



PACKING & GEAR LISTS

For Summer Trips—June, July, August

The Minimum

- Backpack for hiking your clothing out of the Canyon (See Backpack p. 11)
- 2-4 Quick Drying Shorts Loose fitting, sturdy; not cotton
- 2-4 Shirts/Tank Tops/Jog Bras
- 1 Rain Jacket & Rain Pants Need to be 100% waterproof; not all Gore-Tex is—our \$30 Rio Combo Jacket has got you covered.
- 1 Set Long Underwear (shirt & pants) Polypropylene or Capilene.
- 1 Set Long-sleeved Shirt & Pants Of Light Cotton or Supplex Nylon
- 1 Pair River Sandals (See Footwear p. 6)
- 1 Pair Lightweight Hiking Boots (See FOOTWEAR p. 6 & Footwear p. 12)
- 2-4 Pairs Socks
- 1 2-Quart Water Bottle
- 1 Sun Hat & Hat Retention Strap
- 1 Headlamp or Flashlight And extra batteries
- 1 Carabiner
- 1 Pack or Camp Towel
- 2-3 Zip-lock Bags
- 1 Bandana Cotton
- Toiletries: Shampoo and conditioner, soap, toothbrush & toothpaste, tampons, salve, lip block, lip moisturizer, etc.
- Sunblock Paba free; 8 oz.
- Sunglasses & Eyeglass Retainers Chums, Croakies, or the like.
- Prescription Eyeglasses (and 2nd pair)/Contacts

Optional Items

- Camera
- Camera Related Items: Waterproof pouch for cushioning inside ammo can/ 2nd protective layer.
- Hydration Bladder (Camelback, e.g.); will fit in side day pack for side canyon hikes.
- 1-2 Bathing Suits Can be worn as bottom layer.
- 1 Paddle Jacket If you get cold easily, this is the best waterproofing option (warm/dry while boating) in the event of unusual/extreme weather.
- 1 Wetsuit Booties/ Neoprene Socks
- 1 Fleece/Wool Hat
- 1 Micro-fleece Top
- Binoculars
- Journal/Notebook
- Pillowcase Stuff clothes into it; use as a pillow
- Cotton Clothing For evening camp wear: shorts, sweats, underwear, sarongs or sun dresses
- Paddle Gloves for use on the paddle boat
- Thermarest Sleeve Sized for the "Base Camp Large" (77"x25"x1 3/4") to turn our Thermarest into a chair OR a Soft Chair. No hard poles, no wood or metal.

For Spring and Fall Trips—April, May, September & October

The Minimum

- Backpack for hiking your clothing out of the Canyon (See Backpack p. 11)
- 2-4 Quick Drying Shorts Loose fitting, sturdy; not cotton
- 2-4 Shirts/Tank Tops/Jog Bras
- 1 Rain Jacket
- 1 Paddle Jacket
- 1 Pair Paddle Pants For spring/fall instead of regular rain pants
- 1 Fleece Jacket & Pants Heavy duty, wind-block fleece
- 1 Micro-fleece Top In addition to your jacket
- 2 Sets Long Underwear Shirt & pants
- 1 Wetsuit Booties/ Neoprene Socks
- 2 Fleece/Wool Hats
- 1 Pair River Sandals
- 1 Pair Lightweight Hiking Boots(See FOOTWEAR p. 6 & Footwear p. 12)
- 2-4 Pairs Socks
- 1 2-Quart Water Bottle
- 1 Sun Hat & Hat Retention Strap
- 1 Headlamp or Flashlight And extra batteries
- 1 Carabiner
- 1 Pack or Camp Towel
- Toiletries: Shampoo and conditioner; soap, toothbrush & toothpaste, tampons, salve, lip block, lip moisturizer, etc.
- Sunblock Paba free; 8 oz.
- Sunglasses and Retainers (Chums, Croakies, or the like)
- Prescription Eyeglasses (and 2nd pair)/Contacts
- 2-3 Zip-lock Bags
- 1 Bandana Cotton

Optional Items

- Camera
- Camera Related Items Waterproof pouch for cushioning inside ammo can/ 2nd prophylactic layer.
- Hydration Bladder (Camelback, e.g.); will fit inside day pack for side canyon hikes.
- Binoculars
- Journal/Notebook
- Paddle Gloves for use on the paddle boat
- Pillowcase Stuff clothes into it; use as a pillow.
- Cotton Clothing for evening camp wear: shorts, sweats, underwear, sarongs or sun dresses
- Long-sleeved Shirt & Pants 1 set of light cotton or supplex nylon for wetting with cold river water and/or wearing to cool down and/or sun protection. Not necessary for April and October trips.
- Thermarest Sleeve Sized for the "Base Camp Large" (77"x25"x 1 3/4") to turn our Thermarest into a chair OR a Soft Chair. No hard poles, no wood or metal for boating safety.
- 1-2 Bathing Suits Can be worn as bottom layer.