undergarments:** Synthetic (poly-pro) or cotton blend underwear (ideally at least 50% synthetic). For Women: athletic/jog bras are most comfortable to wear.
- **2 Pair long underwear bottoms:** One pair should be “light” or “silk” weight wool or synthetic. To be worn under a wetsuit (No Cotton). The other can be cotton and is meant for the ride home.
- **1 Bathing Suit:** Something that can be worn under your wetsuit

Head and Hands

- **Wool or fleece hat:** A beanie, toque, or similar hat will work. A hat that covers your ears is recommended.
- **1 Pair insulating gloves:** Lightweight Fleece or wool gloves

Footwear

- **1 Pair socks:** Wool, silk, or synthetic material socks to be worn inside of booties
- **1 Pair water shoes:** Your booties will do best to keep your feet warm but if you have other shoes you would prefer to wear, that is also an option.
- **1 Pair shoes:** Good pair of shoes to wear before and after activity.

Personal/Other Gear

- **Personal medication:** allergy or prescription medications that you will need during the trip.
- **Glasses/Contacts:** If you wear contacts make sure to bring an extra pair and a pair of glasses, as well as contact solution and contact case.
- **Sunscreen and lip balm:** SPF of 30 at least, Higher if you burn easily. Look for small travel size bottles. Lip balm should be infused with sun protection, 15-30 SPF.
- **Personal toiletries:** Additional if needed
- **Women:** Necessary feminine sanitary products you might need on the trip.
- **Headlamp:** LED headlamps are best. Bring 1 extra set of batteries
- **2 Wide-mouth Nalgene water bottles:** These should be at least 1 liter in capacity each (two liters total).
- **1 Camera:** Small point and shoot cameras are best. Bring a case to protect it from weather.
- **Small Daypack:** This can be used to store all of your snacks, layers, and other personal items/gear.
- **Plastic or mesh bag:** To store wet layers after the trip.
- **Warm layers/Comfortable outfit.** For the ride home.
- **Food & Snacks:** We will be on the river for between an hour and a half and two hours so bring snacks! Bring snacks that you can carry in your jacket pocket. We can theoretically put snacks in dry bags but given the fast paced nature of this river, there is little time to get in and out of the bags unless we stop. We will be out and about for most of the day so please pack a lunch! We will be leaving the Outdoor Center the morning of the trip and returning to the Outdoor Center later that evening. With that in mind, please eat breakfast before coming to the Outdoor Center that morning and plan to provide meals and snacks for yourself throughout the day.

Don't Bring

- **Alcohol or Drugs:** We have a zero tolerance policy for drugs and alcohol. If you are found to have either drugs or alcohol on the trip will be confiscated and further action will be taken as necessary per student conduct code.

What to bring on the actual raft:

- Water bottle
- Small Snacks (potentially lunch)
- NO PHONE/VALUABLES
- Personal medications if applicable
- Pretty much just you and your river gear! (nothing else)