

WHAT WILDERNESS SUPPLIES FOR YOUR TRIP

WILDERNESS SUPPLIES:

All camping equipment and supplies needed while on the river. This includes foam pad, ground tarp, sleeping bag, tent, waterproof bags (for your clothing and sleeping gear). Wilderness also supplies a water-proof ammo can (5-1/2" x 7" x 11") for your camera and personal articles you will use during the day. A folding camp chair. All food, eating utensils, soft drinks (Pepsi products both diet and regular), iced tea, lemonade, Gatorade, etc. A life jacket is issued to all passengers, which must be worn at all times on the river.

WHAT YOU BRING FOR YOUR TRIP

YOU SUPPLY:

Your clothing and personal articles (REFER TO THE ATTACHED CLOTHING AND PERSONAL ITEMS LIST). If you wish, you will need to purchase your own liquor, beer, wine, tonic water and soda water. Wilderness supplies ice for your drinks in the evening.

- If you are starting your trip in Page – liquor, etc. may be purchased the evening of our orientation.
- If you are starting your trip at Phantom Ranch – refer to the enclosed information on how to order your liquor, etc. for your trip.

PERSONAL ITEMS LIST

Wilderness will supply you with a watertight container (5-1/2" x 7" x 11") for the personal items listed below. These are items you will have access to during the day.

- _____ Personal prescription medicines. Please inform our office of all prescription medicine you are taking.
- _____ Toothbrush
- _____ Toothpaste
- _____ Small Mirror
- _____ Moisture Lotion (You will need a large bottle to drench your body at night in camp.)
- _____ Chap stick
- _____ Soap
- _____ Shampoo
- _____ Camera & Film – (Disposable waterproof cameras work great)
- _____ Extra batteries for camera and flashlight
- _____ Sunglasses
- _____ Eyeglass Retainers (chums)
- _____ Comb or Brush
- _____ Razor (optional)
- _____ Sunscreen (SPF 15 OR higher)
- _____ Insect Repellent
- _____ Can coolers (to keep that soda or beer cool longer)

Some of the above personal items and also some of the items on the clothing list may be purchased at our “Sports Shop” at Lake Powell Resort. To check on items available you may call Wilderness River Adventures 1-800-992-8022 or (928) 645-3296 and ask to be transferred to the “Sports Shop”.

Wilderness boats are equipped with complete First Aid Kits. Jewelry and other valuables should not be taken on the river.

CLOTHING LIST

Bringing lightweight duffel will enhance your enjoyment of this exciting adventure. We recommend old, soft, comfortable clothing. Your clothes are going to get wet, dirty and wrinkled, but no one will care. So travel light and enjoy yourself!

_____ **Duffel bag or Backpack** ---when packed with your clothing, it should measure **APPROXIMATELY 24" X 12 X 16"** (we get many calls each season on the size of this bag, it's almost impossible to find a bag with these exact measurements, just get in the general area). You will pack your duffel bag in our waterproof storage bag, which will be given to you at orientation for your use on the river. Duffel bag should be flexible and may vary. You may also use a backpack (no external frames please). **Backpacks are recommended if you are hiking in or out of the canyon.**

_____ **Tennis Shoes** --- (1 pair) for hiking and in camp.

_____ **Sandals, Teva's** --- (1 pair) Sandals with ankle straps are preferred by most River Guides.

_____ **Rain Suit** --- coat and pants work best --**very important-** not only for rain – the water temperature in the Colorado River is 48-52 degrees and never gets any warmer. There are mornings or afternoons when you will go through rapids and come out in the shade. **Rain gear is needed for protection from the cold water as well as rain. You will be supplied with a drawstring bag for your rain gear - which you keep with you during the day.**

_____ **Socks** --- (1 or 2 pair)

_____ **Towel and washcloth**

_____ **Swim Suit** --- (1 or 2) – Ladies find 2-piece more convenient.

_____ **Hat** --- (with strings) – a hat that water cannot hurt and will shade the face.

_____ **Sweatshirt** --- (1) Long sleeve – for evening. This is a “just in case” insurance. Hopefully you won't need it.

_____ **Shirts or tops** --- (4 – 2*) – quick drying (**one should be long sleeves** to put on during the day in case of too much sun.)

_____ **Shorts and/or Pants** --- (4 – 2*) – comfortable / quick drying. Cotton is **NOT** recommended, it stays wet longer.

_____ **Pillow** --- (Optional - but worth bringing).

_____ **Waterproof camera bag** --- If your camera is too large to fit into our waterproof container.

_____ **Bandana** --- to wet and cover your neck on those hot days.

_____ **Handy Wipes** --- Optional for the quick wash.

_____ **Flashlight and extra batteries** --- (headlamp style works great.)

_____ **Water Bottles** --- (One / 1-quart size for persons on full trips) – (**Two / 1-quart for persons hiking in or out on halfway trips.**)

_____ **Beer / Liquor / Wine / Mixes** --- For persons on full trips and upper trips – you may bring your liquor, etc., or purchase it the night prior at orientation – (**For persons on lower canyon trips – please refer to the “Beer – Liquor – Wine” sheet included in packet.**) We provide **PEPSI** products, if you need mixers such as tonic you will need to purchase these.

_____ **Fishing Gear** --- Collapsible pole recommended – refer to sheet “Fishing on the Colorado” included in packet. A license is needed.

_____ **Fanny Pack or Day Pack** --- that can be used during the day and on side hikes the kind that hold water bottles are handy.

_____ **MONEY** --- (**For items you may purchase prior to trip and Gratuities for your crew at end of trip**). Your wallet can be placed into a zip lock bag and keep with your clothing in your dry bag.

_____ **Carabiners** --- (3) to clip your things to the boat. (These can be the inexpensive type, found in hardware stores or discount stores.)

_____ **Small First Aid Kit** --- with Band-Aids, aspirin, antibacterial ointment.

* Suggested number for 3 ½ Day, 4 ½ Day, 5 ½ Day trips.

ADDITIONAL CLOTHING LIST

Since the weather can be very changeable during May, late September and October...Wilderness River Adventures suggest you bring a few articles of warmer clothing for chilly evenings in camp and insulation under your rain gear

- **ONE-FLEECE LINED JACKET OR A WINDBREAKER**
- **A SET OF POLYESTER UNDERWEAR OR A SWEATSHIRT AND PANTS**
- **A FEW PAIRS OF FAST DRYING HEAVY SOCKS**
- **RAIN SUIT** - A rain jacket and pants work best. Rain gear is used not only for protection from the rain, but also from the wind and spray from the rapids.

You will get wet, either from the rapids or rain. The Colorado River's temperature varies between 48-52 degrees. The bottom of the Grand Canyon averages 9 inches of rain a year, most of which comes in our monsoon season. On a hot day this will be welcome, but early in the morning or in the spring and fall, you will need protection.