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

**General Equipment**

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

* 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**

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

**Equipment for Camping**

- Flashlight or headlamp
- Ground tarp for tent
- Sleeping bag
- Sleeping pad
- Tent, stakes, rain fly (for dew and the obvious)

**Equipment for Paddling**

- Aquatic Invasive Species Permit (AISP) Required by the Oregon State Marine Board for all paddling crafts over 10 ft. long. You may order your permit in advance, or purchase a permit at the put-in ($5). Rental boats should come with permits (read more information about the AISP).
- Dry bag (waterproof) for daily paddling equipment (extra clothes, etc.)
- Extra padding to sit on (towel, foam)
- Fleece or wool sweater/jacket
- Lip protection
Equipment for Paddling  (continued)

- Long sleeve lightweight cotton shirt
- Paddle (and a spare!)
- Paddling gloves for sun or blister protection (bike gloves, glove liners work well)
- Personal Floatation Device (PFD)/Life Jacket
- Personal toilet paper or Wag Bag waste kit (for on-the-water emergencies!)
- Plastic whistle secured to your Personal Floatation Device (PFD)
- Rain and sun hats
- Rain/paddle jacket and pants
- Sandals (with heel strap) or water booties
- Sunglasses with eye wear retainer/strap
- Sunscreen
- Synthetic or wool long underwear
- Water bottle (at least 1 quart size)
- Wool or synthetic socks
- 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.