

## Personal Gear for Leo's 2006 Grand Canyon Trip by Pat Florence

Before seeing the list, let's start with a packing plan. There will be several places you will want to stow your gear on the trip:

- First, your clothing and toiletries will go into a dry bag which will be packed away during the day – it will be unavailable except when the boats are unloaded each evening.
- Second, your camp items, like a tent, bedroll, and sleeping bag, can be combined into a separate dry bag with your tentmate's camp items to be stowed during the day.
- Third, you will want some items, like your hiking shoes and socks, available during the day. These will go in a *small* dry bag that will be accessible on the raft.
- Fourth, you can clip a day-pack to the raft rigging so it will be available during the day. In this, you can put items like sunscreen that you may want access to but that do not need to stay dry.
- And fifth, special items, like a camera, may have their own dry boxes that we can clip on the outside of the raft rigging so they are accessible as well.
- Lastly, you will want to leave some items in the car.

Remember, this trip will be in July. It is going to be around 110° during the day with lows of 75° or so at night. You don't need to bring a parka.

I always overpack on river trips, even though I have been bringing less and less on every trip I take. You can launder clothes in the field if necessary and they will dry quickly. My point is don't bring too much stuff!!

In addition to 'stuff', you *may* want to look into trip insurance. I won't be getting this, but lots of folks won't go anywhere without it. One company having a decent reputation with rafters can be found at [www.diverssecurity.com](http://www.diverssecurity.com). Lots more companies are around though, and a quick internet search for 'temporary medical evacuation insurance' produces quite a list if you're interested in researching this topic.

Lastly, remember that this is my list. I like to think I know what I am doing, but my word is certainly not gospel on these issues. There are always good, experienced people who will disagree with me, so take my comments for what they are: friendly advice that you can take or not. There other lists available as well. Check out these if you want to compare:

So, without any further :

### Accessible (*small*) Dry Bag Items And Other Day Use Gear

- PFD                                   Type III or Type V – we will rent however many of these we need
- Helmet                               May make you feel safer, kayakers must bring one
- Rowing Gloves                    If you think you'll be rowing a lot, probably not necessary for most of us.
- Water Bottle                      2 or even 3 – at least one capable of being clipped in wherever you are sitting.
- Hat                                   wide-brimmed with chin strap or clip retainer
- Coffee Cup                         able to be clipped in
- Rain Clothes                      shouldn't be too much of a problem, but if a cooling rain comes it will be nice to have both torso and legs covered, ponchos are NOT recommended
  
- Umbrella/Parasol
- Day pack                            I like one with a water bladder. Nothing too big.
- Sunscreen & lip balm            Waterproof with a minimum SPF of 15. And plenty of it.
- Flashlight w/ Batteries
- Sunglasses                         With holder. An extra pair perhaps too. UV protection is a must.
- Dry socks                           to wear hiking if you want to put on your hiking shoes.

- Hand towel
- Hiking shoes see below in the ‘clothing’ section too – On days when we are planning bigger hikes I recommend a light pair of broken-in hiking shoes come along in the accessible dry bag. I’ve seen one guy hike everywhere in his Texas, but he was CRAZY. It’s a rocky desert where all the plants have sharp things on them.
- Camera w/ Batteries & Film A couple waterproof, disposable cameras are nice to have if you want to get an action shot when a camera would get wet. Maybe bring your backpacking tripod too?
- Binoculars coordinate – don’t need 3 pair per raft
- Insect Repellant bugs aren’t usually much of a problem, but they can be
- Knife / MultiTool
- Personal 1<sup>st</sup>-Aid Kit some aspirin, lots of band-aids, tape and similar things to keep handy to deal with necessary minor issues which do not warrant breaking into the boat’s first-aid kit
- Bandana(s)
- Carabiners 3 or 4 (locking are much preferred), to clip the *small* dry bag and day pack (and water bottle, camera box, etc) to the rigging
- Pen & Paper if you want to keep a journal or write stuff down...
- River map lots of us have these, coordinate
- Drink Coozie

Clothing, Toiletries, & Personal Items  
 (will be inaccessible during the day  
 except what you are wearing)

All your clothes and toiletries should fit into about 1½ or 2 paper grocery bags. This is about the size of a typical dry bag.

- Camp Shoes Some people stay in their river sandals, but I think it is nice and healthy to have a change. I use my hiking shoes.
- Socks depending on footwear, you shouldn’t need more than 3 or 4 pair
- Day shoes If you are not into taking long hikes, you can easily get by with a pair of TEVA-like sandals that secure around the heel and have good traction. Sand tends to gum up Velcro, so other ties/buckles are better. There are lots of good shoes made for water sports on the market now too. In a pinch you can just use an old pair of tennis shoes (but these tend to have poor traction, especially when wet, and may also be heavy, again especially when wet). Neoprene booties are also an option.
- Undergarmets 3 sets (1 on, 1 clean, and 1 dirty or being washed)
- pants/shorts I only wear quick-dry long pants on the river to avoid sunburn. I bring 2 pair – one for the river and one for the evenings. Shorts are also an option and I’ll bring one pair of these for the warm evenings. I will also bring a warm pair of pants for chilly evenings. Other options are also available (eg. a sarong)
- Tights Just in case it gets real chilly in the evenings.
- Swim suit 2-piece (eg. tankini) is generally better for women when showering and using the latrine. Bring two if you’ll be wearing this during the day instead of shorts or pants.
- Day shirts I’ll bring 2 of these. I like quick-drying fabrics, but cotton will stay cooler longer after you wet it. Again, I only wear long sleeve shirts on the river for sun protection.
- Camp shirts A couple T-shirts to lounge/hike in. I also bring a decent base layer like Capilene.
- Warm shirt Something to layer between your camp shirt and your fleece jacket if it is chilly. I would try to avoid cotton.

- Fleece jacket Weather can be surprising, even in summer. Expect to be hot, but if you chill easily you may want to bring another layer, like a fleece vest. Your rain jacket will serve as an outer layer if necessary.
- Thin gloves/beanie Just in case it gets chilly. I doubt I'll ever pull these out of the bottom of my dry bag.
- Wash Cloth and Towel Medium pack towel
- Wet wipes
- Lotion any alcohol-free variety
- Toiletries You know what to do here... Hair brush, hair clips, ponytail holders, toothpaste, toothbrush, dental floss, nail clippers, tweezers, feminine hygiene products, Q-tips, tissues, deodorant, biodegradable soap and shampoo. Bring plenty of feminine hygiene products if you are of that persuasion, plus small zip-lock bags for refuse if you need to change during a hike. *EVERYTHING* packed in must be packed out
- Sewing kit needle and thread, baby pins, etc.
- Eyeglasses or contacts, with solution (I'd bring glasses along with my contacts or a few extra pairs of disposable contacts) Spare glasses as well and eyeglass repair kit.
- Medications any prescription meds or commonly used meds – if drug dependent, bring 2 stashes and put them on separate boats
- Money for incidentals at Phantom Ranch and on the shuttle back to Flagstaff
- Book, field guide
- Camp chair
- Sleeping bag & liner A sheet makes a decent liner. You may want to leave the bag open and just use the liner if it is a hot night.
- Bed roll
- Pillow if desired, otherwise wrap some clothes in you fleece for a cozy sleep
- 5 x 7 tarp for sleeping under the stars
- Tent July to August is monsoon season. Expect at least *some* rain. Coordinate this item with your tentmate(s).
- Camp cord some lightweight rope for general purposes around camp (maybe a few clothespins too)
- Plastic bags handy for all sorts of things. I bring 4 or 5 grocery store bags in my personal gear as well as a few gallon-size zip top bags.
- Games/instruments coordinate these with the group as well

#### Leave in Car

- Change of clothes For a comfortable shuttle ride. Put this in a small bag, which e will leave with our shuttle company so they will have them at the take-out for us.
- Extra items for the travel to and from the trip (road maps, additional clothes, etc.)