



## GREEN RIVER REFLECTIONS PACKING LIST

The weather in June tends to be quite warm (70's-80's) during the day, but can cool down into the high 40's in the very early morning. Rain is usually not frequent in mid-June, but it is possible.

\* = last-minute items you can buy at the Green River outpost.

### **GEAR PROVIDED BY US**

- PERSONAL FLOTATION DEVICE (life jacket)
- LARGE WATERPROOF CAMP BAG
- SMALL WATERPROOF DAY BAG
- INDIVIDUAL TENT
- COMFORTABLE SLEEPING PAD
- EATING UTENSILS, PLATES, & CAMP CHAIR
- DRINKS: ice water, lemonade, 1 soda/person/day-popular mixes of regular & diet
- SOLAR LANTERN for journaling and evening walks

Day bag (10" diameter × 22" high) is for items you'll need during the day. Camp bag (16" diameter × 28" high) is for sleeping gear & clothing. **When properly sealed**, bags are usually waterproof. If you have concerns, test your bags. We provide separate storage for tents, tent poles, hiking poles, & personal beverages. Please remember to keep your gear light & compact (no more than 15–20 lbs). The less you bring, the happier you will be.

### **REQUIRED GEAR**

- \*CUP (for hot or cold drinks; plastic mugs work well)
- \*WATER BOTTLE
- SLEEPING BAG (compact and warm) - available to rent
- PONCHO/RAIN SUIT (high quality)
- JOURNAL (your favorite type)
- PENS

### **CLOTHING & GEAR**

- SWIMMING SUITS
- \*SHIRTS: short-sleeved, cotton, i.e. T-shirts
- \*SHIRTS: long-sleeved, quick dry for sun protection
- SHORTS: quick drying

- LONG PANTS: light weight, quick-dry for sun protection and a warm/comfy pair for night time
- SHOES: one pair to keep dry for camp/hiking (i.e., durable sneakers or light-weight hiking boots); one pair to get wet while rafting (i.e., closed-toed water shoes or sandals/sneakers that will stay on your feet if you are swimming)
- \*HAT: for sun protection, with strap
- \*SUNGLASSES: with retaining strap
- SOCKS: cotton and/or synthetic or wool
- UNDERWEAR
- WARM JACKET: fleece-lined or insulated with wind/rain resistant shell
- WARM STOCKING CAP: wool or synthetic
- WETSUIT BOOTIES or NEOPRENE SOCKS: optional, replaces/augments water shoes
- WARM GLOVES or PADDLING GLOVES: lightweight, wool/synthetic, or neoprene
- INSULATED OUTERWEAR: warm/water-resistant jacket and pants
- LONG UNDERWEAR: tops and bottoms, medium weight, wool or synthetic (fleece).  
There is a chance of inclement weather in June. Having the right clothing is essential. **Wool, fleece, Capilene, and Smartwool** are natural and synthetic fabrics that retain their ability to insulate when wet (**please note: cotton will not keep you warm when it is wet**). Adding to these inner layers with good rain- and wind-resistant jackets and pants will keep you warm, dry, and, most importantly, happy. Your comfort on the trip starts with finding the right type of wool/synthetic under- and outerwear and quality rain gear. We recommend evo.com for your additional river trip needs. They offer a wide variety of gear to help you dress for success while on your river trip. A prepared traveler is a happy traveler.
- \*SUNSCREEN: SPF 15 or higher (**Pro tip!** If you bring spray sunscreen, please be considerate of your fellow passengers and guides and do not spray it where others can breathe it in.)
- \*CHAPSTICK: with sunscreen
- HAND LOTION: non-fragrant
- \*BIODEGRADABLE SOAP: available at outdoor specialty stores (Dr. Bronner's, Campsuds, or Ivory soap)
- TOOTHBRUSH/PASTE
- BABY WIPES: for a quick 'shower'
- TISSUES: small travel pack
- COMB or HAIRBRUSH
- TAMPONS/ZIPLOC BAGS: 1 bag per day
- WASHCLOTH
- \*TRAVEL TOWEL: quick-drying
- MEDICATIONS: aspirin/ibuprofen/acetaminophen and/or personal prescriptions
- STUFF SACK or PACKING CUBES: to organize inside of large dry bag or keep wet/dry clothes separated (i.e., pillow case or plastic bags)
- \*INSECT REPELLENT: DEET works best (**Pro tip!** Bring lightweight, long-sleeved pants and shirts and spray the repellent on the clothing instead of your skin. Sarongs are also great for keeping bugs off your head and shoulders.)

- \*FLASHLIGHT or HEADLAMP WITH RED LIGHT SETTING: small with extra batteries (**Pro tip!** Our eyes are remarkably adapted to see in the dark, but white LED lights wreck that night vision and make it harder for you and everyone else to see the stars. Red lights preserve night vision and attract fewer bugs.)

### **OPTIONAL ITEMS**

- \*SARONG (**Pro tip!** Sarongs are good for EVERYTHING! Get them wet and they'll keep you cool. They make great personal shade devices for hikes and sitting on rafts, and are good for extra bug protection. Wrap them around your waist for a discreet personal changing room. Use them as a towel. Lie on them on the sand. The list goes on!)
- CAMERA (at your own risk): extra memory cards, batteries, and waterproof case
- BINOCULARS (at your own risk)
- GROUND CLOTH for sleeping under the stars
- \*HYDRATION PACK, DAY PACK, or FANNY PACK: for hiking
- EXTRA SNACKS
- EXTRA BEVERAGES (no glass please): Labeling individual cans makes it easy for us to find your drinks after we pack them in our coolers. (Plan to buy any beer, liquor, or wine BEFORE arriving in Green River/Vernal. Utah liquor stores have limited selections (Green River's has no wine) and irregular hours. Some beer may usually be purchased at convenience and grocery stores.
- \*RIVER MAP: to see where you're going.
- CRAZY CREEK ORIGINAL, OR SIMILAR, CHAIR: We do provide camp chairs with legs. The Crazy Creek is different as it is soft, easy to pack and has no legs but offers back support when you want to be closer to the ground, like inside your tent or while journaling.

**THINGS NOT TO BRING ON YOUR TRIP:** personal watercraft (e.g., SUPs, kayaks, pack rafts) without prior approval from our office, glass-bottled beverages, radios, speakers, firearms, pets, and large amounts of cash beyond what you'll want for your guide's gratuity. Do not bring expensive jewelry, watches, or electronics (i.e., cell phones, laptops, tablets, etc.). If you do choose to bring a cell phone for taking pictures, we strongly suggest getting a waterproof/shockproof/floating case (and to put it in airplane mode to save battery). **WARNING:** In the event of a loss—regardless of fault—our insurance will not cover these expensive items. If you do decide to bring any of the above items along with you to the meeting point for your trip, the most secure location to leave them behind would be at your hotel in their safe or locked up in the trunk of your vehicle. As a last resort we have a non-secure location at our headquarters, but we cannot assume responsibility for these items.