

WHAT WILDERNESS SUPPLIES FOR YOUR TRIP

WILDERNESS SUPPLIES:

All camping equipment and supplies needed while on the river. This includes foam pad on oar trips or a cot on motor trips, ground tarp, sleeping bag and 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 along with a day dry bag (20" x 12"), and folding camp chair. Breakfast, lunch, dinner, snacks, fruit, eating utensils, soft drinks (Pepsi products both diet and regular), iced tea, lemonade, Gatorade, will also be provided. 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, personal articles, 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, alcoholic beverages may be purchased the evening of our orientation.
- If you are starting your trip at Phantom Ranch, we will supply instructions to pre-purchase alcoholic beverages in your confirmation packet.

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.
- _____ Toothbrush
- _____ Toothpaste
- _____ Small Mirror
- _____ Moisture Lotion (You will need a large bottle to drench your body at night in camp.)
- _____ Chap stick (SPF 15)
- _____ Soap or bath gel
- _____ Shampoo and Cream Rinse
- _____ 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)
- _____ 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. Valuable 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 13 X 12"** (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. **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 or Keen's**--- (1 pair) Sandals with ankle straps are preferred by most River Guides.

_____ **Rain Suit** --- jacket 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 and 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.**

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

_____ **Towel and washcloth** (we really love the EZ Towels found in the Red Rock Catalog enclosed in this packet)

_____ **Swim Suit** --- 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 as it stays wet longer.

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

_____ **Waterproof camera bag or Pelican box**--- 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.

_____ **Headlamp or Flashlight with extra batteries**

_____ **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 – contact Lake Powell Sports at least 2 weeks prior to your trip to place your order 928-645-1051.**) 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 kept with your clothing in your dry bag.

_____ **Carabiners** --- (**2 or 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.**

Many of these items are found in the Red Rock catalog we have enclosed in your confirmation packet. Red Rock outfitters can also be found on our website or at: <http://www.redrockoutfitters.com/wilderness/>