**Grand Canyon Gear List, Winter**

At the minimum, bring the following items. Expect to be wet, with 50F during the day and 20-35F at night, though colder is possible. It may snow during the trip-maybe a little, maybe a lot. If you easily become cold, consider adding an insulation layer beyond the minimum listed and sharing a tent.

Overall Premise:

Dress in layers- wicking layer against the skin, insulation layer(s), and an outer protective layer

Clothing used while on the river is all non-cotton, i.e., synthetic or wool.

Remember, **COTTON KILLS!!** (It is a poor thermal insulator when wet).

**Wicking Layers:**

* 2 pairs each, Polypropelene/wool long john tops (one for the river, one for camp)
* 2 pairs each, Polypropelene/wool long john bottoms
* Underwear, bottoms, 3 or more
* Underwear, synthetic t-shirt top

**Insulation Layer:**

* Winter hat
* 4 pr Wool socks
* Neoprene socks
* 2 pr fleece or insulated pants
* 2 wool/synthetic/fleece sweaters or jackets
* Lightweight synthetic type gloves, for camp
* Down or fleece jacket/parka, for camp

**Outer Layers:**

* Drysuit- available from GMAP. If purchasing, be sure it includes a relief zipper.
* PFD- personal floatation device- type III or V, can be borrowed from GMAP. Any personal PFDs must have US coast guard stamp intact & legible with no rips, tears etc)
* Whitewater Helmet- available from GMAP.
* Helmet liner or thin winter hat wearable under helmet
* Neoprene gloves or mittens water is 44 °F (no joke)
* Closed toed river shoes, boots, or sneakers-must be sturdy- Neoprene is best as an insulator.
* Camp/hiking shoes- closed toed boots, sneakers, etc
* Camp muck/ditch/concrete boots (rubber farm boots- very nice!, and inexpensive)
* Sandals
* 1 pr swim shorts- protects the drysuit from scratches
* Rain coat- waterproof
* Rain pants- waterproof
* Sun hat, baseball cap, or cowboy hat if you’re feeling the mood

**Camp Clothing:**

* 1 cotton camp shirt
* **Costume** (for costume night or when the mood strikes)
* Optional: Leather work gloves (for handling firewood)

**Sleeping System (may be available from GMAP):**

* Small ground tarp (6x8 or 8x10 for under air mattresses or under tent)
* Sleeping pad (bring a repair kit if bringing an air mattress type)
* 2-3 person tent, plan to share.
* Sleeping bag- three season mummy type good to 0-15°- not cotton lined
* Cotton Sleeping socks/underwear???? Up to you

**Organization System:**

* Large Drybag 6500 cubic inches, or a NRS 3.8 type bag

(all of your personal gear must fit into this bag-and is like checked airline luggage during the day-strapped down and inaccessible). GMAP has a limited number for use.

* Small Drybag

(like carryon luggage-somewhat accessible day-for extra clothing layer if cold/hot)

* Waterproof Ammo cans - *provided by outfitter*

(sort of like a glovebox-easy access for sunscreen, camera, etc, shared among pairs)

* Small daypack backpack for short trips hiking away from camp (book bag size)

**Other important items:**

* State issued photo id, drivers license, gov ID, etc. NPS wont let you go w/o it, do not forget
* Whistle to put on your PFD
* Headlamp and extra batteries (extra headlamp not a bad idea)
* Sunglasses, w/keeper cord
* Camp chair
* 2 water bottles---quart size or bigger & sturdy, plus an extra one for pee bottle if you don’t want to get up at night and go down to the river
* Women may consider the freshet director or similar, it works.
* Personal Toiletries-baby wipes, and lots of hand lotion- hands will get chapped easily
  + Multiple bottles of hand **lotion**, Udder cream, Badger balm, Gold Bond cream, etc.
  + **Sunscreen,** 30+spf
  + Plenty of feminine products for menstruation
  + Lip stuff/balm (keep em luscious)
  + Prescription meds (please inform let Drew in case of emergency)
  + Contacts/prescription glasses-bring a second set
* Field journal for class assignments, personal journal, pens, pencils, soduko, personal magazine, books, etc, in ziplocks
* Camera & extra batteries, etc
* Bandanna(s)
* Personal snacks beyond planned trip food of 3 meals per day, plus minor snack each day.
* Phantom Ranch stuff-

calling card #, for payphone

money for souvenir sticker, candy bar, etc

addresses, to mail a postcard from the bottom of the grand canyon