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CANOEING

**You Must Supply
the Following Equipment**

This list works. Follow it!

Wilderness clothing should be loose fitting so that it doesn't constrict movement and circulation. Wool, capilene, polypropylene, fleece, and related synthetics will keep you warm when wet. Cotton and down will not. Remember, even if it's warm and dry in town, wilderness weather changes rapidly. For example, our springtime trips on Montana's Missouri River may include hot sun, thunderstorms, wind, rain, hail, and even snow—perhaps all on the same day!

CLOTHING

- Sneakers or river shoes
- Lightweight hiking shoes for camp and day-hikes
- 1 warm insulated jacket
- 1 or 2 sets wool or synthetic long underwear top and bottom
- 1 light long-sleeved cotton shirt for sun protection
- 1 or 2 trousers, avoid blue jeans
- 1 pair of shorts
- 1 bandana
- 1 wool shirt or fleece pullover
- Paddling gloves (optional but recommended)
- 2 T-shirts
- Extra underwear
- 3 or 4 pair wool or synthetic socks
- 1 pair warm gloves or mittens
- 1 quality two-piece roomy rain suit
- 1 sun hat
- 1 warm ski/stocking hat

OTHER ITEMS

- Pocket knife • Sunglasses • Sunscreen
- Insect repellent
- 1 small towel
- Matches, lighter
- Toilet paper, tooth paste, and personal items
- Lip balm, moisturizing lotion, hand sanitizer
- Moleskin and "second skin" for blister control
- Personal medication (if needed)
- 1 day pack
- River straps or webbing for tying gear into canoe
- Water bottle
- Waterproof river bags or plastic garbage bag-lined duffle bags with space for all your personal items including clothing, plus tent, sleeping bag, and pad
- A couple of additional large plastic garbage bags
- Crazy Creek type chair for camp/canoe (optional but strongly recommended)
- Camera and binoculars (optional)
- 3 or 4 stuff bags for organizing personal items
- Headlamp

Gear Discount: We supply all items not outlined above, including all food and cooking supplies. If you bring your own tent, sleeping bag, ground pad, and day pack, plus cup, bowl, and spoon, you will get our advertised discount off the trip price.

Your Body should be in good physical condition! Paddling a canoe against occasional headwinds can be strenuous! We recommend that you consult your physician for advice on health and conditioning for wilderness canoeing.

Water: We supply all drinking water.

Please do not bring pets, firearms, or unnecessary equipment including electronic gadgets.

Please note that unlike backpacking, for most canoe trips it's no problem to bring a few extra or luxury items such as an additional pair of wool or fleece pants, an extra warm jacket or a camera with large lenses (don't get carried away!)

Have a Great Time!

(over)

Help Keep the **WILD** in the Wilderness!

Each year in America there are fewer acres of wild country. In addition, our population continues to grow. So as increasing numbers of people seek solitude and natural beauty from a diminishing wildland base, impacts on land, water, and wildlife escalate. Big Wild Adventures is committed to low-impact wilderness use, and out in the wilds our group will utilize a variety of “leave no trace” techniques designed to minimize our impact on the wilderness. Meanwhile, there are a few things to keep in mind for your adventure that will enrich your experience and help to keep the wilderness wild:

- Keep your tent site in as natural a condition as possible. Do not dig trenches around your tent.
- Keep our campfires small and utilize only dead wood.
- Pick up litter. Pack out all unburned refuse. Remember, foil doesn't burn! And burning plastic produces toxic fumes.
- Do not cut switchbacks on the trail. Cutting switchbacks scars the ground and causes erosion.
- Use soap or shampoo away from water or **not at all**. Water alone is a great cleaning agent. **Never use soap or shampoo in creeks or lakes!** If you must use soap or shampoo, rinse at least 200 feet from water.
- Bury human waste and paper in a 6-8 inch deep “cat hole” at least 200 feet from water. Thoroughly reclaim the site to a natural appearance, and use the digging trowel **only** for digging the original hole. (In deserts or high alpine areas, your guide may modify these instructions.)
- Urinate at least 100 feet from water.
- Minimize noise created by loud and boisterous talking and unnecessary shouting. Learn to talk in a relatively subdued “wilderness tone.” Remember, excess noise disturbs both wildlife and other campers who seek solitude, silence, and wildness.
- Please treat equipment gently to maximize its longevity; this minimizes consumption and can help to reduce landfill expansion, plus it helps to keep our prices down.

PLEASE NOTE: Important!

*Wilderness travel can be physically demanding. Though prior experience is not required for our trips, **good fitness is essential!** Depending upon the trip, you will be hiking from four to ten miles on most days (all trips have one or two scheduled layovers) over variably rugged terrain. Or you will be paddling for considerable time periods, sometimes into strong head winds.*

Sustained cardiovascular workouts of power walking, running, hiking, bicycling, etc. are strongly recommended; weight training is also very helpful. Beginning and maintaining a regular conditioning program until trip departure will greatly enhance your safety and enjoyment!

*If you haven't had a recent physical exam or if you have doubts about your health or fitness, we **strongly recommend** that you see your physician before the trip.*