

*Available in our Canyon Travelers Store or by phone (800) 332-2439

**Available to rent with advanced notice

***We provide wetsuits when conditions require them

ESSENTIAL ITEMS

- Sleeping bag & pad** ** *Page's trips provide*
- Tent** ** *Page's trips provide*
- Rain jacket & pants** * ~ thunderstorms in the desert are *very* unpredictable!
- Fleece or sweatshirt** ~ nights & mornings are cool; also great under raingear
- Water bottle w/ strap or carabiner** *
- Sunglasses** with a retainer *
- Sunscreen** ~ **SPF 15 or greater** * ~ a must!
- Lip moisturizer** ~ **SPF 15 or greater** *
- Hat or visor** with hat clip to attach to life jacket or shirt *
- Flashlight** * or headlamp
- 2 T-shirts** *
- 2 Swimsuits/sports bras** ~ ladies—a sports top & swim shorts are very convenient!
- 1 pair Lightweight pants** ~ zip-off, convertible pants are great—they're 2 in 1 and save space when packing your dry bag
- 2 pairs Quick dry shorts** ~ swimsuit and shorts all in one!
- Long sleeve cotton shirt** ~ provides sun and insect protection
- Page recommends: comfy dress or skirt**
- River sandals** or shoes that can get wet, will dry quickly, and will not slip off of your feet.

HIGHLY RECOMMENDED ITEMS

- Hiking shoes & socks** ~ for hiking and wearing around camp. (Page likes a pair of flip-flops)
- Moisturizing lotion** ~ **Aloe Vera**
- Waterproof camera** *
- Sun umbrella ~ if sensitive to sun
- Binoculars ~ for viewing wildlife
- At least one sarong!**
- Tooth brush & tooth paste
- Biodegradable soap & shampoo
- Feminine hygiene products
- Small pack of tissue and Baby Wipes
- Medications ~ prescription and non-prescription
- Comb and/or brush
- Small towel and washcloth

Toiletry Kit:

TIPS FROM THE PROS (Our Guides)

- Disposable moist towelettes**
- Small day or fanny pack**
- Ziploc bags** ~ for extra water protection
- Skirt/sarong** * ~ 101 uses!
- Travel pillow**
- Garbage bag or stuff sack** ~ keeps wet & dry clothes/items separate
- Area guide or River Map** *
- Extra snacks** ~ for individuals with particular tastes or who may be diabetic—great for kids too!
- Personal sodas / juices / alcohol** (no glass)
- Journal or notebook** *Page provides.*
- Duct tape** ~ great for quick repairs of almost anything—sandals, sunglasses, luggage, you name it!
- A few **clothespins** and **small piece of rope** for drying clothes
- Goggles** ~ for individuals who wear contact lenses

NOTES ON PACKING ~ Pack clothing that you will not mind getting wet and dirty. Fast drying, durable, comfortable clothing is best for rafting. Cotton is recommended for hot weather and synthetic polypropylene or wool clothes for cool weather. All personal items must fit into a 20" x 20" x 27" dry bag. You may pack in an athletic bag for easier access. **Please note trips including a scenic flight have a FAA 25 lbs. baggage limit per person.**

For **Cool Weather** and **Packing Tips** See Other Side

Packing Tips

Handy Items

Ziploc and trash bags are very useful for separating personal items in your dry bag such as medications, shampoo, soap, wet items, and dirty laundry. Wet wipes are great for washing your face, wiping your hands, and cleaning sand or dirt off of personal belongings. Pack a few clothespins and rope to dry clothes while on the river. Remember, on the river it is better to have it and not need it than to need it and not have it! All of these items *can* be invaluable and do not take up much space or add much weight to your luggage.

Carabiner

Carabiners are very handy in the outdoors as well as back home. Their oval shape and simple gate mechanism allow you to easily clip your water bottle, camera, hat ~ just about anything ~ nearby.

Extra Snacks

We provide snacks throughout the day, but is a good idea to bring extra snacks for children, for individuals who have snack preferences, or for those who may be diabetic.

Beverages

Each boat has an ice cooler for "personal" drinks such as soda, juice, beer, wine, etc. Since there are no stores along the river, we recommend bringing more than you anticipate needing. Please do not bring glass. SGE provides water, available to you all day long, with lemonade, Gatorade, and iced tea mixes.

COOL WEATHER ITEMS (March, April, May, September October & November)

- | | |
|---|--|
| <input type="checkbox"/> Extra set of wool or fleece jacket & pants | <input type="checkbox"/> Neoprene gloves & booties |
| <input type="checkbox"/> Extra wool or fleece socks | <input type="checkbox"/> Dry suit |
| <input type="checkbox"/> Wool gloves | <input type="checkbox"/> Wetsuit *** |
| <input type="checkbox"/> Wool or fleece hat | <input type="checkbox"/> Extra shoes |
| <input type="checkbox"/> Polypropylene long underwear | <input type="checkbox"/> Extra set of warm clothes for evening |

Average Temperatures ~ Moab, Utah

	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT
Avg High	62°	72°	82°	94°	98°	96°	87°	74°
Avg Low	34°	42°	50°	57°	64°	62°	52°	40°
Mean	48°	57°	66°	75°	82°	80°	70°	58°
Avg Precip	0.9 in	1.0 in	0.7 in	0.5 in	0.9 in	0.9 in	0.8 in	1.1 in

Degrees in Fahrenheit

Average Temperatures ~Vernal, Utah

	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT
Avg High	48°	62°	72°	84°	90°	87°	77°	64°
Avg Low	22°	30°	38°	47°	54°	51°	42°	31°
Mean	30°	47°	56°	65°	72°	68°	60°	47°
Avg Precip	0.7 in	0.8 in	0.9 in	0.8 in	0.5 in	0.6 in	0.9 in	1.1 in

Degrees in Fahrenheit

If you have any questions, please contact us at (800) 332-2439 or info@GriffithExp.com