

# Clothing List

## Nahanni River - hiking option



Black Feather  
the wilderness adventure company

### Feet:

- 1 wet shoes - Teva sandals, old runners, Aqua socks etc.
- 1 neoprene socks for wet shoes or wetsuit booties
- 1 dry shoes - light hiking boots or hiking shoes
- 1 rubber boots, i.e. Wellingtons (optional)
- 3+ warmer socks - synthetic or wool
- 2+ light / liner socks - synthetic

### Hands:

- 1 light gloves - with dishwashing overgloves - see notes
- 1 warm gloves or mittens

### Head:

- 1 sun hat, baseball cap or visor + a warm toque
- 1 rain hat and / or a hood on your rain jacket
- 1 sunglasses

### Upper Body:

- 2+ under shirts - synthetic, light or mid-weight fabric
- 2 t-shirts/short sleeve top - polyester or perhaps cotton
- 2 light fleece shirt / sweater or long sleeve shirt
- 1 sweater - synthetic fleece - mid or expedition weight
- 1 wind jacket - wind proof, breathable
- 1 rain jacket - nylon or waterproof /breathable fabric

### Lower Body:

- 6+ underwear
- 2 long underwear - synthetic fabric
- 2 shorts - one pair should be quick dry
- 2+ long pants - two pair should be quick dry
- 1 rain pants

### Extras:

- 1 bandana
- 1 swimsuit
- 1 bug hat, bug jacket and/or insect repellent

### Notes on Clothing for Nahanni River Trips:

*This is a suggested list of clothing for your canoe trip. Having the right clothing is vital to your well being and comfort on the trip. The notes may help you make good selections and guide you if you need to borrow or buy something. If you have any questions just give us a call at 1-888-849-7668 or e-mail: [info@blackfeather.com](mailto:info@blackfeather.com)*

### Layering

You want a variety of items that can be combined in layers if necessary to be suitable in the wide range of changing weather you may encounter. A **transfer** (underwear) **layer** next to the skin, adjustable **layers of insulation** and an **outer shell** to protect from water, sun or wind make up a layering system. In mid summer you may live in shorts and a t-shirt, never using some of the things on the list but if you encounter cool, wet weather you'll be glad you were well prepared.

### Fabrics

Select everything with the expectation of getting it wet. Synthetics are best, wool can work, but don't bring very much cotton. It is acceptable for hiking and the campsite, but cotton clothes stay wet, heavy and cold. You don't want them on the river.

Underwear by companies such as Patagonia and North Face is great. They use special treated polyester fabrics that will move perspiration away from your skin, keeping you warm and dry. If you get wet from the outside these fabrics dry very quickly. Insulation layers made from synthetic fleece with brand names like Polartec or Synchilla are wonderful. They are warm, light, very rugged, easily washed and fast drying. Fleece sweaters even look great and feel soft & cosy. They come in several thicknesses. You may even want to bring a mid-weight and a thicker heavyweight top.

Wind resistant fabric for your outside garments should be a quick dry nylon or polyester. These are often treated by the manufacturer to repel water and speed drying. Rainwear can be made of coated nylon with taped seams. A waterproof and breathable fabric such as Gore-tex is more versatile and comfortable because you won't get as sweaty inside. It is much more expensive.

### Footwear

You'll wear your 'wet shoes' in the canoe, portaging and scouting rapids. Teva style river sandals or old running shoes are common choices. They'll be wet all the time. The water is cold, so bring wetsuit booties or neoprene socks for inside your wet shoes. It is important to change into 'dry shoes' around the campsite and for hikes. These are light hiking boots or shoes with socks. Cotton socks work for the campsite but take much longer to dry than wool or synthetic fibres like polypropylene and polyester. Some paddlers wear rubber boots to keep their feet dry loading and paddling. Comfy, but if you dump - you'll probably lose them.

### Gloves

Some paddlers require light gloves for sun protection. Try rubber dishwashing gloves alone or over light gloves for cold, windy days. Neoprene or windsurfing gloves work too. Others use gloves to prevent blisters - bike gloves are good.

### Hats and Sunglasses

You need sun protection for your head and eyes. Wide brimmed hats and baseball caps are popular. Make sure your hat won't blow off too easily. A knitted watch cap or toque would help keep you warm. Sunglasses need a headband or a leash of some kind to attach them or they'll end up in the river.

### Outerwear

On the outside a light, quick dry, windproof shell that breathes is very useful. A light jacket and a pair of quick dry pants are ideal. A trusted rain suit is essential. A breathable / waterproof jacket would serve as rain wear and an extra wind jacket.

Your shorts should be nylon or polyester for whitewater - they will get wet. Special, quick dry shorts designed for watersports or swimming are best. Cotton shorts are only acceptable on dry land. If you don't have at least one fleece sweater you should buy one. You will use it every day and if it is cool, you'll live in it.



# Equipment List

## Nahanni River - hiking option

### Notes on Equipment for Nahanni River Trips:

*This is a suggested list of equipment for your canoe trip. The right gear will keep you comfortable, make your trip more fun and may be essential for your personal safety. These notes should help you make good choices especially if you are going to buy something new. If you have any questions just give us a call at 1-888-849-7668 or e-mail: info@blackfeather.com*

#### Packs

You need some way to carry all your stuff and keep it dry. It has to fit in a canoe. You will need to be able to portage it too. There are several options. A *Canoe Pack* is a very large pack with a basic strap system designed to carry a big load for short distances. Canoe packs are only water resistant so you must waterproof the contents. An internal frame *Backpack* is designed for hiking trips. It won't hold as much but it is more comfortable to carry. They are not waterproof. *Dry Packs* are small to medium size waterproof sacks that have primitive straps for portaging. They are not too durable or versatile but fine for canoeing, sailing and rafting. Your last choice is a *Barrel Pack*. It is a rugged, airtight plastic barrel with straps added for portaging. They are totally waterproof, crushproof and highly animal resistant. They are perfect for whitewater canoe trips but not much else. The Backpack may be a good choice for this trip because you need one anyway for your hikes away from the river. A 60 - 70 litre size pack would be ideal but almost anything will do. If you prefer using something else in the canoe just bring both. Lastly you may want a day pack for incidentals; camera, sweater etc. You'll need a dry bag for it. You could share with your paddling partner.

#### Waterproofing

Everything should be waterproofed - your canoe will get at least partially full of water. Unless you use a barrel pack your need several *Dry Bags*. These roll up and have an air tight closure. They are available at any outdoor store. A variety of sizes is convenient - one for your sleeping bag and several for your clothes and gear. If you bring an expensive camera or your GPS, a special camera bag, a small dry bag or a waterproof 'Pelican Case' is recommended.

#### Sleeping Bag and Pad

Your sleeping bag may be synthetic or down filled. Synthetic is cheaper, warmer when damp and dries more quickly than down. Down filled bags last longer and are much less bulky when stuffed. Either way you need a bag rated to -5°C. ( If you're not sure of your bag's rating, fluff it up a bit and lay it on the floor. It should be close to 15 cm thick or if you 'sleep cold' a little thicker.) Narrow mummy style bags are less bulky at a given temperature rating. Wider rectangular bags have more room. You want a bag that is fairly small when it is stuffed - 25 cm x 50 cm or less would be acceptable .

Sleeping pads are essential. You may be sleeping on sand, rock or the forest floor. Pads insulate you from the cold ground and from the lumps. A self-inflating foam filled sleeping mat is ideal but a roll of closed-cell blue foam will do.

#### Wetsuit / Dry Suit

On most trips the water is cold and you may have an unexpected swim. A wetsuit is required for the Nahanni trip. You'll wear it for the more exciting rapids. A 3 mil thick *farmer john* style is a good choice. It has long legs, covers the torso but has large arm holes and no sleeves. Shoulders and sleeves in a wetsuit make paddling awkward. If you have a fabric Dry Suit it will be more comfortable in and out of the water. A separate thin neoprene T-shirt with neoprene shorts is another option.

#### Tents, PFD & Paddles

A comfortable 'personal flotation device ' (lifevest), paddles suitable for whitewater and expedition quality 2 person tents are supplied by Black Feather. If you have good ones of your own, you are welcome to bring them. Please let our office know so we don't send a lot of extra gear on your trip that you have to portage and paddle down the river.

#### Packs

- 1 canoe pack or barrel pack and / or
- 1 medium backpack with hip belt for hikes
- 3+ dry bags to waterproof all your things (or barrel pack)
- 1 day pack, with a dry bag

#### Sleeping Bag

- 1 sleeping bag, - rated to -5°C or warmer
- 1 sleeping pad - self-inflating sleeping mat or foam pad

#### Other Useful Gear

- 1 toilet kit and a small or medium sized towel
  
- sunscreen and lip salve
- personal first aid supplies, medication, moleskin, etc.
- 1 personal water purifier
- 1 water bottle - 1 litre capacity
- lighter or pack of matches
- whistle
- light rope or cord 10' - 50'

#### Optional Stuff

- 1 wetsuit or drysuit, see notes
- camera and film - in waterproof container
- binoculars - waterproofed
- maps and map case, compass, GPS
- pen, paper, journal or art supplies
- fishing gear
- 1 flashlight
- entertainment: book, mouth organ, cards, toys, etc.
- treats and goodies - to share with the group
- alcohol - in unbreakable containers
- 'Crazy Creek' style folding camp chair
- 1 Swiss army knife
- personal PFD, paddle, tent - please inform our office