



2023 Multiple Day Supported Paradise Hiking Trip Information

The following are important details for your trip on the Rogue River. This information will help to make your trip comfortable and enjoyable. If you have any questions after reading this document, please don't hesitate to email us at Info@wildrogue.com or call us at (800) 336-1647.

Meeting Place: Morrisons Rogue Wilderness Lodge (8500 Galice Road, Merlin, OR)

Check in: Night before hiking trip begins- check in anytime after 2 pm At Morrisons

Meet and Greet: Night before @ 5:45 pm

Trip Start Time: 8:30 am at Morrisons Lodge. Please be on time as others will be waiting for you.

After the trip: Arrive back at Morrisons Rogue Wilderness Lodge between 4pm and 5pm (unless a car shuttle has been reserved at least 48 hours prior to the start of the trip.)

Checklist

- **Complete your 2-step registration process** by accessing your personal guest account link emailed in your confirmation email. **All registration must be completed using your personal link to access and manage your reservation. Please complete the 2-step registration process 60 days or more in advance of your trip start. **Failure to complete the registration process for all guests on your reservation within the requested time will result in cancellation and forfeit of all deposits made.**
- **Plan for the unexpected with Travel Insurance -**
As all deposits and final payments are non refundable. We suggest Travel Insured
<https://www.travelinsured.com/>
Estimate about 7- 10% of your trip cost. Kids 17 & under at a reduced rate.
- **Final payment must be paid on or before 60 days prior to your trip date**

- Lodging & dinner the night before your hike and breakfast before you head out
- Meals and lodging while on the trip
- Transportation to the river
- Transportation from river back to Morrisons
- Waterproof bag for your personal gear

You are responsible for

- Personal clothing and other misc. items
- Beverages such as Beer, Wine, Soda
- Guide gratuities
- Dinner and breakfast gratuities at the lodges
- Personal water bottle for each person
- Day pack to use while hiking on the trail
- River shoes for if/when on the raft
- Alcohol purchases (available at Morrisons Lodge only)

Where to stay before and After

Morrisons Rogue Wilderness Lodge

(800) 826-1963 www.morrisonslodge.com

Your trip will begin at beautiful Morrisons Lodge the night before you hit the trail. Accommodations include water-side suites, cabins, and lodge rooms. Along with your stay, a four course pre-fixe gourmet dinner will be included in the evening, and a hot country breakfast buffet. ****All dinner and breakfast gratuities are not included in your trip pricing and are additional fees.**

MRWAL provides

Please be prepared to tip your serving staff at Morrisons Lodge accordingly. Alcohol is not included in your trip price and are additional fees when purchasing. Be sure to take your credit card or cash to dinner with you for the additional purchases and gratuities.

You'll find Morrisons to be a convenient, beautiful location to start your adventure, and an excellent place to rest at the end. **Please note that lodging at Morrisons is only included for the evening before your first day of hiking- not the night at the end of your trip. If you would like to book lodging for the night after your trip we would like to offer you a special 20% discount on any of our beautiful Morrisons Rogue Wilderness Lodging accommodations.** Please use this promotional code **MRWA** when booking online at <https://morrisonslodge.com/>. The 20% discount applies to lodging only. Here at Morrisons we offer dinner and breakfast, both are by reservation only. When you are booking your lodging, please be sure to book your four-course gourmet dinners and country breakfast buffet reservations at the same time to ensure you have a space at the table. Reservations are limited, so don't delay. For more information on our Morrisons Lodging and dining reservations please go to our website at <https://morrisonslodge.com/>.

How to Get There

If You Fly: The closest commercial airport is Medford, Oregon. It is serviced by United Airlines, Delta, Allegiant, and Horizon Air. Flights inbound to Medford start from San Francisco, Seattle, Portland, Salt Lake City, Denver, Las Vegas, and Los Angeles.

****Please plan your flight to arrive the day before your river trip**

****Flying out the day your trip ends is VERY difficult and puts strains on the entire last day of your trip. We highly recommend booking your flight out for the day AFTER your trip ends.**

For our Morrisons lodge guests, we offer custom airport pickups and drop-offs between the times of 6:30 am-6:30 pm for \$249 each way per 12 passenger van. Book your airport van shuttle here at least 8 days in advance:

<https://wildrogue.com/rogue-river-shuttles/>

**** You will need your flight information to complete your shuttle reservation online. All of our airport shuttles are paid in full, in advance. When booking on our website, enter "1" for guests as the fee is \$249 per 12 passenger van, not per guest. Please schedule your Morrisons lodge departure for two and a half hours prior to your departure flight time. Our Airport van shuttles are very limited and**

require advanced reservations, please make arrangements as soon as you have flight information available. If we are not able to accommodate your van shuttle to or from the Medford Airport, UBER, Tic Tock Taxi- 541-727-7791 and Bear Creek Taxi 541-500-7588 are also available to take you from the Rogue Valley Medford (MFR) International Airport airport to our Morrisons Rogue Wilderness Lodge. Prices for Uber range from \$92 UberX to \$124 for Uber XL. For more information on Uber transportation:

<https://www.uber.com/global/en/cities/eugene/>

If You Drive: From I-5 North (Portland, Eugene): Get off at exit 61. Follow the off ramp until you get to the stoplight. Turn left and follow the road (Merlin-Galice Rd) out for about 11 ½ miles. Morrisons Lodge is on the right hand side. Park in the parking lot and walk to the front desk for check-in.

From I-5 South (Medford, Ashland): Get off at exit 61. At the end of the off ramp turn left and follow the road (Merlin-Galice Rd) out for about 11 ½ miles. Morrison's Lodge is on the right hand side of the road. Park in the parking lot and walk to the front desk for check-in.

The Trip Outline

The Night you arrive: Check in to our Morrisons Lodge anytime after 2 pm. We will have a Meet and Greet at 5:45 pm at the lodge where you will meet your Trip Leader Guide. Our four course gourmet dinner is served on the deck weather provided at Morrisons Lodge starts at 7 pm. Please arrive around 6:30 to 6:45 pm to be seated and get beverages before the dinner is served. ****All dinner and breakfast gratuities are not included in your trip pricing and are additional fees. Please be prepared to tip your serving staff at Morrisons Lodge accordingly. Alcohol is not included in your trip price and is available for purchase at our Morrisons Lodge..**

The Morning of your Trip: Morrisons country breakfast is available starting at 7 am in the main lodge. **Be ready to depart the property by 8:30 am, please check out at the front desk (bring room keys and vehicle keys) and finalize any additional charges added after checking in. If leaving your vehicle on our property while on your adventure, park your vehicle in the appropriate "long term -Grassy Meadow parking" location and give your vehicle keys to the front desk to keep in the safe. If you do not know where the long term parking lot is, we will**

be able to provide directions to you at the front desk. We ask that everyone is dressed to hike and ready for departure by 8:30 am in front of Morrisons front office. ***Please be on time! Others will be waiting for you!

After we meet at 8:30 am and pack beverages in the drink cooler, we all load up and have a 20 minute ride to the trailhead at Grave Creek. At the trailhead we have a 30 minute trail and trip orientation, we will also cover raft safety and trail safety suggestions. Expect to be on the trail around 10:30 am or sooner.

On the River: You will usually spend five to six hours a day on the trail and/or river. Breakfast at the lodges is served around 8AM, and you are on the trail or by about 9AM. There are several snack and water refilling breaks throughout the day and there will be a stop mid-day for lunch where a buffet style lunch will be served. Before dinner there will be plenty of time for relaxing in the beautiful scenery of the wild rogue with friends and family. **On Day 1- If you choose to ride on the raft, there is one mandatory portage that you will have to walk around.**

Hikers will have opportunities to meet up with the raft for water and snack refilling a few times throughout the day as well as the guide prepared riverside lunch. Those who want to switch it up are more than welcome to do so at the meeting times. The pace on the trail varies as some will choose to hike swiftly and some would rather meander. The guides on the raft will travel at a pace to keep an eye on you to make sure your pace is not too fast or not too slow so that you stay within the walkie talkie communication zone. Typically, the group will arrive at the wilderness lodge each evening at 4 pm or after. Dinner and breakfast times will depend on whether you're on the trail during the spring or in the fall. Not to worry as the guides will fill you in on all the details.

Paradise Hike is a little different than our classic hiking adventure as you skip Marial Lodge and stay 2 consecutive nights at Paradise Lodge. This means you have the option to hike or raft to the Rogue River Ranch, then everyone will have a mandatory ride on the raft to Paradise Lodge. You will not miss any of the Rogue River Trail, rather the direction of hiking up the river trail to the Rogue River Ranch and back to Paradise Lodge vs hiking down the trail. If you would rather stay and hang out at Paradise, read a book and simply relax, that is also an option.

This Paradise option will allow you to be in the raft during some of the most scenic, most incredible sections of the Rogue River from the vantage point of

the raft.

Paradise Trip Daily Mileage

Trail Day 1: 10 miles to Black Bar Lodge

Trail Day 2: 13 miles to Rogue River Ranch Camp (common for hikers to ride the raft part of the day) Then at the Rogue River Ranch- mandatory raft ride to Paradise Lodge.

Trail Day 3: 6 miles upriver to Rogue River Ranch and back (12 miles total)

Trail Day 4: 11 miles to Foster Bar boat ramp

After the Trip: The trip ends at Foster Bar in the early afternoon. At this time you will board a van, which will return you and your gear to Morrisons Rogue Wilderness Lodge, unless you have arranged a car shuttle. Car shuttles are available from Morrisons to Foster Bar for an additional \$169 - \$239 per car plus Government access fee (subject to change due to early season road conditions). **All Foster Bar car shuttles are reserved online.** Here is the link to book online: <https://my.wildrogue.com/reserve/bg7-morrison-s-shuttles>. **Book your vehicle shuttle to Foster Bar at least 48 hours prior to your arrival. Do not plan on completing that task here as it will be too late.**

The van trip takes two to three hours, arriving back at Morrisons around 5:00 PM. It's a beautiful but windy drive: those prone to car sickness may want to be prepared with Dramamine.

*****In May, snow might be blocking key shuttle routes. Our goal is to return you on the safest route possible. This might mean early season shuttles could take up to four hours. If you have any travel plans that might be altered due to a late shuttle, please let our office staff know.***

Note: If you are using commercial airlines, we suggest you plan on flying out the day after your trip ends. We can't guarantee you'll make a flight at the end of your trip.

Lodges on the Trip: The other wilderness lodges in the Wild and Scenic corridor are privately owned and operated. They operate with a unique challenge- all equipment and food has been rafted, jet boated, or 4-wheel driven in. They are clean and comfortable, quirky, and the food is plentiful and hearty. Each room has a bathroom with flush toilets, hot showers, and 2 beds (usually singles). All meals are served

family style in the main lodges. **If you would like to tip the lodge staff, please bring cash for tipping purposes.**

Note: Paradise Lodge offers gift shop items and has a full bar. Consider bringing some cash if you would like to make a purchase.

Electricity at the Lodges: All the lodges are on generators and will provide light and heat during your stay. At 10 pm the generators are turned off (except for Marial Lodge), so bring a flashlight or headlamp to find the bathroom. Do not bring hair appliances as they will cause the generator to stop.

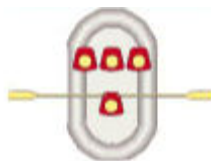
Types of Boats

We employ a variety of boats on the Rogue that you will have the opportunity to enjoy as you travel down this amazing beautiful river.

Stern Assist Paddle Boat: Paddle boats are fifteen to sixteen foot boats that are powered by the paddle strokes of the crew. The guide sits in the back with a stern frame and oars and gives paddle commands to four or six paddlers. Helmets are available upon request, please let your guide know.

Personal floatation devices will ALWAYS be required.

Oar boats: Oar boats are sixteen to eighteen feet that carry gear and supplies as well as one to four passengers. Two or three passengers on an oar boat is typical. A ride on an oar boat is an opportunity to relax, enjoy the scenery, or chat with friends and family. Personal floatation devices will ALWAYS be required.



Fishing: Fishing on the Rogue is not great in the spring or summer and regulations do not allow fishing from our boats. If you would like to fish, Oregon fishing licenses may be purchased online at <https://myodfw.com/fishing/licensing-info>. We recommend collapsible rods for ease in packing.

Additional Information

Guides: Our guides have a deep appreciation for the river we run and want you to enjoy your trip with them. MRWAL guides are accomplished in outdoor

skills and extensively trained in wilderness first aid and CPR. They will be more than happy to help you if you have any questions about the river or are an inexperienced camper.

Sleep Apnea Equipment: If you are in need of bringing a CPAP for Sleep Apnea- please visit <http://www.cpap.com> to purchase a battery pack. There is no power available at night (except for Lucas Lodge).

Gratuities: We are often asked if tipping is appropriate. Whether and how much you tip should depend on your satisfaction with the trip, your feelings about tipping, and your financial means. General amount is 15 to 20 % of the trip price if you feel your expectations were exceeded. **(Please bring cash for tipping or write a check to the trip leader, tips cannot be added to your reservation or credit card).**

Equipment: MRWAL provide a color coded, shared waterproof bag for 2 guests for your personal gear. Certainly bring a camera on your trip for pictures. Our gift shop sells a number of waterproof bags for cameras and cell phones. We recommend you bring a small backpack for hiking during the day.

Meals and Alcohol: MRWAL provides all meals from dinner on the first evening at Morrisons Lodge (gratuities and alcohol not included) to lunch on the last day. We specialize in creative and delicious meals. Guides will prepare your meals using a variety of fresh foods. Juice and water are available with every meal. Dinner and Breakfast are provided by the Lodges. ** Cash is suggested for tipping the wilderness lodge staff and is typically \$5 to \$15 per person.

Lodging Guests: We have tried to educate the wilderness lodge staff to particular dietary requests. We constantly strive to make foods available to your request, however, sometimes the lodges can't meet our expectations. With this in mind, you might consider bringing your own food to make sure you have what you need. Also, please note that each lodge meal consists of up to 10 dishes- there is already something for everyone, and options for almost every diet. **Our front desk has a menu of the 'usual' lodge menus available upon request.**

Also, we unfortunately cannot guarantee lodge prepared food will be "pure" in regards to severe food allergies. We will always strive to meet your expectations but due to a limited menu at the lodges we can't make everyone happy. (Please make sure to give us ample information on your registration form in regards to dietary restrictions). **We are able to accommodate most dietary restrictions; however,**

we are not able to accommodate all severe allergies or multiple dietary restrictions. Please reach out if you have severe allergies and/or multiple dietary restrictions to see if we will be able to accommodate your requests.

Alcohol: Wine, Beer, or any other alcoholic beverages are not provided by MRWAL, but are **welcome** on the trip. Oregon liquor stores are open until 8pm on weekdays and closed Sundays. Beer and wine are available at local grocery stores. Hard liquor can be purchased at specific locations and can be harder to find.

For transportation purposes, there will be coolers set out for you the morning you depart for your hike. This is where you will place your beverages for each evening of your hiking adventure. The guides will bring up the coolers each night for you to access. Wine glasses and bottle openers are available at each lodge. Cocktail ice as well. *****Paradise Lodge has a full bar- but be warned that it has 'wilderness' prices. Consider bringing cash if you are interested in purchasing items in the canyon.**

Environmental Concerns: Depending on where the group stops, we will be using port-a-potties or outhouses. While not like the comfort of home, when setting up toilet facilities we are conscious of privacy needs as well as environmental impact. To protect the river, we carry out all trash and use environmental soap in the river. The guides will instruct you in simple procedures that minimize the impact of your group on the canyon, and we ask for your cooperation.

Communications: Cell phones do not work in the canyon. Phones will stop working shortly after you pass through Merlin. We recommend you leave them in your car. If you want to bring your phone as a camera, we highly recommend you bring or purchase a phone case or dry bag to protect it from river water. MRWAL is not responsible for lost or broken phones.

Poison Oak: There is an abundance of poison oak next to the trail or near the trail. The guides will point it out to you so that you can avoid it as much as possible. Some items that could most likely come into contact with Poison Oak oil are shoes, shoe laces, hiking pole tips, backpacks and dry bags. Tecnu can be purchased for use on skin prior to contact and after contact as it will break down the oil.

Cancellations and Travel Insurance: Should you have to cancel your Rogue River Adventure with us or if situations make it impossible for us to perform the trip due to reasons beyond our control, **all deposits are non-refundable. Final balance payments are also non-refundable.** Alternate guests are welcome. **All guests making reservations for travel are strongly encouraged to purchase Travel Insurance to protect their investment and ours.**

On The Rogue River, trip capacity is strictly regulated by law, your reservation may mean we cannot sell space to others. Because of this, we do not offer refunds, for any reason including a pandemic; therefore, travel insurance is strongly recommended. It will reimburse you if you make a cancellation because of, but not limited to illness or injury before or during the trip, smoke, natural fire, flood, or other acts of nature. **The only way to get a refund would be to file a claim through your purchased trip insurance carrier.**

Should you decide to not purchase trip insurance, please know there will be no refund nor credit given, nor will your trip be transferable to another year if you cancel your trip or should we be unable to perform the trip for reasons beyond our control. No cash refunds will be issued for any reason whatsoever.

Please understand there will be no exceptions to our policy outlined above.

Most trip insurance companies are time sensitive to your initial deposit in this case 21 days.

Trip insurance with Travelinsured.com is typically 7 to 10%. Kids 17 years and under are at a reduced rate.

For more information, and to get a quote, go to the link below and choose the best option for you and your family.

Travel Insured International:
<https://www.travelinsured.com/>

Registration Form & Health Information: Hiking trips can be strenuous. You should be in good health, and be able to walk up steep inclines, on uneven, sandy or rocky terrain. If there are any medical conditions (such as allergies, heart conditions, etc.) or dietary restrictions we should know about, **please specify on your personal registration.** Please consult your primary care Physician prior, if you have any questions regarding

your health or medical conditions that could impact your ability to walk up to the lodges or walk around the necessary rapids. If you are considering a trip with us we strongly encourage you to look at our [Essential Eligibility Requirements](#) double-check you are up for the adventure.

The 2 step registration process for all guests on your reservation must be completed online by accessing your guest account using your personal link. Please complete this as soon as possible after making your reservation. If there are any medical conditions (such as allergies, heart conditions, etc.) or dietary restrictions we should know about, please enter the specific information on the registration portion of the 2 step registration process. To complete your registration process, access your personal guest account through the link emailed in your confirmation email. Please complete the registration process **no later than 60 days in advance** of your trip start. **Failure to complete the 2 step registration process for all guests on your reservation within the requested time will result in cancellation and forfeit of all deposits made.** Everything is done electronically. We are not able to receive required documents via email, fax, or mail.

Area Attractions: Oregon is a very beautiful state with many things to do and see. Crater Lake National Park is very popular, as well as the Oregon Caves National Monument. The Oregon Shakespeare Festival is nearby in Ashland. Performances often sell out; call (541) 482-4331 or <http://www.osfashland.org> for more information. Regional tourism is handled by Southern Oregon Visitors Association. Their website www.sova.org has excellent information about our region. You can also contact the Grants Pass Chamber of Commerce at (541) 476-7717 <http://www.visitgrantspass.org> for specific Oregon area brochures.

Communications: **Cell phones** do not work in the canyon. The guides are equipped with a 'radio phone' for emergencies only.

Questions? Please email us your questions at Info@wildrogue.com. Once you are on the river, our guides will be happy to answer questions or assist you. We welcome any suggestions you have and want you to enjoy your trip.

Rogue Weather

Elevation in Merlin, OR: 915 ft.

The Spring and Fall weather in southwest Oregon is usually very pleasant: warm and dry. However, you need to be prepared for wet, cool weather as well as hot and dry. This can be easy if you pay attention to the information provided and to your own tolerance to heat and cold.

	May	Jun	July	Aug	Sept
Avg. Temp Day	75	82	90	88	84
Avg. Temp Night	45	48	60	65	50
Rainfall	1.6	0.5"	0.3"	0.5"	0.9"

May: Average Temperature is 75 degrees and lows around 45 degrees Rainfall: 1.6"

June: Day temperatures range from 55°-80°, nights 50°-60°, with a chance of rainstorms. The water will be moderately cold and you can plan on being splashed a lot.

Late June to August: trips are warmer(days 75°-95°, nights 65°

September: trips generally have mild days (60°-80°) and cool nights (50°-60°). Storms are always possible.

Clothing and Comfort

Dressing safely and comfortably (not to mention fashionably) for river trips is a challenging task. It is very important and should not be taken lightly. For much of the season, you will need two sets of warm clothing: one for on the trail and one for the lodge.

Use the "layering system" Bring clothes that can be worn under or on top of others. Layering allows you to adjust quickly to changeable weather, by adding or subtracting layers. Loose, fast drying, durable clothing is best for rafting. We recommend the following materials because they are compact and are made to keep you warm and comfortable through a range of temperatures.

Polypropylene (Polypro) or capilene: These are synthetic materials that wick the moisture away from the skin. Depending on the time of year, long underwear (shirt and pants) are essential as

the first layer in cool or wet weather.

Fleece: is a synthetic material that is heavier than polypro. It makes an excellent middle layer in cool or wet weather. Wool is also a good insulator. Bring a jacket or sweater as well as pants of these fabrics.

Cotton: should **NOT** be worn during cool or wet weather since wet cotton lowers body temperature. Cotton is recommended for hot weather only!

Rainwear: Rain jacket and pants are to protect you from the storms as well as mist from rapids if you were to ride in the raft. Coated nylon or breathable fabrics such as Gore-Tex are best. Ponchos are bulky and dangerous so they are not recommended.

Footwear: Hiking footwear: A pair of 'tried and true' hiking boots or tennis shoes is very important for the trail. We recommend a thick sole if your feet are sensitive- the trail can be very rocky at times. To avoid blisters, make sure you have hiked at least 6 miles at a time and at least 20 miles total in your boots if they are new to you. If you must hike in new boots, bring a back up pair of shoes in case of dreaded blisters.

On the River: You will find guides and fellow guests in tennis shoes and river sandals. Please note that all sandals **MUST ATTACH TO YOUR FEET** and stay on in a current- **NO FLIP FLOPS**. Closed shoes do offer the most foot protection while on the river and, if worn with wool or neoprene wetsuit socks, they can help insulate your feet when the water is cold. ** Note: Please leave your river shoes **OUT** of your overnight bag- we will have a special bag for them for easy access.

Your Personal Responsibility

We handle trip logistics and transportation, provide the food and rafting equipment, and make sure you have knowledgeable and well-trained guides. We see to it that you are comfortable, and that you see the Rogue's special places. We expect that you will bring adequate hiking clothing and hiking equipment. We also ask that you approach your trip with an open mind for adventure and discovery.

Lodge Facilities

Lodge Trip Accoutrements:

At the lodges all linens, towels and bedding will be provided at the lodge. Shampoo is not provided, but soap is. As with the funky nature of the lodges the towels are a little rough and the sheets a little scratchy but overall they provide a clean comfortable stay.

Sleep Apnea Equipment: If you are in need of

bringing a CPAP for Sleep Apnea- please visit <http://www.cpap.com> to purchase a battery pack. There are also batteries available to rent at MRWA. Inquire at the front desk. There is no power available at night (except for Marial Lodge).

Packing

Your Dry Bag or Waterproof Bag: The shared overnight dry bag, when fully packed measures about 24 inches in diameter by 36 inches in height and is almost the size of a large garbage bag. All Lodge trips share one large dry bag between 2 guests. We recommend packing your things for the trip into a small SOFT duffel bag (**no rollers please!**) that will then be placed into a MRWAL dry bag with your roommate's duffel.

We also kindly request that you keep each personal bag to **20 lbs or less**. The guides carry each large dry bag long distances at some lodges and we want to keep their backs in good repair!

Day Pack: We recommend bringing a day backpack for the trail. Please keep all items you might need during the day inside (chapstick, sunscreen, hat, light jacket, etc.). If you choose to hop on a raft at any point, the guide will have a large 'backpack' dry bag available for your day pack to keep it dry.

Keep these items separate:

- Alcohol, beverages, or other liquids
- Water Shoes
- Day Packs

When you meet your guide in the morning at 8:30 am, they will have a drink cooler available and a bag to put your water shoes in. You do not need to pack your daypack as you will be using it on the trail!

What to Bring

Your comfort and safety depend on you being well equipped for the wilderness. Plan on the weather changing from what was forecasted. The Southern Oregon weather is consistently inconsistent. Plan for the worst and hope for the best. Cold weather clothing or rain gear as well as sun protection are all suggested to bring. Please check the 10 day weather forecast for Merlin, Oregon to get a better idea of what is forecasted.

Pack clothing you won't mind getting wet or dirty:

Cut down on bulk by not bringing too many changes of clothing for the same temperature conditions. You do not need a change of clothing every day.

Clothing List **RECOMMENDED** for hiking trips:

- Personal Water Bottle**
- Swimsuits:** During warmer weather, swimsuits may be worn as a first layer if you

- choose to ride the rafts often.
- Shorts:** A breathable/quick drying pair or pairs for warm days or comfort at the lodges.
 - Pants:** A breathable/quick dry pair for the trail (avoid jeans/cotton!) and a pair or two to wear at the lodges in the evening- temperature tends to be cooler in the evenings (cotton ok).
 - Footwear- trail:** A pair of 'tried and true' hiking boots or tennis shoes. See previous page for tips.
 - Footwear-lodges:** Closed toed COMFORTABLE shoes that are different from your hiking boots. If you choose a pair that you can also hike in, you have a great backup if you get blisters.
 - Footwear- river:** You will need a pair of river sandals or shoes that attach to your feet and can get wet. Cheap water shoes will suffice, but they are lousy for walking on shore during raft breaks. (please leave these out of your overnight pack- your guide will have a special bag for them)
 - Footwear- extra option:** Consider bringing a small/light pair of flip flops or sandals for letting your feet breathe when you relax in your lodge room. These can be your river sandals, but you will need to remember to tell your guide to bring them to the lodge at the end of the day- and they might be wet!
 - Socks:** Polypropylene or wool, several pair
 - Shirts:** long sleeved, lightweight, breathable is best for sun protection
 - T-shirt/tank top:** non cotton, for warm weather hiking
 - Button up shirt/Blouse:** nothing is better than a hot shower and a nice shirt/outfit at the lodges in the evening. This is optional.
 - Long underwear:** Polypropylene, Smart wool, or Capilene (cooler weather trips)
 - Sweater or jacket:** Cotton is ok, but not great if the weather gets rainy. Fleece or wool is recommended. We recommend this item for cold mornings at the lodges!
 - Rain Coat:** Great for incimate weather and splash guard while on the rafts.
 - Baseball cap or visor (with strap) for sun protection**

Gear List:

- Flashlight or headlamp (a must!)
- Sunglasses with Strap
- Bandana
- Insect repellent
- Toiletries

- Medications. If you are in need of bringing a CPAP- please visit www.cpap.com to purchase a battery pack.
- *** Please leave emergency medication such as EPI PENS and INHALERS in your backpack for quick access!
- Large zip lock bags for wet gear
- Sunscreen*/ lip balm*
- Moisturizer/Skin lotion*
- Wet Wipes
- Tecnu/soap for poison oak

Optional Gear:

- Fishing equipment and license
- Small zip lock bags for organizing gear
- Disposable/ Waterproof camera/lifeproof case for your phone (MRWA is not responsible for lost or broken phones)
- Dramamine (if prone to car sickness)
- Small day pack
- Book / Journal / Notebook
- Blister Kit
- Special food/snacks (there is PLENTIFUL food and snacks on the trip- this is only necessary if you have allergies or if you know you will absolutely crave a specific food.)
- Alcohol/soda (water and juice are provided)
- Tecnu soap for poison oak sensitivities

*** Don't forget to keep Day Backpacks, Water Shoes, and beverages out of your overnight bag!

