

# Packing List

## 2-Day Grand Canyon Rafting Adventure



### PACKING OVERVIEW

Even though this is a one night trip, it is still an expedition through a very remote area and a place of extremes. You'll be out in the elements of Arizona for a full day. Here's what you need to know:

#### THE WATER IS COLD!

The Colorado River water is around 50°F - 55°F all year round. This is a whitewater rafting trip, so you will get wet! No matter what time of year you are rafting we highly recommend you bring rain gear, which will protect you from rain, wind, and the splash of the rapids.

**TIP:** You'll hit the first rapids at the beginning of your trip so suit up in your gear before you get on the raft to stay dry. Rain gear is lightweight and can easily be packed away when you're through the rapids.

#### WEATHER

We recommend checking the weather for Kingman, Arizona the day of your rafting trip, but keep in mind that temperatures on the river are on average 10-20 degrees higher than temperatures on the rim.

#### KEEP THINGS DRY

At the launch site, you will be given a personal bag, which will be placed in your raft's large, water-proof bag. This will only be accessible when the raft is stopped.

Even though this group drybag is waterproof, we strongly encourage you to invest in a personal water-proof bag to protect any electronic devices, especially if you wish to have those with you while you're rafting.

#### ARIZONA SUN

Protect yourself from the intense desert sun. Wear a longsleeved shirt and a wide-brimmed hat to prevent sunburn on your upper body. Sunscreen, lip balm, and sunglasses are necessary. Lightweight long pants may also be appropriate to protect your legs.

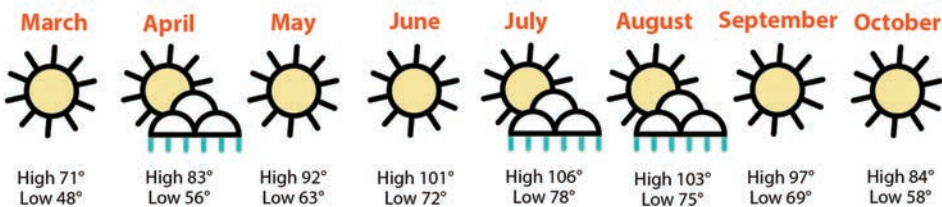
#### LAYER UP

Start with a swimsuit and/or swim trunks under a base layer. Additional layers for sun protection or insulation can be added and subtracted depending on the weather, temperature, and how wet you're getting in the rapids.



#### FORGET YOUR FLIP FLOPS

You will be hiking and your feet are going to get wet while rafting. Wear a shoe that drains water, dries easily, protects your toes, and will not come off in swirling current. Sport sandals like Tevas or Keens with a heel strap are a good option. A retired pair of athletic shoes can work, but are often slower to dry.



INNER CANYON TEMPERATURES DURING RAFTING SEASON

## CAMP ATTIRE

You'll want to be sure to bring an extra set of clothes for while you're at camp. When the weather is warm, lightweight cotton pants, skirt or shorts and shirt make great camp wear. Anytime the forecast calls for cool evenings and cold nights, you'll want to have warmer layers with you (fleece top/bottom, jacket, warm hat, etc.).

We recommend wearing shoes in camp due to risk of kicking a rock buried in the sand or stepping on a sharp stick. It's nice to put on dry socks and shoes after a day on the water. Flip flops or slip-on sandals are okay for wearing in camp only.



## WHAT'S PROVIDED BY THE OUTFITTER

- All river-related safety equipment, including life jackets and dry bags for your gear.
- Camping gear is not included in the trip price, but it can be rented from the outfitter. You are also welcome to bring your own camping gear.

Rental Equipment: [Click for Pricing](#)

## BATHROOM BREAKS

While rafting and away from toilet facilities, urination must take place in the river or in the wet sand next to the river as ordered by the National Park Service.

Ladies – we recommend wearing a two-piece bathing suit to make bathroom breaks easier.

## SNACKS & WATER

We recommend bringing snacks for the bus ride back to Peach Springs and taking extra water from your guide when you arrive at the take-out point for your helicopter flight as there will be a wait.



# Packing List

Our suggested packing list is meant to prepare you for all types of weather and the strong Arizona sun. We know that the difference between an enjoyable experience and a miserable one can often come down to what you bring.

Visit our website to see our favorite gear and adventure essentials.

## Rivers & Oceans' Recommended Gear

Please note this gear is for all river trips and is not specific to the 2 day trip

### CAMPING GEAR

- Tent\*
- Sleeping bag\*
- Sleeping pad\*
- Camp pillow
- Reusable coffee mug

\*If you rented these items when you booked your trip, disregard.

### FOOTWEAR

- River shoes or sandals with a heel strap such as those made by Chaco or Teva ("aqua socks" are discouraged)
- Athletic shoes or light hikers (good for when you're at camp)
- Hiking socks

### THE ESSENTIALS

- Day pack big enough to carry your rain gear, camera, sunscreen, water bottle, etc.
- Two 1-liter water bottles (durable & reusable) or hydration pack
- Headlamp (consider bringing extra batteries)
- Sunglasses (preferably polarized) with securing strap
- Small, quick-drying towel for washing up
- Toiletries (please only bring biodegradable soap and unscented or very lightly scented moisturizing lotion – thick lotion is recommended)
- Sunscreen and lip protection (waterproof & SPF 30 or higher, aerosol sprays not recommended)
- Wide brimmed hat for sun protection with securing strap
- Cash for gratuities

### CLOTHING

- 1 long-sleeved shirt: lightweight and light color for sun protection
- 1 pair long pants: lightweight and light color for sun protection (pants that zip off to shorts would be ideal)
- Rain gear: waterproof jacket and pants ("water resistant" rain gear will not keep you dry)
- Swimsuit (2-piece suits recommended for women)

- Underwear
- 1 pair of shorts
- 1-2 T-shirts
- 1 set of camp clothes: comfortable and appropriate for season (see above section "Camp Attire" for suggestions)
- For colder nights in March-May, Sept-Oct, consider bringing the following: Jacket, warm hat, gloves, warm base layer (long underwear)

### OPTIONAL ITEMS

- Change of comfortable clothes stored in a Ziplock bag for the van ride on the last day of your trip
- Neoprene wetsuit booties or wool socks (for inside your river shoes during the colder months)
- Neoprene gloves to use while paddling
- Camera and accessories
- High quality waterproof case/bag for cell phone or other electronics
- Sarong: useful for sun protection/changing clothes
- Carabiner for clipping water bottles or day packs to the raft
- Bathing wipes: pre-moistened disposable towels
- Plastic bags: for separating dirty and clean clothes
- Ear plugs
- Binoculars
- Bandana



## Rivers & Oceans

Office Hours: Monday-Friday 9 a.m. - 4 p.m. MST

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After Hours Phone: 888.868.9378\*

\*This number should be used if you need to reach the Hualapai River Runners after business hours if you are running late for your trip, or for additional information regarding a trip that has been placed on stand-by or has been canceled.