
~ EXPEDITION SERVICES & RIVER GUIDES SINCE 1973 ~
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PERSONAL PACKING: MAINE TRIPS

As with all our trips, we will provide you all the proper river packs (dry bags), tents, and P.F.D.'S (life jackets/ vests), although you may feel free to substitute your own gear, if suitable. We also have waterproof containers available for cameras, binoculars, and miscellaneous small gear. *(Again, please remember to send back your trip forms, which have an attached gear needs list!)*

Your goal in packing for a trip should be to have all the gear you need to be comfortable , yet light packing will make your trip a more enjoyable one. Many people tend to over pack; while on river, you shouldn't have to spend hours packing and unpacking items that you don't need, and wish you hadn't brought along.

Layering is an extremely important principle. It allows for the greatest diversity, and efficiency, as regards the ever changing conditions and temperatures one encounters on an extended outdoor excursion. Thought should be given to assembling clothing which allows for the greatest flexibility of combinations. Be strategic in your choices; a few key items can go a long way - if chosen properly.

Certain materials and fabrics are far better than others for riverwear - essentially those that maintain their insulating qualities when damp - i.e. keep you warm when wet. Wool and synthetic pile are best; cotton (which absorbs water easily, dries slowly, and makes you colder when wet) is worst.

River footwear: In the fall or spring - the canoe voyager's optimum traditional choice for river boots remains the L.L. Bean Hunting Shoe (a.k.a. "Bean Boots"); rubber bottoms and 8 "-12" lace-up leather uppers. This lightweight boot offers water resistance, good traction, ankle support, and flexibility for kneeling. In colder weather, neoprene socks within the "bean boots" is perhaps the optimum combination. Other paddling river shoes are certainly acceptable, (e.g. specialty neoprene river boots, etc.) as long as they have ankle support. In the summer: a pair of old sneakers works just fine. Immensely practical, and popular among the guides, (though sometimes hard to find) are the old style canvas basketball sneaker, with drain holes (e.g. Converse "high tops"). Sandals, however, are typically problematic - both for foot protection on land, and for kneeling while paddling. Flip-flops are totally out of the question. We recommend a pair of lightweight hiking boots as your second pair of shoes. Lightweight hiking boots should provide support and protection while walking and working about camps.



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Clothing: Loose fitting, lightweight pants, with pockets and belt capability, work well in the summer as they are fast drying. In the fall and spring - at least one pair of wool or pile pants would be the primary choice for on river. Blue jeans are a very poor choice, since they don't dry well and are perpetually wet and heavy. Loose fitting shirts, (at least one or two long sleeve), provide protection from the elements and are comfortable to paddle in. On warm summer days, shorts, t-shirts, tank tops will be the outfit of choice.

Long underwear (no cotton - utilize the various active-friendly synthetics); at least one top - even in summer; extra tops, and bottoms, in spring and fall. And, of course . . . regular underwear, a bathing suit, and socks - lots of them; at least one pair per day, (wool/synthetic recommended for spring and fall.)

Your rain gear should be of good quality, preferably gore-tex; a two piece suit, with a hooded jacket and separate rain pants or bibs. "Poncho" style raingear is unwieldy and ineffective and just won't do. You should have a wool or pile jacket - all seasons, including summer. Also recommended might be an additional lighter weight "paddling jacket." - yet another useful option for layering as well as water and wind protection.

A cap or brimmed hat is a must; an extra is recommended. Make certain to bring several bandannas (extraordinarily useful), gloves, paddling gloves (i.e. neoprene) highly recommended in fall and spring. (even in summer - work gloves might come in handy.)

Sleeping bag : a light-to-medium "three-season" bag; synthetic filled; (e.g. Polarguard, Hollofil, etc.): a mummy or semi-mummy style that compacts into a stuff sack. For a sleeping pad a comfortable pad to sleep on, we definitely recommend a "Therm-A-Rest" pad. However, inexpensive closed cell ensolite pads will do for a shorter casual summer trip.

Your complete set of dry clothes should be religiously secured in your dry bag for use in camp - after getting off river. Sleeping bag is also waterproofed independent of clothing - also in dry bag. We will go over the packing system upon your arrival.

OTHER SPECIFIC REQUIRED ITEMS

- **Small day pack**
- **At least one practical utilitarian knife and/or multi-tool** should be on your person. (e.g. a "Swiss army knife, a "Leatherman" style multi- tool and/or a folding blade belt knife, or PFD "river knife". etc.. Beyond their many utilitarian uses, a knife on river is a mandatory safety item.
- Sunglasses, *spare* sunglasses
- Spare glasses, contact lenses
- Personal Medications and *spare* medications to put in another boat
- Flashlight, with *spare* batteries, back-up flashlight.
- Toiletries kit
- Towel
- **Kneepads** - inexpensive strap-on rubber kneepads (or even fabric) such as those found in a hardware store) are sufficient.

OPTIONAL ITEMS

- Water Bottle (Gallon jugs of drinking water are procured en route to river)
- Small tarp or ground cloth - handy item around tent, etc.
- Personal drinking cup, (we have an ample supply but some folks prefer to bring their own.)
- Photographic equipment with *spare* batteries
- Waterproof Camera bag (we have limited supply of waterproof ammo cans)
- Fishing gear
- Binoculars
- Field guides, guide books; journals, writing materials, etc.
- Personal supply of toilet paper (there is always a group supply available)
- Insect repellent (not really necessary on the Southwestern trips)
- Personal Liquor, Soft Drinks or Juices (We provide wine with dinner; powdered soft drinks at lunch. Participants are welcome to bring their own beer and soft drinks etc.. We do have refrigerated cooler space available for these beverages.

Your guides will be available to review your gear the evening prior to leaving for river - for additions and/or omissions. (Unwanted items and other travel gear can be safely left behind..) There may be opportunity to make a quick stop at a store for last minute purchases.

MISC. TRAVEL CONSIDERATIONS

- Please remember to check with your airline/travel agent re: updated luggage regulations and requirements.
- **We recommend taking on as much as possible within the carry-on requirements (typically one 45" dimensional bag, plus a "personal item" - which can technically be a small daypack.**
In particular take with you as much stuff that's difficult to replace - bearing in mind that it might not be possible to have lost/delayed luggage delivered to you prior to the trip. Leave bulky items, (and, of course, the cabin-prohibited items,) in your checked luggage.
- **For those driving** -directions and maps are available for Base Camp and/or other trip meeting locations.
- *Note: Non U.S. citizens are now required to carry a passport in border areas (such as areas adjoining some of the eastern and northern Maine waterways that we travel) . Non U.S. citizens, in particular, would be advised to carry some form of identification, preferably a passport.*

