

# HIKING GEAR LIST

## Where To Stay

**Morrison's Rogue River Lodge:** You'll find Morrison's to be a convenient, beautiful location to start your adventure, and an excellent place to rest at the end. Accommodations include water-side suites, cabins, and lodge rooms. Along with your stay, a four course pre-fixe gourmet dinner will be included in the evening, and hot breakfast buffet in the morning.

**Lodges on the Wild & Scenic:** The other wilderness lodges in the corridor are privately owned and operated. They operate with a unique challenge — all equipment and food has been rafted, jet boated, or 4-wheel driven in. They are clean and comfortable, quirky, and the food is plentiful and hearty. Each room has a bathroom with flush toilets, hot showers, and 2 beds (usually singles). All meals are served family style in the main lodges. Other lodges include Black Bar, Marial, Paradise and Clay Hill, [which you can find on our website](#).

**Note:** Marial Lodge and Paradise Lodge offer gift shop items such as shirts and homemade jam, and Paradise Lodge has a full bar. Both are at 'wilderness' prices. Consider bringing some cash if you would like to make a purchase.

**Electricity at the Lodges:** All the lodges are on generators and will provide light and charging opportunities during your stay. At 10pm the generators are turned off (except for Marial Lodge), so bring a flashlight to find the bathroom. Do not bring hair appliances as they will cause the generator to stop.

**Camping:** Designated campsites are located along the trail and no reservations are needed. [Our map of the Rogue River](#) indicates where these campsites are located and lists available amenities. Large sites tend to be quite popular, especially during the warm summer months. Keep an eye out for smaller campsites close by in case your first choice is taken. For a complete listing of all campsites, see the [BLM Wild Rogue Campsite Guide](#).

**Note:** [Fire pans](#) are required in all campsites, and many do not have toilets. Be sure to travel with a plan for fire safety and proper waste disposal. We recommend you carry WAG bags (or GO-anywhere toilet kits), for those emergency situations. They are sanitary, safe, environmentally-friendly, and come complete with toilet paper and hand sanitizer.

## Rogue Weather

Elevation in Merlin, OR: 915 feet. The summertime weather in southwest Oregon is usually very pleasant: warm and dry. However, you need to be prepared for wet, cool weather as well as hot and dry.

**June:** Temperatures can be cool (days 55°-80°, nights 50°-60°), with a chance of rainstorms.

**Late June to August:** Temperatures are warmer (days 75°-95°, nights 65°).

**Heat:** Please note that during the summer, temperatures can reach over 100 degrees in the afternoon. It is best to be off of the trail before the temperature comes close to that, but it is possible that you could experience high temperatures on the trail at times. Consider bringing non-cotton hats and shirts to dip in creeks as you hike. We strongly recommend bringing a 'cooling bandana' to keep wet and cool as you hike. To help combat the heat, water bottles will help, but we recommend a camelbak or water pouch system for easy access to water to keep you fully hydrated.

**September:** Temperatures generally have mild days (60°-80°) and cool nights (50°-60°). Storms are always possible.

## Clothing and Comfort



Dressing safely and comfortably for hiking is a challenging task. It is important and should not be taken lightly.

**Use the “layering system”** Bring clothes that can be worn under or on top of others. Layering allows you to adjust quickly to changeable weather, by adding or subtracting layers. Loose, fast drying, durable clothing is best. We recommend the following materials because they are compact and made to keep you warm and comfortable through a range of temperatures.

**Polypropylene (Polypro) or capilene:** These are synthetic materials that wick moisture away from the skin. Depending on the time of year, long underwear (shirt and pants) are essential as the first layer in cool or wet weather.

**Fleece:** A synthetic material that is heavier than polypro. It makes an excellent middle layer in cool or wet weather. Wool is also a good insulator. Bring a jacket or sweater as well as pants made of these fabrics.

**Cotton:** Should **NOT** be worn during cool or wet weather since wet cotton lowers body temperature. Cotton is recommended for hot weather only!

**Rainwear:** Rain jacket and pants are to protect you from the storms. Coated nylon or breathable fabrics such as Gore-Tex are best. Ponchos are bulky and dangerous so they are not recommended.

**Footwear: Hiking footwear** — A pair of ‘tried and true’ hiking boots or tennis shoes is important for the trail. We recommend a thick sole if your feet are sensitive because the trail can be rocky at times. To avoid blisters, make sure you have hiked at least 6 miles at a time and at least 20 miles total in your boots if they are new. If you must hike in new boots, bring a back up pair of shoes in case of blisters.

**On the river** — We recommend tennis shoes, wetsuit booties with soles, river sandals or water shoes. Cheap water shoes will suffice, but they are lousy for walking on shore. Closed shoes offer the most foot protection while on the river and, if worn with wool or neoprene wetsuit socks, can help insulate your feet when the water is cold. **Tip:** Leave your river shoes out of your overnight bag. Keep them elsewhere for easy access.

**Pack clothing you don’t mind getting wet or dirty:** Cut down on bulk by not bringing too many changes of clothing for the same temperature conditions. You do not need a change of clothing every day.

#### **Clothing List RECOMMENDED for hiking:**

- Swimsuits:** May be worn as a first layer.
- Shorts:** A breathable/quick drying pair or pairs for warm days, and can double as a swimsuit for men.
- Pants:** A breathable/quick drying pair for the trail (avoid jeans/cotton) and a pair or two to wear in the evening when the temperature tends to be cooler. Rain pants are a great idea from fall to spring, when the weather is wetter.
- Footwear - trail:** A pair of ‘tried and true’ hiking boots or tennis shoes.
- Footwear - river:** You will need a pair that attach to your feet and can get wet.
- Footwear - extra option:** Consider bringing a small/light pair of flip flops or sandals for letting your feet breathe when you relax for the evening at your camp/lodge.
- Socks:** Polypropylene or wool, several pairs.
- Long-sleeved shirts:** Lightweight, breathable material is best for sun protection.
- T-shirt/tank top:** Non-cotton, for warm weather hiking. Avoid cotton for during the day; it is slow to dry, and heavy when wet.
- Long underwear:** Polypropylene, Smart wool, or Capilene (for sleeping comfort and cooler weather).



- ❑ **Sweater or jacket:** Cotton is ok, but not great if the weather gets rainy. Fleece or wool is recommended (for cold mornings and colder temperatures).
- ❑ **Rain Coat:** Great for inclement weather and splash guard if rafting.
- ❑ **Baseball cap:** Or visor (with strap) for sun protection.



## What to Bring

Your comfort and safety depend on you being well equipped for the wilderness. If the weather is perfect you will not need the cold weather clothing or rain gear, but should plan for sun protection.

**Equipment:** Water bottles, and waterproof bags for your personal gear. Bring a camera for pictures. Our gift shop sells a number of great waterproof bags for cameras and cell phones. We recommend bringing a small backpack for a day on the trail. Keep all items you might need during the day inside (chapstick, sunscreen, hat, light jacket, etc.).

**Communications:** **Cell phones do not work in the canyon.** Phones will stop working shortly after you pass through Merlin. We recommend you leave them in your car. If you want to bring your phone as a camera, we highly recommend you bring or purchase a phone case or dry bag to protect it from river water.

### Gear List:

- Backpack to carry gear
- Flashlight or headlamp (a must!)
- Sunglasses with strap
- Bandana
- Insect repellent
- Toiletries. We recommend WAG bags.
- Medications. *\*Leave emergency medication such as EPIPENS and INHALERS in your day bags for quick access!*
- Large zip lock bags for wet gear
- Special food/snacks. What you bring needs to be basic, with no prep required.
- Beverages. We recommend a water bottle with strap.
- Sunscreen\*/lip balm\*
- Moisturizer/skin lotion\*
- Wet Wipes

### Optional Gear:

- Fishing equipment and license
- Small zip lock bags for organizing gear
- Disposable/waterproof camera/lifeproof case for your phone
- Dramamine (if prone to car sickness)
- Small day pack
- Book/journal/notebook
- Blister Kit



- Technu soap for poison oak sensitivities

**Recommended for hikes in high heat:**

- 'Cooling bandana' (with gel) or regular bandana to keep wet
- Non-cotton hat for dipping in creeks
- Camelbak or water pouch to keep water readily available

