

Here is the updated essential gear checklist, adjusted to include personal medical needs for the sojourn:

1. Wet Gear (Safety & On-Water)

These items are for active use while navigating the river:

- **Life Jacket (PFD):** Must be a Coast Guard-approved Type III or V.
- **Safety Whistle:** A pea-less whistle must be tethered to your PFD.
- **Footwear:** Closed-toe water shoes or rugged sandals with heel straps (no flip-flops).
- **Hydration:** Minimum 1-liter reusable bottle.
- **Vessel Documentation:** Ensure your boat has a current launch permit or registration.

2. The "Dry Gear" System

Ensuring the integrity of your moisture barriers is critical for a successful trip:

- **Primary Dry Bag:** Minimum 20L–30L capacity for a sleeping bag and clothes.
- **Electronics Protection:** A dedicated small dry bag or waterproof hard case for phones and emergency comms.
- **Redundant Moisture Barrier:** Use of heavy-duty trash liners inside dry bags is recommended for essential protection.
- **Shelter:** Lightweight tent, hammock system, or bivy (must be self-contained).
- **Sleep System:** A sleeping pad and a sleeping bag rated for current overnight temperatures.
- **Gear Check:** Ensure all seals on dry bags are functional prior to arrival.

3. Personal & Overnight Gear

These items support your health, hygiene, and comfort at the campsite:

- **Medication:** Pack all personal prescription or rescue medications in a waterproof container.
- **Emergency Info:** A completed medical/emergency contact form must be submitted via the registration portal.
- **Lighting:** Headlamp or flashlight with extra batteries for camp tasks.
- **Nutrition:** Hand fruit and protein bars for mid-paddle energy, plus provisions for Saturday dinner and Sunday breakfast.
- **Hygiene:** Personal hygiene items as needed for an overnight stay.