

# River Crossing Skills Equipment List

Please do not hesitate to contact us if you have specific questions regarding equipment or if you need assistance prior to making a purchase. The following list will vary according to the time of year, conditions, and your individual requirements. We will not be far from the vehicles and want everyone to be warm and comfortable. Items marked with an \* can be rented from us. Contact us via email or phone for rentals. **If it's not on this list, you likely don't need it.**

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## Essentials

- Footwear.\* Please bring 2 pairs. Lightweight tennis shoes or similar that drain readily are good. You can change into a second pair to help keep feet warm and dry.
- Day pack. 25-25 liters.

## Clothing - Wool or synthetic recommended.

- 2 pairs of socks.
- 1 long-sleeve sun shirt, "hoodie" style.
- 1 pair of hiking pants and/or shorts.
- 1 pair of long-johns, tights, or warm pants to change into between crossings.
- 1 mid-layer insulating top.
- 1 warm down jacket.
- Waterproof jacket and pants optional. Jacket must have a hood. Dependent on weather.
- 1 lightweight pair of gloves.
- 1 warm hat/beanie.
- Sunhat.

## Etc.

- Sunglasses.
- Sunscreen and lip screen. SPF 30+. A 1-2 oz. bottle will be enough. Make sure the lip screen actually contains sunscreen.
- Water bottles/bladder. 2L should be enough for the day.
- Personal toiletries. Include some TP and a bag to pack out.
- Thermos with hot drink optional.
- Hand warmers optional.

## Food

- Bring your own snacks, water, and lunch. We will be in the field for the day.

## Shared Equipment - SMC Provides

- Ropes.
- First aid kits.

