

Middle Fork River Expeditions Clothing List

We Supply

- Sleeping bag (rated 20-35F)
- Thermarest sleeping pad and Ridgerest Pad- ~2" total
- Pillow
- Raingear (jacket and pants)
- 2 Dry Bags (1 Large for sleep kit and evening gear, 1 small for daytime gear)
- Tents (4 man tents for 1-2 people)
- Farmer John Wetsuit (when needed in June and July)
- Life Jacket (Type V)
- Helmet (Only for Inflatable Kayaks, Paddle Raft and Stand Up Paddle Board)
- All Water Craft and Commissary Equipment
- MFRE Mug and Water Bottle with carabiner for attaching to raft

You Bring

- Towel & personal toiletry items
- Biodegradable soap
- Sunscreen lotion and Chapstick
- Sunglasses with retainer & sun hat
- Bathing suit
- Socks - 3 pair (1 wool, 1 cotton, 1 hiking)
- T-shirts – 2 (one cotton for evenings and one silk or lightweight wool for daytime- Icebreaker makes an excellent wool t-shirt)
- Long sleeved shirts – 2 (one cotton for evenings and one silk or lightweight wool for daytime)
- Long pants – 1 (one cotton for evenings)
- Shorts – 2 (one cotton for evenings and one synthetic for daytime)
- Underwear – assorted (cotton and silk)
- Evening Jacket
- Fleece or wool sweater
- Shoes - one pair for camp & hiking
- Shoes - one pair for daytime (Tekstra or Keens with toe coverage is good)
- Shoes- Flip Flops (optional- for drying out feet at camp)
- Fishing gear (rod in sturdy hard case)
- Fishing license (only of your fishing)
- Camera and spare battery
- Flashlight or headlamp
- Ziplock bags - handy for small items (isolate wet articles from rest of gear)
- Olay face wipes or other brand for cleaning face (optional)

- May/June & Sept/Oct trips- bring a ski hat and gloves, 2 pairs of Long Johns tops and bottoms, neoprene socks and gloves. On May and June trips rubber boots are great for camp.