

Suggested Gear for Tar-Pamlico River Camping Platform Users

Safety:

Each paddler should wear a properly fitting life preserver! Suggested safety supplies include: flashlights and extra batteries, safety whistle, basic first aid kit, cell phones in waterproof bag (although they may not always operate in remote areas), knife or multi-tool, maps, proper clothing (and *extra* clothes) for wet weather and cooler seasons, and other items as needed. Extra paddles.

Boats:

Canoes, kayaks and small flatboats. Water levels can vary significantly in the river and around platforms.

Tents & Tarps:

Self-standing tents only. Mosquito fly and ground cloth suggested for summer. Tarps with grommets are useful for rainy weather. Spare rope.

Sleeping:

Sleeping bags, cots or thick pads are recommended for wooden platform surface. Plan for cooler weather. Pack sleeping (and other supplies) in waterproof bags.

Cooking & Food Prep:

With the exception of the Bourne Tent Campsite, no open fires or wood fires are permitted, so bring gas-fired camp stoves. Bring sufficient water for drinking, bathing and cooking needs. Use biodegradable soap. Don't forget plastic bags for garbage (pack in/pack out). Minimize food waste.

Bug Protection:

Deer flies (locally called yellow flies) can be particularly annoying in July and August. Repellants do not seem to affect them so bug-nets are recommended. Mosquitoes respond to DEET and other repellants. Mosquitoes are worst around sunset and can be avoided with tents, repellants or netting. Smoldering bug "coils" may also be useful. Candles are not permitted.

Personal Hygiene/Waste:

Portable toilets are required. Don't forget toilet tissue (pack in/pack out). Large and small plastic bags for trash and storage.

For more information, visit our web site at www.tarpamlicowatertrail.org

