



Smith River Guided Trip Checklist

- Sleeping Bag rated at 0° to 30°** - Synthetic is better because it will still keep you warm even if it gets wet (you will be on a river ya know!). It's not uncommon for nighttime temps to dip below freezing even in July!
- Compression Stuff Sack for Sleeping Bag** -makes packing much easier.
- Pack Pillow** -optional, but nice!
- Dry Bag 11"x24"** - These are great for smaller items and things you want to keep handy while on the river. CrossCurrents sells and rents dry bags.
- Splashproof Duffel Bag** -I use one to carry my loose gear, fishing stuff, camera & film, dry snack foods and other stuff that I may go to several times a day. Although not as dry as a true "dry bag" they are much easier to get in and out of and will keep its contents very dry unless it is submerged in the water. CrossCurrents sells great dry duffels from Orvis, Outcast and NRS.
- Stuff Sacks** -These may be made out of waterproofed fabric but are definitely not waterproof! They are handy for putting your clothes and other gear in to keep things organized. (i.e. -all your socks are in one small stuff sack, your spare shirts are in another stuff sack, etc.)
- Freezer Zip-Lock Bags** (2 Gallon, Gallon & Quart size) -I put my clothes in these even though I'm going to put them in a stuff sack and then put the stuff sacks in the dry pack. It will make life much easier when you are trying to get to your dry socks on the bottom of your bag and you have to take out all your other clothes to get to them! You'll also put your batteries, cameras, snacks and other stuff in them so bring a bunch and some extra for garbage.
- Headlamp or Small Flashlight** -It's nice to have both. I absolutely love my Princeton Tec headlamps and flashlights. I've owned over a half dozen headlamps in my camping/ climbing/hunting/ fishing/ night-time auto repair career and have found that that to-date, Princeton Tec makes the best! CrossCurrents sells Princeton Tec lights.
- Batteries** -Bring a back-up set for your headlamps, flashlights, cameras and two-way radios.
- Camera** -A waterproof camera like the one-time use ones are great.
- Extra Digital Media Cards and Camera Batteries**
- Waterproof Case/Pouch** for Camera or other electronics. CrossCurrents sells waterproof cases and pouches.
- Small Notebook & Pen** -The "Write In Rain" notebooks are perfect. It's always nice to look back in a journal or some short notes written while you were on your trip. It also helps in planning next years trip -like making notes on camp sites you liked or didn't like.
- Snack Food** -Because the lunch food is in the other raft and we haven't seen them for 4 hours!
- Polarized Sunglasses** (and a back-up pair!) -CrossCurrents sells Smith Sunglasses-the best polarized glasses.
- Sunglass Retainer** -These are cheap insurance and extremely handy. CrossCurrents sells Croakies/Chums.
- Hard Case for Sunglasses/Rx Glasses** -soft case will not do!
- Back-Up Pair of Rx Glasses** (Bring these in a hard case.)
- Eye Glass Cleaning Cloth** -This little item can really make a difference. CrossCurrents sells these handy cloths.
- Pack Towel** -It's great for drying off after a dip.
- Toiletries** -The usual stuff: toothbrush, toothpaste, floss, deodorant, contact lens solutions, mirror, etc.
- Medications** -If you need to take Rx meds, then make sure you bring them! You may want to let someone in the group or the entire group know that you need Rx meds to help remind you to take them or if there is a problem. [i.e. diabetic shock, etc.]
- Hand Lotion/Butter Bar!** -I guarantee you that you will get "river hands" by the end of the first day. Lotion will ease this problem.
- Sunscreen** -And a couple spares - because you can't remember which bag you put it in!
- Lip Balm** -And a spare or two - "Oh no, I left it in my pants that I packed away!"
- Insect Repellent** -Can you say, "West Nile?"
- Bandanas** -These always come in handy. CrossCurrents sells Buzz-Off Bandanas to repel mosquitos/ticks.
- BUFF®s** -Super comfortable and versatile -keeps you warm, cool and protected from the sun, bugs & wind. Great to keep your hat on your head when it's windy. CrossCurrents sells Buff®s.
- Warm Fleece or Wool Hat** -A nice hat can make a huge difference between being warm or not. Bring a spare! CrossCurrents sells hats.
- Fingerless or Flip-Finger Gloves or Flip-Mitts** -The windproof kind is best. These are what you will be wearing while fishing. CrossCurrents sells Glacier Gloves, NRS and Orvis.
- Sungloves** -These are nice for fair skinned folks. They are also great for anyone to row in! CrossCurrents sells Buff, Dr. Shade and NRS.
- Medium-Weight Synthetic or Wool Long Underwear Top and Bottom** -CrossCurrents sells ExOfficio, Columbia and Orvis.
- Fleece Top and Bottom** (100 or 200 weight) -Over a base layer of light to medium-weight synthetic underwear this should keep you warm. Add a third layer if it's really cold. This is the system I use when it's cold: 1-base layer of Light to Medium-Weight Underwear, 2-middle layer of 100-weight fleece, 3-Third layer of 200-weight fleece. CrossCurrents sells Columbia, Redington and Orvis.
- Upper Body Layering Pieces** - A Primaloft Jacket/Vest, Wool Sweaters, etc. Make sure you bring enough to stay warm and have some for a back up. CrossCurrents sells Columiba, ExOfficio, Orvis.
- Technical Shirts** -These are perfect for life on the river. They convert from long to short sleeve (it gets cool/cold in the evenings & mornings), dry very quickly, allow for ventilation on hot days, have perfect pocket configurations so you don't need a vest, and hold up very well after 4 or 5 days on the river! CrossCurrents sells ExOfficio and Columiba.

- CrossCurrents Smith River T-Shirt** *with the river map silk screened on the back you can't get lost! Great for lounging in camp, they are incredibly comfortable and come in stylish colors. These also make great souvenirs! Available at CrossCurrents in Helena and Craig or call us.*
- Convertible Quick-dry Pants** *-They are moisture-management long pants to wear under your breathable waders, they are perfect to wet wade in (they dry extremely fast) and convert to shorts for hot weather. CrossCurrents sells ExOfficio and Columiba.*
- Quick-dry Shorts** *-Comfortable and functional in warm/hot weather. When it's warm, all I wear are my shorts or convertible pants and my sandals. I always have my breathable waders with me in case it starts raining or the temps drop. CrossCurrents sells ExOfficio and Columiba.*
- Swim Trunks/Swim Suit** *-You might want to take a dip!*
- Teva or Korkers Sandals** *-These are what our guides wear in June and July when it's warm/hot. CrossCurrents sells Teva & Korkers!*
- Lightweight Waterproof Boots/Shoes** *-You will definitely want a pair of lightweight boots/shoes to wear around camp unless you want to go right from your waders to your sleeping bag. Also great for when you want to go on a little hike in this scenic canyon. Be mindful of private property, though.*
- Felt or Rubber Sole Boots** **(DO NOT** wear studded boots in inflatable boats!)
- Synthetic &/or Wool Socks** *-CrossCurrents sells excellent socks.*
- Back-Up Rain Jacket** *-It doesn't need to be waterproof/breathable but that would be nice.*
- Rain Pants/Splash Pants** *-Waterproof/Breathable are the best. CrossCurrents sells great rain gear by ExOfficio and Columbia.*
- Breathable Waders** *-You will be spending 8 to 12 hours a day in these babies. You've got to check out the new Silver Sonic waders from Orvis! CrossCurrents rents and sells Orvis waders.*
- Waterproof/Breathable Wading Jacket** *-A good one. You may be in this jacket 10 to 12 hours a day for rain and wind protection! CrossCurrents sells Orvis wading jackets.*
- 8' to 9' Four, Five and Six-Weight Rods** *(Bring at least 2 rods!) I mainly fish my Orvis Helios 9' 5-wt for dries/nymphs and my Helios 9' 6-wt for streamers. I always bring 3 to 4 rods with me. Yes, I've had to use the 3rd & 4th rod on a couple trips! No I'm not that clumsy, but a couple of my clients were! CrossCurrents rents Orvis Fly Rod Outfits.*
- Reels** *You should have a reel for every rod you bring.*
- Floating Fly Line** *-You will most likely be chucking big, heavy stuff or larger, air resistant dry flies. Weight Forward tends to be better for that. Since this river is fairly small, floating line is best.*
- Sink-Tip Fly Line** *Or WF, Intermediate (2.5 ips) to Fast (5.5 ips) Sink-Tip or Sinking Fly Line is handy if you wish to chuck buggers and streamers (which are very productive!). It's not a bad idea to have one rod rigged up with dries or nymphs and another rod rigged up with buggers on a sink-tip line. You will often come across a "perfect" bugger spot and if you have the rods rigged and ready to go it's just a matter of a quick switch to the other set up.)*
- Leaders:** *7.5': 0X, 1X & 2X (for streamers on sink-tips lines), 9': 1X, 2X, 3X (for nymphs & larger dry flies), 9' 4X (for small dry flies). I would plan on one new leader per day. You'll probably be using the 1X, 2X & 3X most of the time, so plan accordingly.*

- Montana Fishing License** *-A MUST even if you just want to hold a rod. CrossCurrents sells Fishing & Hunting Licenses.*

TRY BEFORE YOU BUY! *CrossCurrents Rental Program includes subtracting the rental price off the purchase price should you want to buy a new one for yourself when you get back. That's how our "Demo Program" works!*

During Cool/Cold Weather, avoid Cotton Clothing as it will get wet and stay wet for the whole trip. There is a saying in the outdoor business - "Cotton Kills" because wet equals cold! Note: Cotton does NOT allow breathable waders/jackets/pants to breathe.

Remember, you will not be going back to your car or going inside a warm house at the end of each day. When you are cold during the day, unless you quickly make changes to warm you back up [drink warm beverages, add more layers, put on a warm hat, etc.] you will remain cold and it will be very difficult to warm up when you get to camp in the evening as the air temps are dropping! The danger about being outdoors the entire time is that when you get cold, you tend to stay cold. The trick is not to get cold in the first place. Mild hypothermia can quickly lead to severe hypothermia which is the third leading cause of river deaths each year! (Read Stan Bradshaw's River Safety book.)

On the other end of the scale – be mindful of Heat Exhaustion and Heat Stroke! It can be just as deadly as Hypothermia! It's easy to become over-heated on the river. Drink plenty of non-alcoholic, non-caffeinated fluids all throughout the day! [This can be especially troublesome for some women. They don't want to drink that much because then they will have to go to the bathroom. They either find it embarrassing or inconvenient to answer nature's call while out in nature. The men in the group must understand this and respect the women's privacy! There is plenty of thick vegetation and big boulders along this river to allow for excellent privacy and some of the established latrines have some of the most spectacular views of the canyon! Don't be embarrassed to say, "pull-over now!"] Taking a dip in the river on a hot day is a great way to cool off and is most pleasant after a couple days without a shower! (Read Stan Bradshaw's River Safety book!)

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