

# LFFE Wind River Packing List

## Packing for Your Trip

- **Label the following items with your name and phone number.**
- **Bring only what you need and pack everything in your backpack or daypack. Participants can bring one additional set of travel clothes (e.g. jeans and a t-shirt) to wear on the plane. These and other items will be left in the van. An extra duffel bag, or laundry bag that is easily packable is great for keeping your personal items organized in the van/trailer while we are in the backcountry.**
- **Cotton Clothes do not keep you warm when wet, and can cause irritating blisters. Please pack synthetic clothing whenever possible to maximize comfort on the trip.**
- **If you are flying to your trips starting location, you should wear your hiking boots on the plane and carry your sleeping bag, sleeping pad, and fly fishing rod and reel on the plane with you in case your checked luggage fails to arrive on time.**
- **You will have the chance to do laundry periodically and you will be able to leave some extra items in our van while we are on the trail, so please stick to the packing list and bring only the clothes and items listed below.**
- **In an effort to keep equipment cost to a minimum, LFFE has a rental program for certain high price items. All items that can be rented from LFFE are marked with an \*.**
- **If you have any questions, please contact our office at 828-577-8204**

## Clothing

- Fleece Jacket or Pullover** - The fleece should be medium to heavy weight and reasonably compact.
- Winter Hat and Gloves** - For cool nights in camp.
- Rain Jacket and Rain Pants** - Your rain gear must be waterproof (not just water resistant) and breathable. Gore-Tex is one of the better-known waterproof, breathable fabric brands, but there are many to choose from. Ponchos are not acceptable.

- Hiking Shorts** - Two or three pairs of synthetic (not cotton) shorts. Athletic shorts or hiking shorts work well.
- T-Shirts** - Three synthetic (not cotton) t-shirts.
- Long Sleeve Shirt** - One long sleeve synthetic shirt for sun protection.
- Underwear** - Six pairs of underwear
- Socks** - Three pairs of wool or synthetic socks made for hiking and three pairs of cotton athletic socks. Sock liners (anti-blister) are optional.
- Wading Sandals** - These must have a heel strap for fishing, swimming and wearing around camp. Flip-flops or Crocs are not acceptable for wading in moving rivers. Fishing specific sandals or secure sandals such as Chacos, Tevas, or Keens will work fine.
- Sneakers or Tennis Shoes** - A comfortable and lightweight alternative to your hiking boots. To be used on short day hikes and in camp when your hiking boots are not necessary.
- Swimsuit** – One swimsuit for pool time and swimming.
- Blue Jeans/Pants** – One pair of blue jeans or casual pants.

## **Hiking and Camping Equipment**

- Hiking Boots** - Waterproof hiking boots that are mid to high cut. Choose a comfortable boot that is designed for hiking with a medium weight pack.
- Backpack** – We recommend a pack that holds 65 – 85 Liters. For comparison, our rental packs are 65L packs. Before you purchase a backpack, find your backpack size by measuring your torso length and hips. We recommend getting fitted at a store where you can try on a number of different packs.
- Waterproof Pack Cover** – If your backpack does not come with a cover choose one that fits your fully loaded pack well. (If renting a pack from LFFE a pack cover is included).
- \*Sleeping Bag and Stuff Sack** – We recommend a lightweight compact sleeping bag (synthetic or down) rated to 20 degrees Fahrenheit or less. Your sleeping bag should compress into a stuff sack that can be cinched down to 12-20” in length.
- \*Sleeping Pad** – A full or  $\frac{3}{4}$  length mattress pad that is inflatable or made of closed cell foam.
- Day Pack** – Your day pack can be used as a carry-on for your flight and will be necessary for day hikes. This can be a very basic backpack, maybe even just your school backpack. You should be able to carry it over both shoulders (i.e., NOT a satchel) and it should be big enough to hold your lunch, 2 water bottles, snacks, some extra warm layers, and a rain jacket.
- Headlamp and extra batteries**
- Small Safety Whistle**
- Work Gloves** – One pair of work/gardening gloves to use during our service project.
- Water Bottles** – Two 1 Liter water bottles such as a Nalgene. A Camelback or similar water bladder will also work.

- Bowl, Mug, and Utensils** – For meals you will need a 6-8” plastic dish or bowl. The bowl can be a rigid Tupperware-like material or collapsible. A spoon is all you need but you can bring a Spork or a set of lightweight silverware if you would like. We also recommend a plastic insulated mug to be used for hot drinks.

## Fishing Gear

- \*Fly Rod (3-5 wt. rod)** – 5 weight fly rods are the most versatile trout rods for fly-fishing. We recommend a 9 foot 5 weight fly rod.
- \*Fly Fishing Reel** – A reel matched to your rod weight with backing and weight forward (WF) floating fly line.
- Polarized Sunglasses** – Polarized sunglasses are essential for fly-fishing. Non-polarized sunglasses are not sufficient.
- Sunglass Retainer** – Croakies, Chums or other similar brand.
- Four 9ft Tapered Leaders** – Size 3X or 4X.
- Fly Floatant** – Used to keep flies from getting wet. Can be found at a local Fly Shop or outdoors store.
- Dry Shake** – Used to dry out dry flies. Can be found at a local Fly Shop or outdoors store.
- \*Fishing Tackle** – All of the items below can be rented from LFFE as a complete “Tackle Lanyard” or brought by you. If finding them near you proves difficult, they can also be purchased at the start of the trip.
- Three Tippet Spools** – One of each in sizes 3X, 4X, and 5X.
- One pair of Nippers** – Small clippers for cutting line (nail clippers work perfectly).
- One pair of Forceps** – Small locking pliers
- One Small Fly Box** – For storing the flies LFFE provides.

## Miscellaneous Gear

- Towel** – Medium size cotton towel or synthetic camping towel.
- Plastic Bags** – Ten 1 gallon Ziploc bags to organize and waterproof your gear and small items.
- Toiletries** – All items should be travel size. We will be able to re-stock on the trip.
- Mole Skin** – One full package for blister protection and treatment.
- Mesh laundry Bag**
- Hat with Visor**
- Wrist Watch** – Inexpensive and waterproof.
- Sunscreen (SPF 15+) and Chapstick (with SPF)** – We are at high altitude and sun protection is very important, please bring an ample supply.
- Insect Repellent**
- Personal Journal or Notebook**
- Spending Money** – \$25/week in cash or ATM/Debit card.

## Optional Gear

- Book**
- Camp Chair** – Crazy Creek or similar brand made for backpacking.
- Digital Camera and extra batteries** – Great for documenting the trip. Make sure to bring enough memory (1-4 GB).
- GO Pro** – Or similar compact/durable movie camera.
- Camp Pillow** – A small, lightweight, compact pillow made for backpacking.
- A selection of your favorite flies**
- Hammock** – Lightweight brand made for backpacking.