

Gear List for Colorado River Trips

Note: items in red are optional

CLOTHES

- ❑ **Shorts** are de rigeur, definitely made of nylon or supplex – stuff that dries fast
- ❑ I tend to favor a **short-sleeved shirt** made of very light cotton or dacron, with pockets for stuff
- ❑ **Sarong** and **T-shirt** or other loose and lightweight clothing for camp
- ❑ Long, **light pants**, preferably supplex
- ❑ **Long-sleeved shirt**, supplex or light cotton
- ❑ Expedition-weight polypro **long johns and top**
- ❑ Polypro **socks**
- ❑ Polypro **gloves** (wool or neoprene to wear on the raft)
- ❑ **Waterproof gloves (for colder weather)**
- ❑ **Waterproof socks** (for colder weather)
- ❑ Polypro **fleece vest** on top
- ❑ Medium-weight polypro **fleece pants**
- ❑ Medium-weight polypro **fleece jacket**
- ❑ **Rain pants and top** (gear should be good, with elastic or velcro cuffs at ankles and wrists, a drawstring at the waist, and some good closure at the neck). Paddling jackets aren't that expensive, or you may be able to borrow or rent one, and they do have gaskets in the important places. Kokatat (at REI, among others) is one brand that makes a relatively light and inexpensive model
- ❑ A **hat** that keeps the sun off your face, ears, and neck (with strap)

- ❑ A polypro **cap**
- ❑ Swimsuit (bikini or tankini for the women)
- ❑ Bandanas
- ❑ Teva-type river sandals
- ❑ Light hiking boots
- ❑ Light weight wicking hiking socks

OTHER STUFF

- ❑ Sunglasses
- ❑ Glasses/contacts
- ❑ Chums, Croakies, or clip for glasses and sunglasses
- ❑ Towel/washcloth
- ❑ Toothbrush/toothpaste/floss
- ❑ **Deodorant**
- ❑ Nail kit (including tweezers)
- ❑ **Q-tips**
- ❑ Waterproof adhesive tape (better when wet than Band-Aids)
- ❑ New-Skin (for finger and heel cracks)
- ❑ **Sting-Eze**
- ❑ Insect repellent
- ❑ **Mirror/Shaving kit**
- ❑ Feminine Hygiene products (with small ziploc bags and tissue)

- ❑ Kleenex
- ❑ Small-medium daypack
- ❑ Carabiners (several including a locking one for the boat)
- ❑ Parachute cord
- ❑ Clothespins
- ❑ Zip lock bags - ½ dozen gallon size
- ❑ Ziplock - small
- ❑ Garbage bags (heaviest-duty and relatively small (12-20 gal) garbage bags, preferably with a drawstring)
- ❑ Pocket knife
- ❑ Camera (digital or 35mm)
- ❑ Camera (waterproof disposable for rapids)
- ❑ Film (lots)
- ❑ Storage cards for digital cameras
- ❑ Headlamp
- ❑ Batteries (sizes for all your equipment including cameras and headlamp)
- ❑ Flashlight
- ❑ Solar battery charger for cameras requiring rechargeable batteries
- ❑ Binoculars (A compact pair is desirable. And, I'd say, don't go over 8x)
- ❑ Crazy-Creek-type chair
- ❑ Nalgene water bottle (or other plastic container)

- ❑ Plastic flask for liquor
- ❑ Small notebook, writing instruments, reading material
- ❑ Guide book
- ❑ Biodegradable soap/shampoo
- ❑ Biodegradable laundry soap
- ❑ Waterproof sunblock
- ❑ Lip ointment
- ❑ Body/face/hand lotion (heavy or No Crack)
- ❑ Aloe Vera gel (for chapped hands)
- ❑ Sun shower
- ❑ Musical instrument (small or arrange with River company for storage)
- ❑ Fishing gear (including license)
- ❑ Pillowcase
- ❑ Wet-wipes
- ❑ Vitamins/Supplements/Medication
- ❑ Advil/Aspirin
- ❑ Salt tablets
- ❑ Imodium
- ❑ Epi-pen (for those that may be allergic to insect stings)
- ❑ Sugar monitoring kit (for those with diabetes)
- ❑ Tape/Sharpie pen (for labeling garbage bags etc.)

- ❑ CC/Debit/ID
- ❑ Money/blank checks (for gratuities and other)
- ❑ Frisbee/Bubbles (for the kids at heart)
- ❑ Addresses (for sending postcards from Phantom Ranch)

BEFORE LEAVING HOME

- ❑ Hotel Confirmation
- ❑ Airplane Tickets/Confirmation