

Equipment Check List for Paddle Oregon

General Equipment

- Change of clothes for each day (shorts, pants, t-shirts, under garments)
- Personal hygiene (soap, toothbrush/paste, vitamins)
- Comfortable warm clothes for mornings, evenings and cool days
- Personal bath towel and wash cloth
- Personal medications and eye wear
- Wool/synthetic cap
- Camp shoes (ex. tennis shoes)
- Socks for your walking shoes
- Extra swim suit or quick dry synthetic shorts
- Wool/synthetic gloves
- Hand lotion

Optional items

- Camera, film (in waterproof bag-ex. ziplock)
- Fishing gear (need Oregon permit)
- Reading book
- Cards/games
- Sit pad
- Binoculars (in waterproof bag-ex. ziplock)
- Notebook/journal
- Nature field guides
- Solar shower

Equipment for Camping

- Sleeping bag
- Tent
- Flashlight (headlamp)
- Sleeping pad
- Ground tarp for tent

Equipment for Paddling

- Paddling gloves if you have tender hands (bike gloves, glove liners work well)
- Waterproof bag for daily paddling equipment (extra clothes, etc)
- Water bottle (at least 1 quart size)
- Sunscreen
- Personal medication
- Synthetic or wool long underwear
- Sunglasses with strap
- Wool or synthetic socks
- Swim suit or quick dry synthetic shorts
- Sun hat
- Personal toilet paper
- Rain jacket and pants
- Waterproof bags or ziplocks for small valuables (wallet, cell phones, etc)
- Plastic whistle
- Lip protection
- Rain hat
- Fleece or wool sweater/jacket
- Glasses strap
- Sandals (with heel strap) or water booties
- Long sleeve lightweight cotton shirt
- Motion sickness remedies if susceptible
- Extra padding to sit on (towel, foam)
- Life Jacket**

*****Leave all rings, jewelry, and valuables at home. Bring only essential items (including insurance card or copy!) in your wallet.**

Where to rent boats for Paddle Oregon and take paddle lessons in preparation:

Alder Creek Kayak and Canoe	(503) 285-0464	250 NE Tomahawk Island Drive, Portland
Ebb and Flow Paddlesports	(503) 245-1756	0604 SW Nebraska, Portland
Sportcraft Marina	(503) 656-6484	1701 Clackamette Dr., Oregon City
Oregon Canoe Sport	(888) 822-2628	2366 State St, #B, Salem
Peak Sports	(541) 754-6444	129 NW 2 nd St, Corvallis
REI	various locations	– go to www.rei.com for local store info

For additional information call Willamette Riverkeeper at (503) 223-6418