

PLEASE RETURN 60 DAYS BEFORE DEPARTURE FAX TO 541-721-2813 OR SCAN TO INFO@WILDROGUE.COM



**MULTI-DAY HIKE TRIP 2019 Morrison's Rogue Wilderness Adventures & Lodge**

*(Please fill out this form and return to the Rogue Wilderness Adventures and Lodge before your trip. Each member of your party **MUST** complete and sign a registration and liability release form. All information below will be kept in confidence and will not be shared or sold.)*

**ONE FORM PER PARTICIPANT**

TRIP DATE \_\_\_\_\_ Name Reservation Is Under \_\_\_\_\_

PERSONAL Name: \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

Male or Female (circle) Date Of Birth \_\_\_\_\_ Age \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

If a minor is listed, please describe relationship to the person signing this document \_\_\_\_\_

PERSON TO NOTIFY IN CASE OF EMERGENCY (NOT PARTICIPATING IN ACTIVITY) \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone (day) \_\_\_\_\_ (Evening) \_\_\_\_\_

**WILDERNESS ACCESS:** You understand that you are entering a wilderness area and there is VERY limited access to roads, phone service, and rescue. Helicopter or ambulance rescue if needed is billed to your personal insurance. Some trip insurance products do include evacuation insurance if you choose to purchase it.

**EXPERIENCE** Have you ever been whitewater rafting? YES / NO (please circle)

If yes, which rivers? \_\_\_\_\_

**MEDICAL:** Please describe any medical or physical conditions which might affect your safety or health on the trip: \_\_\_\_\_

Please list any allergies (bee stings, medications) \_\_\_\_\_

Do you carry an EPI Pen YES/NO (please circle)

DIETARY Please specify any medical dietary restrictions i.e. allergies \_\_\_\_\_

Are you a vegetarian or vegan? YES/NO (please circle) If YES, please specify type of protein you eat \_\_\_\_\_ If not a vegetarian, do you eat red meat? YES/NO (please circle) Preferred Protein \_\_\_\_\_

Please understand that we try and accommodate most dietary requests. However, if you have specific requirements we suggest you bring the necessary supplies to subsist. Comments: \_\_\_\_\_

**ALCOHOL:** Please be aware that Morrison's Rogue Wilderness Adventures and Lodge does not supply alcohol. You are welcome to bring beer, wine, or spirits. Please limit glass containers. Please respect other guests and do not drink to excess while on trips.

**IF ON A CAMPING TRIP:** Would you like MRWAL to provide you a tent, sleeping bag and Paco pad? (circle one) YES NO

Would you like MRWA to provide you with the Deluxe camping option – larger tent, cot, sleeping mattress, Paco Pad – for an additional \$200 (per 2 guest)? (circle one) YES NO

**CANCELLATIONS:** Should you have to cancel your Rogue River Adventure with us, all deposits are non-refundable. After the final balance due date, all payments become non-refundable. Alternate guests are welcome. Please understand that we cannot ensure your investment in river trip reservations. We strongly recommend the purchase of trip cancellation and interruption insurance

Once you sign up, we lose the right to sell your reserved space to other individuals or groups. Our number of trips and spaces per trip are limited by river management plans. Therefore, we regret that we cannot make exceptions for personal emergencies. Should you decide to cancel your trip with us, your trip cost is not transferable to another year.

**Forest Fires and Smoke:** Occasionally during the hiking season forest fires in the region will cause smoke to settle in the Rogue River Canyon. Just like rain we go with smoke or no smoke. Every few years a forest fire or high water event will close the Rogue River. If we cancel the trip for river closure due to forest fire or flooding, we will not be able to issue a refund. Please insure your investment with trip insurance. There are several companies who offer trip insurance, choose the best one that fits your needs. (See Cancellation and Travel Insurance information on our website or page 1, paragraph 1 of your itinerary)

Please sign below that you understand our cancellation policy.

SIGN \_\_\_\_\_ DATE \_\_\_\_\_



## 2019 Rogue River Multi Day Supported Hiking Trip Information

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

**Meeting Place:** Morrison's Rogue River Lodge (8500 Galice Road, Merlin, OR-Morrison's Lodge Map)

**Meeting Time:** 5:45 pm the night before your hiking trip starts for a MEET and GREET, seating for dinner is 6:45 pm.

**After the trip:** Arrive back to Morrison's Lodge between 5- 5:30 pm unless car shuttle arrangements have been made.

### Checklist

- Complete your registration form and sign the Liability Release. Please return by mail, email, fax, or online at least 60 days before trip departure.  
Mail: Morrison's Rogue Wilderness Adventures and Lodge  
PO Box 1110 Merlin, OR 97532  
Fax: (541) 721-2813  
Email: [info@wildrogue.com](mailto:info@wildrogue.com)
- Please! Plan for the unexpected with Travel Insurance at [www.travelinsured.com](http://www.travelinsured.com)  
Estimate about 6%-7% of your trip cost. Kids 17 and under are usually no extra charge.
- Final payment due 60 days before your trip

### MRWAL provides

- Transportation to the river
- Transportation from river back to Morrissions
- Dry bags and water bottle
- Waterproof bags for your personal gear

### You are responsible for

- Personal clothing and other misc. items
- Beverages such as Beer, Wine, Soda
- Guide gratuities (see page 2)

### Where to stay before and

### after

#### Morrison's Rogue Wilderness Lodge

(800) 826-1963 [www.morrisonlodge.com](http://www.morrisonlodge.com)

Your trip will begin at beautiful Morrison's 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 hot breakfast buffet will be included in the morning. You'll find Morrison's to be a convenient, beautiful location to start your adventure, and an excellent place to rest at the end.

**Please note that lodging at Morrison's is only included for the day before the trail- not the night at the end of your trip.**

### 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 your convenience, Morrison's Rogue Wilderness Adventures offers airport pickup and drop off for \$150 each way (12 passenger van). There are local taxi services available.

**\*\*Please call MRWAL in advance or book online to schedule airport van shuttle. Have flight information ready. <https://rogueriverraft.com/>**

**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. Morrison's 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:** There will be a meet and greet session with your head guide at 5:45 pm. This will be your chance to ask any remaining questions and get to know your fellow hikers. You will also be given your overnight dry bag and water bottle for the next day.

\*\*\*Please notify the office if you cannot attend the meet and greet or if you will not be there on time! After that your guide will head home for the evening as you head to your gourmet dinner on the deck of Morrison's Lodge at 6:45 pm. Your guides look forward to seeing you the next morning!

**The Morning of your Trip:** Morrison's serves a breakfast buffet starting at 7 am- please inform the front desk what time you will be joining them for the buffet. We ask that everyone is dressed to hike and ready for departure by 8:30 am in front of Morrison's front office. \*\*\*Please be on time! Others will be waiting for you!

After we meet and pack extra items we will have a 30 minute trail and trip orientation at the lodge, then drive about 20 minutes down to the trail head. At the trailhead we will cover raft safety and trail safety suggestions. Expect to be on the trail around 10:30 or sooner.

**On the River:** The pace of your river trip is very dependent on the water level. You will usually spend five to six hours a day on the river. Breakfast on the river is served around 8AM, and you are on the water by about 9AM. 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.

**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 Morrison's Rogue Wilderness Lodge, unless you have arranged

a car shuttle. Car shuttles are available from Morrison's to Foster Bar for an additional \$125 per car plus Government access fee (subject to change due to early season road conditions). Here is the link to book online:

<https://my.wildrogue.com/reserve/bg7-morrison-shuttles>.

The van trip takes about 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 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.

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

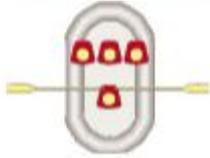
**Electricity at the Lodges:** All the lodges are on generators and will provide light and charging opportunities during your stay. At 10pm the generators are turned off (except for Marial Lodge), so bring a flashlight to find the bathroom. Do not bring hair appliances as they will cause the generator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

**Paddle Boat:** Paddle boats are fifteen to sixteen foot boats that are powered by the paddle strokes of the crew. The guide typically sits in the back and gives paddle commands to four or six paddlers. Helmets and wetsuits are rarely required in paddle boats. Life jackets 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. Life jackets will ALWAYS be required.



**Inflatable Kayak (IK):** The IK's are the ultimate vessel for the active river runner. This is an opportunity to run the rapids of the Rogue River under your own power and direction.

The guides will give IK instruction before the trip, and direction for the rapids while on the water. We bring only single kayakers on the lower Rogue. Helmets are required at all times while paddling the IKs, and at times, a wetsuit may be required. Life jackets 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 at Oregon sporting goods stores and at a small market in Merlin about 7 miles up the road from Morrison's Lodge. 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.

**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 10 to 15 % of the trip price if you feel your expectations were exceeded. (Please bring cash for tipping or write a check to trip leader, tips cannot be added to your reservation or credit card).

**Equipment:** MRWAL provides complimentary water bottles, and waterproof bags for your personal gear. Certainly bring a camera on your trip for pictures. Our gift shop sells a number of great 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 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.

**Lodging Guests:** We have tried to educate our wilderness lodge staffs 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 all foods 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)

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 only be purchased at state liquor stores.

**Marial Lodge sells shirts and homemade Jam and Paradise Lodge has a full bar- both are at 'wilderness' prices. Consider bringing cash if you are interested in purchasing items in the canyon.**

For transportation purposes, there will be ice chests available for you at check in for you to bring extra beverages. Wine glasses and bottle openers are available at each lodge. Cocktail ice as well.

**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.

**Cancellations and Travel Insurance:** We strictly adhere to our cancellation policies as explained on your (or your group organizer's) reservation form. The only way to receive a refund if you cancel is to purchase trip insurance.

- Trip capacity is strictly regulated by law, and your reservation may mean we cannot sell space to others. Because of this, WE DO NOT OFFER REFUNDS; therefore, travel insurance is strongly recommended. It will reimburse you if you make a late cancellation because of illness, injury, smoke, natural fire, flood, or other act of nature. Note though, that if you cannot come, you are welcome to find a friend to replace you. Plan for the unexpected with Travel Insurance at We've contracted very good coverage for your trip. Estimate about 6%-7% of your trip cost. Kids 17 and under are usually no extra charge.

**Forest Fires and Smoke:** Occasionally during the rafting season forest fires in the region will cause smoke to settle in the Rogue River Canyon. Just like with rain, we go with smoke or no smoke. Every few years a forest fire will close the Rogue River. See Cancellation and Travel Insurance Policies.

**Registration Form & Health Information:** Rafting trips are not strenuous, but you should be in good health. If there are any medical conditions (such as allergies, heart conditions, etc.) or dietary restrictions we should know about, please put them on the registration form or call us. We ask that you return the form to our office 30 days in advance of your trip either by e-mail, mail, or fax. **Fax: 541-721-2813.**

**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](http://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 contact our office if you have any other questions about your trip. 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 summertime 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 the sun and to the cold.

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

**June:** trips can be cool (days 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 river 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 the dreaded blisters.

On the River: You will find guides and fellow guests in tennis shoes, wetsuit booties with soles, and river sandals. 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, 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 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 is no power available at night (except for Marial Lodge).

## Packing

**Your Dry Bag or Waterproof Bag:** The overnight 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. **We ask that two people share one dry bag.** 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 Bags:** 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, 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. If the weather is perfect you will not need the cold weather clothing or rain gear, but should plan for sun protection. Please call if you don't understand or cannot find an item on the list.

### Pack clothing you won't mind getting wet or dirt:

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:

- 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 than 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 inclement weather and splash guard while on the rafts.
- Baseball cap or visor (with strap)** for sun protection

- Sunglasses with Strap**
- Bandana**
- Insect repellent**
- Toiletries**
- Medications.** If you are in need of bringing a CPAP- please visit [www.cpap.com](http://www.cpap.com) to purchase a battery pack. \*\*\* Please leave emergency medication such as EPI PENS and INHALERS in your day bags for quick access!
- Large zip lock bags for wet gear**
- Sunscreen\*/ lip balm\***
- Moisturizer/Skin lotion\***
- Wet Wipes**

#### 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 know you will absolutely crave a specific food.)**
- Alcohol/soda (water and juice are provided)**
- Technu soap for poison oak sensitivities**

#### Gear List:

- Flashlight or headlamp (a must!)**