

CATARACT CANYON / CANYONLANDS NATIONAL PARK

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).

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

_____ **Sandals, Tevas, Chacos** --- (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 48-70 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.**

_____ **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** --- (2 – 1*) – quick drying (**one should be long sleeves** to put on during the day in case of too much sun.)

_____ **Shorts and/or Pants** --- (2 – 1*) – comfortable / quick drying. Cotton is **NOT** recommended, it stays wet longer.

_____ **Sarong** ---Great for those really hot days and for sun coverage cover up

_____ **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)

_____ **Beer / Liquor / Wine / Mixes** --- We provide **PEPSI** products, if you need mixers such as tonic you will need to purchase these. Liquor in Glass bottles can be brought, beer must be in cans.

_____ **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** --- (1 or 2) 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 2 Day trips.**

CATARACT CANYON / CANYONLANDS NATIONAL PARK 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

_____ Body Lotion

_____ Chapstick

_____ Soap for bathing

_____ 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 (mosquitoes are common in June and July)

_____ Can coolers (to keep that soda or beer cool longer)

_____ Kleenex

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