



RIVER TRIP PACKING LIST:

- Your prescription medications and/or non-prescription medications you routinely use
- Eyeglasses and/or contacts & contact solution
- Sunglasses and strap
- Water bottle
- Headlamp or flashlight w/ extra batteries
- Toiletries: toothbrush, toothpaste, biodegradable soap, etc.
- Sunscreen and lip balm
- Moisturizing lotion (very important)
- Insect repellent (small bottle)
- Small quick dry towel
- Rain gear top & bottoms (for rain, splashing and wind)
- Swimsuit (2-piece w/ shorts works well for women)
- Shorts
- Short sleeve tops/t-shirts and long sleeve shirt for sun protection
- Hat for sun protection
- Fleece top for warmth
- Secure water sandals for the river and hiking
- Comfortable shoes for camp
- Hiking socks and socks for camp

Fun clothes for dress up/costume night (if desired)

Optional:

- Comfortable clothes for camp (cotton is good for hot weather)
- Sarong for sun protection
- Camera (at own risk)
- Journal/sketch pad
- Book (paperback)
- Fishing gear (State of Utah fishing license required)
- Personal beverages & Personal snacks – we provide snacks, but you are welcome to bring additional if desired
- Zip lock bags/trash bags to separate wet/dirty clothes in your dry bag

Early or Late Season Items depending on cold weather tolerance

- Synthetic long underwear top & bottom
- Fleece, down or insulated jacket
- Neoprene or wetsuit socks/booties
- Warm hat and gloves or mittens for camp