



WORLD WIDE RIVER EXPEDITIONS

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PACKING FOR YOUR RIVER TRIP

PERSONAL ITEMS

Toothbrush	Small Packs of Tissue	Small Towel
Toothpaste	Biodegradable Soap	Feminine Hygiene
Toiletries	Hand Sanitizer	5 Qt. Zip Lock Bags
Baby wipes	Comb/brush	for Hygiene Needs

CLOTHES

Windbreaker	Swimsuit	1 Pair Shoes for Rafting (any kind of sandal is fine)
1 Pair Long Pants	1-2 Short Sleeve Shirt	1 Pair Shoes for Camp
Socks	Hat (strap recommended)	Underwear
1-2 Pair Shorts	Rain Poncho	1 Light-weight Long-sleeved Shirt

CAMPING GEAR

Sleeping Bag	Pad or cot (the ground is very hard)
TENT	Tarp or Ground Cloth

DON'T LEAVE HOME WITHOUT

Sunscreen (SPF 15-30 is the best)	Lip Balm
Sunglasses (with head strap)	Flashlight

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

Cell phones (coverage is limited on the river)	Other Electronic Equipment
Ipods or other electronic devices	Curling Irons, Hair Dryers
Excessive Amounts of Clothing	Expensive Cameras (Go Pros are good but be sure to have a safety strap)

NOTES:

1. **A 20 oz water bottle will be provided for use on the river and in camp.**
2. 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.
3. 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 duct tape or string to identify the bags in your group.**
4. 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.
5. **There are no shower facilities either on the river or at the warehouse for you to use.**
6. Pack your personal items in soft bags such as a duffel 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. Do not tie bags together as it makes it difficult to load and unload. 5 gallon buckets are acceptable containers for personal items.
7. We apologize, but due to space constraints on most trips, camp chairs are not on the list. A few chairs for adults may be brought, but not enough for each person to have one. Picnic tables are available at most of the campsites we use, or you can bring tarps for the group to not sit in the dirt. Buckets are an ok way to pack your personal items if you already have them and double as a chair.