

— CANMORE — RAFT TOURS

Kootenay River Packing List

The following is a list of items that you are responsible to bring along for the trip. Maximum baggage allowed per person. These items must be kept in separate bags; the small kitchen bag will be stored with the group kitchen/food overnight. If you are coming as a group or couple, try to maximize space to cut down on the number of bags. We have a limited amount of room in the rafts, so please respect the baggage restrictions.

- Daypack: for day hikes. It should be large enough to carry raingear, jacket, camera and water bottle
- Two 1-liter water bottles: durable and reusable if you have one; an empty soft drink bottle works fine if you don't
- Headlamp or flashlight (consider bringing extra batteries)
- Sunglasses (preferable polarized) with securing strap (consider bringing a spare)
- Small, quick-drying towel and washcloth
- Bathing towels/wipes: pre-moistened disposable wipes such as Coleman Swash Cloths
- Toiletries including biodegradable soap
- Sunscreen and lip protection: waterproof & SPF 30 or higher (aerosol sprays not recommended)
- Moisturizing lotion or cream
- Insect repellent
- Personal first aid kit (Band-aids, antibiotic ointment, ibuprofen, moleskin, eye drops, etc.)
- Spare pair of glasses and/or contacts
- Cash for gratuities and incidentals

- Footwear:
 - Lightweight hiking boots or shoes: 1 pair, comfortable and with good tread for hiking and in camp
 - Sandals with a heel strap or flip flops
 - Socks: 2 pair, wool or fleece socks

- Clothing:
 - Long-sleeved shirt: 1 quick drying (UPF rated shirts are great)

- Long pants: 1 lightweight and quick-drying
- Shade hat or visor with securing strap
- Rain jacket & pants: waterproof (not water resistant). A hooded jacket with secure closures is recommended
- Swimsuit / trunks
- Underwear
- Shorts: 1-2 pair
- T-shirts/tops: 2
- Base layers/long underwear—tops & bottoms, light to mid-weight merino wool or synthetic
- Fleece pants: (medium to expedition weight)
- Down or synthetic insulated jacket for camp wear
- Beanie-style hat and gloves—wool or fleece are ideal

- Optional Items:
 - Binoculars: small
 - Camera and accessories
 - Plastic bags: Large trash bags and assorted zip-lock bags to separate wet or dirty clothes
 - Sketchbook, notebook and pen, paperback book
 - Fishing rod with case and tackle (fishing license is required)
 - Bandana
 - Whiskbroom: small (no long handle) to sweep wet sand off tent