



## COLORADO RIVER 4 DAY TRIP

# Cataract Women's Trip

## PACKING LIST & TRAVEL TIPS



### DUFFLE BAG

All of your personal items should be packed into a soft-sided duffel bag approximately 12" x 13" x 24" in size. Due to aircraft weight allowances and raft space, please limit your gear to 20 pounds. This 20-pound maximum weight limit does not include beverages (see note below regarding beverages).



### DAY BAG

Upon arrival to the river's edge, you will be provided a water-resistant day bag (approximately 6" x 12"). In this day bag, you will want to put those items you wish to access during the day (raingear, camera, medications, sun block, lip balm, river guidebook, etc). We recommend packing these items in a small sack or bag inside your duffel for easy transfer to your day bag at the launch site.



### GEAR BAG

Also upon arrival to the launch site of your trip, you will receive a water-resistant gear bag. This bag will contain your sleeping bag, sheet and ground tarp. You will put your duffel bag inside this bag, roll the top down and clip it securely to avoid getting your personal gear wet. Your personal gear bag will be available in camp each night of your trip.

### CLOTHING ITEMS

- Two-piece rain suit
- 2 swimsuits (2-piece swimsuit and quick-drying shorts recommended for women)
- 2 quick-drying shirts
- 1-2 pair comfortable shorts and underwear for camp
- 1 pair socks for use in case of sunburn or foot injury
- 1 pair quick-drying pants (optional - for sun protection)
- Lightweight fleece top
- Sturdy water sandals or water shoes. Based on the type and condition of your footwear, you may want to consider a backup pair of sandals or shoes in case of any damage.
- Comfortable footwear for camp (some guests prefer to change out of wet sandals or shoes into flip flops or other light weight shoes)
- Hat for sun protection with string or hat clip
- Gloves for protection while gripping ropes or paddling (optional)

*Note: Water clarity can vary from moderately silty to very silty. As a result, clothing may become discolored. Please pack accordingly*

### PERSONAL ITEMS

- Personal hygiene products
- Plenty of sunscreen
- Sunscreen lip balm
- After-sun moisturizing lotion
- Biodegradable soap and shampoo in small bottles
- Sport water bottle with clip or carabiner
- Small towel and wash cloth
- Toothbrush and toothpaste
- Small pack of tissues
- Small headlamp or flashlight with extra batteries
- Insect repellent (small container)
- Sunglasses with safety strap
- Camera - waterproof digital camera with extra batteries and memory cards recommended (Note: online post-trip photo sharing will be available for those with digital images. You will be given access information via email. Please ensure we have your accurate email address on file.)
- Small travel pillow
- Medication if needed (cool storage is available)
- Major credit card and photo ID in case of evacuation
- Cash for gratuities (Your guides will make every effort to see that your trip is enjoyable and successful. Gratuities for guides are appropriate, greatly appreciated and at your discretion, as a gesture of thanks for their professionalism and service. A suggested guideline is 10 percent of the trip cost. The common practice is to give the gratuity to the trip leader on the last night. It will later be divided equally with the rest of the crew.)

*TIP: redrockoutfitters.com offers great discounted packages containing most of these personal items as well as all of the clothing items on this list*

### OPTIONAL PERSONAL ITEMS

- 2 small carabiners for clipping day use bag to ropes
- A few clothespins and small piece of rope for drying clothes
- Disposable moist towelettes
- Mile-by-Mile River Guide Book (purchase through redrockoutfitters.com)

GET THE ESSENTIALS FOR YOUR TRIP AT

**redrockoutfitters.com**

## Items provided by Western River Expeditions

- » Transportation from Moab, Utah to the river
- » Professional, licensed guides
- » Daily yoga instruction
- » All meals between trip departure and return
- » All eating utensils and souvenir cup
- » Unlimited water and lemonade
- » Freshly laundered sleeping bag and sheet
- » Cot (28" x 74")
- » Tent and ground cover
- » Water-resistant dry bag for sleeping gear and personal duffle bag
- » Water-resistant day-use dry bag (6" diameter x 12") for personal items
- » Custom rafts
- » US Coastguard approved whitewater life jackets
- » Wilderness First-Aid kit
- » Sanitary Facilities

*Note: A massage therapist will be available each night in camp. Massage sessions are available for an additional charge.*

**BEVERAGES** » Water and lemonade are available in unlimited quantities on the boats and in camp. Coffee and hot chocolate are available every morning. Western does not provide beer, liquor, or soda pop. If you wish to bring your own alcoholic beverages and soda pop you may do so in moderate amounts. Please avoid glass containers. Plastic bottles and aluminum cans work well. You may bring up to 1/2 case per person (12 cans).

**VALUABLES** » You will want to have photo ID, a major credit card, and some cash for gratuities. All other valuables and jewelry should be left at home or in a safety deposit box at your hotel. In addition, as a safety precaution we suggest that you not wear rings on the river. Also, each year a few of our guests traveling on airlines arrive without luggage. With this in mind, we suggest you carry with you medications, prescription glasses, and anything you may not be able to replace the evening before your trip departs.

**EXTRA LUGGAGE** » Transfer all your personal clothing and gear which you will need on your rafting trip to a small, lightweight duffle bag. Identify duffle bag with label, and leave any extra suitcases or luggage in your vehicle or at your hotel (many hotels offer complimentary luggage storage for Western River Expeditions' guests). Please **DO NOT BRING SUITCASES** on your river trip. As part of your camping equipment package, we provide a water-resistant bag in which you will place your duffle bag as well as the sleeping bag that we provide.

**WEATHER** » We always hope for good weather but you should be prepared for the possibility of cooler weather and storms. This is applicable to all trips throughout the season. The following chart shows averages for the months of March through October. Temperatures and precipitation will vary. A rain storm or a cool front can happen anytime. You can find current weather forecasts at [www.westernriver.com](http://www.westernriver.com) (select your trip and click the weather link). Water temperatures range from 60-75° in the spring and summer.

### TEMPERATURES AND PRECIPITATION - MOAB, UTAH:

	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT
Mean Max. Temperature	64	76	84	98	100	99	86	77
Mean Min. Temperature	33	39	49	58	62	61	50	40
Precipitation (inches)	0.9	1.2	1.1	0.1	1.2	0.8	0.8	1.6



### Get the Essentials for Your Trip at [redrockoutfitters.com](http://redrockoutfitters.com)

Through several decades of experience on the river, Western knows what clothing and gear will keep you smiling every second of your adventure. For your convenience, you can find all these items online with Western's retail division, Red Rock Outfitters. Visit [www.redrockoutfitters.com](http://www.redrockoutfitters.com)

**OTHER QUESTIONS** » If you have additional questions, our friendly staff is available Monday - Friday from 7:00 AM to 6:00 PM Mountain Time. Also, visit us online at [westernriver.com](http://westernriver.com) for more information. Be sure to see our "FAQS & POLICIES" section online under each trip.

*We want to make sure that the vacation package you select is truly the adventure of a lifetime. Rest assured, we will make every possible effort to ensure your comfort and safety while traveling with us. We have a fifty-year history of satisfied guests, and we are excited to have you join their ranks.*



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