

PACKING LIST – Oregon Rafting

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Oregon. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask!

Dress for the Weather

Summer conditions in the Pacific Northwest can vary widely. Typical daytime temps can climb into the 70s and 80s, with the water is generally 50-60 degrees.

Packing properly for this trip is critical to your enjoyment on the river. We recommend that you prepare yourself for three basic scenarios:

- A cool day on the river or trail
- A warm or hot day on the river or trail
- Time spent lounging at the lodge or hotels

As the weather is unpredictable, you must plan for cold/wet weather and hot/sunny weather every day!! To be prepared for the expected as well as the unexpected events of your trip, we recommend bringing all the gear listed below.

Clothing layers are your thermostat in the outdoors - think about dressing in layers. All your on-river clothing should be quick-dry and made from synthetic fabrics like fleece, pile, polypropylene, Capilene™, or polyester. A light cotton button down shirt or t-shirt can be used on hot, sunny days, but cotton clothing is best saved for the lodges.

On the river, your luggage will be limited to 25lbs which will be packed in a waterproof bag. The rest of your luggage will be transported to meet you at the end of rafting.

Note: DO NOT WEAR COTTON CLOTHING ON THE RIVER. Avoid all cotton materials, as cotton makes you colder when active and wet!

PACKING CHECKLIST

Clothing & Gear

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| <input type="checkbox"/> 1 small duffel bag (for extra items that won't go on the river with you) | <input type="checkbox"/> 1 long sleeve shirt (quick dry recommended) |
| <input type="checkbox"/> 1 pair water shoes or sandals/sneakers that can get wet. Ankle straps are required. | <input type="checkbox"/> 1 medium weight fleece sweater/jacket |
| <input type="checkbox"/> 1 pair of comfortable shoes for lodges and riverside walks | <input type="checkbox"/> 1 pair of pants (zip-off recommended) |
| <input type="checkbox"/> 1 pair synthetic lightweight long underwear top and bottom | <input type="checkbox"/> 2 pairs of shorts |
| <input type="checkbox"/> 2 short sleeve shirts (1 quick dry, 1 cotton) | <input type="checkbox"/> 2 bathing suits |
| | <input type="checkbox"/> Gore-Tex/waterproof jacket |
| | <input type="checkbox"/> waterproof pants |

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- 1 set of clothes for evenings (it can be cool - bring a pair of pants and fleece in addition to the ones you will wear on the river in case you get wet!)
- Hat for sun protection
- Sleepwear
- Water bottle with carabiner

AdventureWomen Essentials

Note: some of the following are personal preferences. Please use your discretion and ask if you have any questions!

- Travel documents (identification documents, airline tickets/itinerary, money)
- Write down or print out your travel insurance number
- Locks for your luggage if desired
- Travel alarm clock (or phone)
- Headlamp or small flashlight with spare batteries
- Binoculars (optional) - 8x40/42 center focus model suggested
- Digital camera, memory cards, battery charger as desired
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Toiletries: soap, shampoo, and conditioner; toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Earplugs - optional. We recommend silicone earplugs if you are a light sleeper.
- Optional stuff sacks and bags for organizing gear. Please consider bringing reusable or silicone bags to reduce the use of disposable plastics

- Waterproof phone case for taking photos on the river
- Reading material/journal and pens
- Masks/face covering
- Hand sanitizer
- Good sunscreen

Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Person epi pen – if you need one, don't forget to pack it!
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Anti-nausea medication such as Dramamine
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins
- At Home COVID test

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.