

# SACO River Boys Must Have List

## **MUST HAVES on the river:**

Tent – Yea I know you wont forget  
Sleeping Bag – Double bagged in plastic  
Full set dry clothes – Double bagged in plastic  
Sleeping pad or air mattress (Being on the cold ground Sucks)  
Extra pair boots or sneakers  
Warm hat  
Gloves  
Tarp or space blanket for under tent  
Rain Gear – rainpants are recommended  
Rope/twine (especially to lash things in canoe)  
Bug Spray  
Flashlight  
Medications to include advil or tylenol  
Bottled water  
Matches  
Something sweet like dark chocolate, snickers or honey – Trust me it is a great pick me up  
Sunglasses  
First aid kit  
Your appetite  
Your sense of humor  
Your smile

## **Optional:**

Bottle opener  
Pillow  
Cell Phone  
Personal life vest – especially if you hate the orange toilet seat vests!  
Embalming fluid of your choice

## **Things Not To Bring:**

An attitude  
Your Girlfriend or wife (No Hookers either)  
Viagara  
Communicable diseases