

CLOTHING LIST

The Upper Canyon

Packing light 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. Travel light and enjoy yourself!

_____ **Back Pack with internal frame** - hiking your bag out of the Canyon you want to use a back pack. You will pack your bag in our dry bag, which will be given to you at orientation.

_____ **Tennis shoes/Hiking boots** - for hiking and around camp

_____ **Footwear** - Teva's, Chaco's or Keen's

_____ **Socks** - 2 pairs

_____ **Swim Suit** - ladies find 2 piece more convenient

_____ **Hat** - with strings, a hat that water cannot hurt and shade your face

_____ **Shirts/tops** - 2-3 quick drying (1 should be long sleeves for sun protection)

_____ **Sweatshirt** - " just in case" hopefully you won't need it.

_____ **Shorts/pants** - 2 comfortable, quick drying. Cotton is **not** recommended as it stays wet longer

_____ **Sarong** - great for hot days to wrap around, a guide recommendation

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

_____ **Rain Suit** - Jacket and pants work best- **very important** not only for rain (the water temperature is 48-50 degrees and never gets any warmer. There are mornings and afternoons when you will go through rapids in the shade.) **Rain gear is needed for protection from the cold water as well as rain.**

_____ **Fanny Pack/Day Pack** - can be used on side hikes, the kind that hold water bottles are handy

_____ **Towel and washcloth**

_____ **Water Bottle** - Two 1- quart size/ person (Nalgene bottle recommended)

_____ **Carabiners** 2-3 to clip your things to the boat. (can be the inexpensive type found in hardware stores)

_____ **Headlamp or Flashlight with extra batteries**

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

_____ **Money** - for items you may purchase prior to the trip and gratuities (10% to 12%) for your crew at the end of the trip. Your wallet can be placed into a zip lock bag and kept with your clothing in your dry bag. We cannot charge gratuities, you may write a check or give cash to your lead guide on the last night of your trip.

OPTIONAL ITEMS:

_____ **Hiking Poles** - for the 9.5 mile hike out

_____ **Small Camp Pillow** - or a pillow case you can stuff with your cloth

_____ **Beer/ Liquor/ Wine/ Mixes** - You may bring your liquor, etc., or purchase it in advance. We provide PEPSI products, if you need mixers such as tonic you will need to purchase these.

_____ **Waterproof camera bag/Pelican box** - if your camera is too large to fit into our watertight container

_____ **Fishing Gear** - Collapsible pole recommended -refer to sheet "Fishing on the Colorado" included in packet. A license is required to fish.

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
- _____ Chap Stick (SPF 15)
- _____ Soap or Bath Gel
- _____ Shampoo and Cream Rinse
- _____ Camera – (Disposable waterproof cameras also 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)

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

ADDITIONAL CLOTHING LIST

Suggested for April, late September and October trips

Since the weather can be very changeable during April, 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 JACKET

- A SET OF POLYPROPYLENE UNDERWEAR OR A SWEATSHIRT AND PANTS

- A FEW PAIRS OF FAST DRYING HEAVY SOCKS

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.

WHAT WILDERNESS SUPPLIES FOR YOUR TRIP

WILDERNESS SUPPLIES:

All camping equipment and supplies needed while on the river.

This includes a cot, ground tarp, sleeping bag and tent, two waterproof bags (one for your clothing and one for 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. Beer must be in cans. (Wilderness supplies ice for your drinks in the evening.)

- Plan ahead and place your order with Fred's Liquor Store 928-645-3575. Place your order at least two weeks in advance. They will deliver to our warehouse for a delivery charge and we will pack it into our boats.
- You may bring your own alcoholic beverages with you.