

LEAN POWER YOGA

R E T R E A T S

***** PACKING CHECKLIST ***** GRAND CANYON WHITEWATER RAFTING

In any travel or outdoor activity your expected comfort determines what items you bring along. Keep in mind...everything you bring rafting WILL HAVE TO BE CARRIED OUT on your back. Below is a general list for multi-day whitewater rafting through the Grand Canyon.

Expect temps to range from 60 degrees at night and up to 110 degrees during the day. Average daytime temp is expected to be around 87 degrees. Average water temp is 50 degrees. Be prepared to protect yourself from the sun, you will be fully exposed much of the day. Much of your gear can be stored in a dry bag, but expect the potential for things to get wet on the water.

- PROVIDED GEAR

1-White Dry Bag 18x24in/30L (with you on the raft)

1-Blue Dry Bag 23x26in/49L (personal gear for camp)

Sleeping Bag and Sleeping Bag Liner

Ground Tarp

Tent (1 for 2 people)

Camp Chair

Mug

Burlap Sack (personal beverages)

Guidebook (mile by mile guide)

Personal Flotation Device (PFD)

Basic First-Aid

Grand Canyon related books

Toilet Paper

Utensils, plates and bowls

- MUST HAVE GEAR

Polarized Sunglasses with Retainer (1-2)

Hat with Retainer (1-2)

Non-Cotton Base Layer
(ie. Sports Bra, Swim Top, performance tank) (1-2)

Non-Cotton Long Sleeve Top (1-2)

Loose Long Sleeve Cotton Shirt (1-2)* old western shirt

Rain Jacket (1)

Comfortable Camp Outfit (1-2)

Non-Cotton Under Garments (Swim Bottoms) (1-2)

Quick Dry Shorts or Capris for rafting/hiking (1-2pr)

Lightweight Pants (1-2pr)

River Shoes/Chacos (1) *with ankle strap

Hiking Shoes/Boots (1)

Non-Cotton Socks (2-3pr)

Water Bottles with loops to attach to the boat
(96 oz capacity) (3)

4" Aluminum Locking Carabiners (2)

10-20L Daypack for Hiking (1)

32-50L Hiking Backpack (1)

Headlamp (1)

Trekking Poles

Vaseline/Aquaphor (1, 2oz)

Moisturizing Lotion (1, 6oz)

Sunscreen (1)

Lip Balm with Sunscreen (1-2)

Meds (2 sets, 1 with camp leader/1 stays with you)

Electrolyte packets (2/day, 12 total)

Copy of ID

Money/Credit Card

Personal Hygiene Kit (toothpaste, toothbrush,
nail clippers, body wipes, face wipes, eye drops,
biodegradable soap, shampoo, conditioner)

CONTINUED ON BACK >>>

******* PACKING CHECKLIST (CONT.) *******

- NICE TO HAVE GEAR

| | | | |
|--|--------------------------|--|--------------------------|
| Rain Pants (if you are cold natured) | <input type="checkbox"/> | XS Dry Bag to place in provided Dry Bags | <input type="checkbox"/> |
| Non-Cotton Thermal Underwear (if you are cold natured) | <input type="checkbox"/> | Additional Sleeping Pad (must fit into dry bags) | <input type="checkbox"/> |
| Microfleece Top (if you are cold natured) | <input type="checkbox"/> | Packing Cubes/Stuff Sacks for organizing items | <input type="checkbox"/> |
| Long Sleeve Shirt with Hood & Sun Protection | <input type="checkbox"/> | Ziplock Bags | <input type="checkbox"/> |
| Additional Beverages (up to 18-12oz cans/person) | <input type="checkbox"/> | Gloves for paddling | <input type="checkbox"/> |
| Camp Pillow | <input type="checkbox"/> | Tissues | <input type="checkbox"/> |
| Sarong | <input type="checkbox"/> | Koozie for beverages at camp | <input type="checkbox"/> |
| Small Quick-Dry Towel | <input type="checkbox"/> | Bug Spray | <input type="checkbox"/> |
| Slip-On Camp Shoes (flip flops or Crocs) | <input type="checkbox"/> | Hydrocortisone for rashes and bug bites | <input type="checkbox"/> |
| Bandanna/Buff | <input type="checkbox"/> | Camera Equipment with Waterproof Casing | <input type="checkbox"/> |

- NOTES
