



WORLD WIDE RIVER EXPEDITIONS

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PACKING FOR YOUR RIVER TRIP

PERSONAL ITEMS

Toothbrush	Small Packs of Tissue	Comb/brush
Toothpaste	Bar of Soap (Ivory floats)	Small Towel
Toilet Articles		

CLOTHES

Windbreaker	Swimsuit	1 Pair Shoes for Rafting (no flip flops)
1 Pair Long Pants	1 Short Sleeve Shirt	1 Pair Shoes for Camp
Socks	Hat (with strap)	Underwear
1 Pair Shorts	1 Light-weight Long-sleeved Shirt	

CAMPING GEAR

Sleeping Bag
Air Mattress or Pad
Tent (because when you need it, you really need it)
Ground Cloth
Poncho

DON'T LEAVE HOME WITHOUT

Sunscreen (SPF 15)	Lip Balm
Insect Repellent	Sunglasses (with head strap)
Flashlight	

DO LEAVE AT HOME (or at least in the car)

Video games, MP3 players, or other electronic equipment	Curling Irons, Hair Dryers
Excessive Amounts of Clothing	Expensive Cameras
Cell phones (coverage is not available on the river)	

NOTES:

1. Your gear will not be with you during the day while on the river. If there are medications you will need, please give them to a guide before starting on the river.
2. Any personal items that are left in Moab at the conclusion of the river trip will be disposed of if not claimed within ten days. **We suggest that you mark every item with your name, address, and group and use colored string to identify the bags in your group.**
3. We suggest that you bring a change of clothing to leave in your vehicle to change into for your trip home. Put them in a plastic bag. At the end of the trip you can use that plastic bag to hold your wet clothing.
4. **There are no shower facilities either on the river or at the warehouse for you to use.**
5. Pack your personal items in soft bags such as a duffle or a laundry bag. DO NOT use hard suitcases. Pack any items that might break between soft materials. Anything that could spill should be in plastic bags. Bags are tossed in and out of a truck each day, so there is always the possibility of breakage.