



OVERNIGHT PACKING LIST

FOR KENNEBEC & PENOBSCOT OVERNIGHT TRIPS

CLOTHING

- Bathing Suit
- Non-cotton clothing such as nylon, polypro, or other man-made fabrics for the river
- 2 pair of shoes (one for the water and one dry) – no crocs or flip-flops for rafting
- Set of dry clothes for after rafting
- Sweatshirt or Jacket for evening
- Rain Gear (tops & bottoms)
- Personal Backpack

MISC

- Sunscreen
- Insect Repellant
- Towel
- Personal Hygiene Items (environmentally friendly soap)
- Medications (epi pen, pills, inhaler, etc)
- Extra Set of Eyeglasses or Contacts

- If planning to fish, pole & tackle & license*
- If planning to bring beer/wine/alcoholic beverages, please pack in your own cooler*

CAMPING GEAR

- Sleeping Bag (sleeping bag liner too if you get cold easily)
- Water Bottle
- Flashlight / Headlamp & Extra Batteries

Three Rivers Will Provide Tents & Sleeping Pads