

Idaho Rowing School Personal Equipment List

RIVER ITEMS: These will be worn, packed in your personal dry-pack, or packed in your inaccessible dunnage bag.

- 2 or 3 swimsuits or shorts and T-shirts, (nylon quick-drying shorts are best)
- Sport sandals (Texas, Chacos), or old tennis shoes
- Polypropylene pile or fleece top, (required)
- Waterproof rainshell and rainpants (required)
- Polypropylene pile or fleece pants (encouraged)
- Brimmed hat, with strap, (baseball caps work well)
- Lightweight cotton clothing, (old dress shirts or surgeon's outfits), and bandanna for sun protection
- Waterproof sunscreen/block (SPF 25), lip balm
- Sunglasses with strap, (maybe not your best pair)
- Small water bottle, 1 quart, (essential - even if its just an empty plastic Gatorade bottle)
- Cycling gloves, fingerless; good idea to prevent blisters

OPTIONAL ITEMS:

- Camera and film in waterproof case/ammunition box
- Book, sketch pad, journal, etc.
- Beer, wine or soda in unbreakable containers -no glass!
- Minimalist fishing gear, compact, lightweight, protected

CAMP ITEMS: These will be packed in your dunnage bag and will not be available during the day.

- Compact sleeping bag*, (down or synthetic, rated to 350)
 - lightweight tent*, (free-standing), and ground cloth/tarp
 - Closed-cell foam or self-inflating sleeping pad*
 - Small, compact, lightweight pillow
 - 1 or 2 complete changes of clothing, (versatile pants and shirts, cotton is fine, but extra fleece is better)
 - Extra socks, (wool or fleece are best), and underwear
 - Camp shoes, (ultra-lite boots, tennis shoes, etc. comfortable enough to walk and hike in)
 - Towel and biodegradable soap and shampoo
 - Personal hygiene items, medicine, dry-skin lotion, etc.
 - Warm jacket, (thick fleece - will work on river as backup)
 - Rain gear, top and bottom, (can double as on river gear)
 - Flashlight with extra batteries (headlamps are great)
 - ARTA will provide cups, plates and eating utensils.
 - Underlined items are the choice of our professional river guides.
 - Please do not bring valuable jewelry, radios, guns, cellular phones or irreplaceable items.
- *These items are available for rent, see Rental Equipment.

Getting the Right Gear

The most important thing you can do to get ready for your school is to obtain the proper personal equipment. Your enjoyment and ability to learn will be greatly increased if you are comfortable and prepared.

On hot days, you will want things that will protect you from the sun and dry quickly. On the river you'll wear nylon shorts or a bathing suit, (women will want to wear shorts over their bathing suit), and a T-shirt or lightweight cotton shirt, (along with plenty of sunblock), with your rain gear and fleece nearby. In camp, fleece will be handy in the mornings and evenings.

On cool days and some mornings, you'll want to layer your clothing; one or two layers of pile or fleece covered with waterproof, (not just water-repellant), rain gear. During inclement weather, your fleece/raingear outfit will be indispensable, so get something reliable. We recommend that every student have a midweight polypropylene long underwear top and bottom, a thick fleece jacket or pullover, (at least one), and a sturdy rainshell and rain pants. Fleece garments (polartec, pile, or polarfleece), and poly-propylene long underwear are great on river trips; we recommend a variety of thicknesses.

On your feet, you will want shoes that will stay on while swimming and be comfortable while hiking. Sport sandals, (Texas, Chacos, etc.) work well; look for buckles as opposed to velcro, which isn't as reliable. Old tennis shoes work fine and can be used with fleece socks on cold days.

Finding the right gear is getting easier. Fleece and pile garments are available at most department stores as well as through LLBean, (800/341-4341; www.llbean.com), or REI, (800/426-4840; www.rei.com)

Rental Equipment:

ARTA has the following gear available for rent during the school:

- 35 degree Sierra Designs polarguard bag with cotton liner, self-inflating pad and tarp = \$50 each
- Sierra Designs Comet free-standing tent = \$50

Please reserve rental gear well in advance; we have a limited supply.

ARTA River Trips - 800/323-2782 - arta.org - arta@arta.org