

# LILLARD FLY FISHING

## EXPEDITIONS

### PACKING FOR YOUR TRIP

- Label the following items with your name, address and phone number.
- Bring only what you need and pack everything in your backpack or daypack.  
Participants can bring one additional set of travel clothes (e.g. jeans and a t-shirt) to wear on the plane. These will be left in the van.
- If you are flying to your trip start, you should wear your hiking boots on the plane and carry your sleeping bag and sleeping pad on the plane with you in case your checked luggage fails to arrive on time.
- You will have the chance to do laundry periodically and you will be able to leave some extra items in our van while we are on the trail, so please stick to the packing list and bring only the clothes and items listed below.
- In an effort to keep equipment cost to a minimum LFFE has a rental program for certain high price items. All items that can be rented from LFFE are marked with an \*.
- We have partnered with Pro Guide Direct to help make shopping for your adventure easier than ever. They have organized most of the gear from your packing list at the special Lillard Fly Fishing Expeditions Online Store. To see the list of gear they offer for your next LFFE adventure [Click Here](#). In addition 5% of your purchase will be donated to the LFFE Scholarship Fund so please be sure to mention Lillard Fly Fishing Expeditions if prompted during checkout.
- If you have any questions, please contact our office at 828-577-8204

### CLOTHING

- ☐ **Fleece Jacket or Pullover & Long Fleece Pants**  
The fleece should be medium to heavy weight and reasonably compact. Please don't substitute jeans or sweatpants.
- ☐ **Winter Hat & Gloves/Mittens**  
For cool nights in camp.
- ☐ **Waterproof/Breathable Rain Jacket and Rain Pants**  
Your rain gear must be waterproof (not just water resistant) and breathable. Gore-Tex is one of the better-known waterproof, breathable fabric brands, but there are many to choose from. Ponchos are not acceptable.
- ☐ **Hiking Shorts**  
Two or three pairs of synthetic (not cotton) shorts. Athletic shorts or hiking shorts work well.

- ☐ **T-Shirts**  
Three synthetic t-shirts
- ☐ **1 Long Sleeve Shirt**
- ☐ **Underwear**  
Five pairs
- ☐ **Socks**  
Three pairs of wool or synthetic socks made for hiking. Sock liners are optional.
- ☐ **Wading Sandals**  
These must have a heel strap for fishing, swimming and wearing around camp. Flip-flops or Crocs are not acceptable for wading in moving rivers. Fishing specific sandals or secure sandals such as Chacos will work fine.
- ☐ **Sneakers or Tennis Shoes**  
A comfortable and lightweight alternative to your hiking boots. To be used on short day hikes and in camp when your hiking boots are not necessary.
- ☐ **Bathing Suit**
- ☐ **Blue Jeans** 1 pair of jeans or other casual pants

## HIKING & CAMPING EQUIPMENT

- ☐ **Hiking Boots**  
Waterproof hiking boots that are mid to high cut (recommended price range \$100 to \$175). Choose a comfortable boot that is designed for hiking with a medium weight pack.
- ☐ **\*Backpack**  
2,500–3,600 cubic inches. Before you purchase a backpack find your backpack size by measuring your torso length and hour hips. We recommend getting fitted at a store where you can try on a number of different packs.

☐ **Waterproof Pack Cover**

If your backpack does not come with a cover choose one that fits your fully loaded pack well. (If renting a pack from LFFE a pack cover is included)

☐ **\*Sleeping Bag and Stuff Sack**

We recommend a lightweight compact sleeping bag (synthetic or down) rated to 20 degrees Fahrenheit or less. Your sleeping bag should compress into a stuff sack that can be cinched down to 12–20" in length.

☐ **\*Sleeping Pad**

A full or 3/4 length mattress pad that is inflatable or made of closed-cell foam.

☐ **Day Pack**

Your day pack can be used as a carry-on for your flight and will be necessary for day hikes. This can be a very basic backpack, maybe even just your school backpack. You should be able to carry it over both shoulders (i.e., NOT a satchel) and it should be big enough to hold your lunch, 2 water bottles, snacks, some extra warm layers, and a rain jacket.

☐ **Headlamp & Extra Batteries**☐ **Small Safety Whistle**☐ **Small Pocket Knife** Blade should not be over 3.5 inches.☐ **Work Gloves** One pair of work/gardening gloves to be used during our community service projects.☐ **Water Bottles**

Two 1-liter Nalgene (or similar) water bottles. A camelback or similar water bladder will work also. (Custom LFFE Nalgene brand bottles are available through our office for \$15)

☐ **Bowl, Mug & Utensils**

For meals you will need a 6–8" plastic dish or bowl. The bowl can be a rigid Tupperware-like material or collapsible. A spoon is all you need but you can bring a spork or a set of lightweight silverware if you would like. We also recommend a plastic insulated mug to be used for hot drinks.

**Fishing Gear**☐ **\*Fly Rod (3–5 Weight)** 5 weight fly rods are the most versatile size for

trout fishing. We recommend a 8–9ft 5 weight rod.

- ☐ **\*Fly Fishing Reel** With backing and weight forward (WF) line.
- ☐ **Sunglasses** Polarized glasses are essential for fly fishing.
- ☐ **Sunglass Retainer** (Chums, Croakies, or similar)
- ☐ **\*Fishing Tackle** (All of the items below can be rented from LFFE as a complete “Tackle Lanyard” or brought by you. If finding them near you proves difficult they can also be purchased at the start of the trip.

**1 Tube of fly “Floatant”**

**1 Small Fly Box** We provide all the flies. Custom LFFE fly boxes are available to purchase through our office for \$20

**3 Tippet Spools** One of each in sizes 3x, 4x, and 5x

**4 9ft Tapered Leaders** size 3x or 4x

**1 Pair of Nippers** Small clippers for cutting line. (nail clippers work well)

**1 Pair of Forceps** Small locking pliers

**MISCELLANEOUS GEAR**

- ☐ **Towel** Medium size cotton towel or synthetic camping towel.
- ☐ **2 Nylon Stuff Sacks** (Approx. 12”x16”)
- ☐ **Plastic Bags** Ten Large 1–gallon ziplock bags used to organize and waterproof your gear and small items.
- ☐ **Toiletries**  
All items should be travel size. If necessary, you will be able to restock en route.
- ☐ **Moleskin or Molefoam** One full package for blister protection
- ☐ **Mesh Laundry Bag**
- ☐ **Hat with Visor**
- ☐ **Wrist watch** Inexpensive and waterproof
- ☐ **Sunscreen (SPF 15+) & Chapstick (with SPF protection)**

Please bring ample amounts of sunscreen.

☐ **Insect Repellent**

☐ **Personal Journal or Notebook**

☐ **Spending Money**

\$25/week in cash or with a debit or ATM card.

**Optional GEAR**

☐ **Book**

☐ **Camp Chair** (Crazy Creek or similar)

☐ **Digital Camera & Extra Batteries**

Great for documenting the trip. Make sure you bring a large enough memory card (1 to 4 GB).

☐ **GO Pro** Or similar compact/durable movie camera

☐ **Camp Pillow**

☐ **Small Pocket Knife**

☐ **A Selection of your favorite flies**

## **Please note the following important Cell Phone, Electronics, and Personal Property Policies:**

Our programs offer the opportunity to strengthen independence and self-reliance. To maximize these benefits, we do not permit phone calls to or from our students (except in the case of emergency).

If it is important for your son or daughter to be able to call you while en route to LFFE, we recommend that you purchase an inexpensive prepaid cell phone. On arrival we will collect all phones but we have found that safeguarding these phones is problematic given that our programs move from place to place. Despite our best efforts we take no responsibility for phones, electronics or personal property brought by students and **we will not make any reimbursements** for lost, damaged or stolen phones, electronics or personal property.

### **Communications**

- To maximize independence and self-reliance, we do not permit phone calls, emails or text messages to or from our students (except in the case of an emergency).
- Your child will call home with our phones and assistance on arrival and departure if he/she flies to his/her program.
- In the case of an emergency, we will make sure you are in touch with your child as soon as possible.

### **Cell Phones**

- Cell phone use is prohibited on all Overland programs.
- Any phone brought by a student will be collected by us on arrival and returned at departure.
- If you decide to bring a phone, we do not suggest bringing an expensive smartphone (e.g., iPhone or BlackBerry); instead bring an inexpensive prepaid cell phone.

### **Personal Electronics**

- We do not permit personal electronics (e.g., iPods, Kindles or iPads) except for digital cameras.
- Any electronics brought by a student will be collected by us on arrival and mailed home or returned at departure.

### **Personal Property**

- Lillard Fly Fishing Expeditions is not responsible for any student's personal property—including but not limited to: phones, electronics, cameras, camping/fishing equipment, and clothing. Please schedule all expensive items on your homeowners insurance policy to ensure that your child/ward's personal property and equipment is covered against loss, damage or theft.

**Questions or concerns? Please give us a call**