

Packing List



DUFFLE BAG

All of your personal items should be packed into a soft-sided duffle bag approximately 12" x 13" x 24" in size.

Please limit your gear to 20 pounds.

This 20-pound maximum weight limit does not include beverages.



DAY BAG

Upon arrival to the river's edge, you will be provided a water-resistant day bag (approximately 7" x 13"). In this day bag, you will want to put those items you wish to access during the day (raingear, camera, gloves, sarong, medications, sun block, lip balm, river guidebook, etc). We recommend packing these items in a simple plastic grocery sack inside your duffle for easy transfer to your day bag at the launch site.



GEAR BAG

Also upon arrival at 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 duffle 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 or "paddle gear"** (Not just for rainstorms - offers protection against the cold water and wind-chill when running rapids - especially early in the morning.)
- 1 swimsuit (2-piece swimsuit or quick-dry shorts and sports bra recommended for women)
- 1 quick-drying shirt, (long sleeved sunhoodies are breezy and effective sun protection)
- 1 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

» *Water clarity can vary from clear to very silty. Clothing may become discolored. Please pack accordingly.*

PERSONAL ITEMS

- Personal hygiene products
- Plenty of sunscreen & lip balm
- LavaLava/Sarong coverup (long cloth useful for sun cover, light towel, changing clothes under cover)
- 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. Phones as camera in waterproof cases/sleeves. Charging brick for phones recommended. (Cell service unavailable).
- 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 10-15% 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.)

COLD WEATHER ITEMS

- Neoprene socks for river - Wool socks for camp
- Stocking cap, fleece or wool gloves
- Thick fleece jacket and/or lightweight down coat
- Lightweight long underwear for sleeping
- Paddler's "Splash Jacket" and/or splash pants

OPTIONAL PERSONAL ITEMS

- 1 small carabiner for clipping day use bag to ropes
- Disposable moist towelettes
- Mile-by-Mile River Guide Book (purchase through redrockoutfitters.com)
- Gloves for protection while gripping holds on the boat



The morning of your trip:

- Check out of your accommodations & eat a good breakfast.
- Meet in the lobby of Marriott SpringHill Suites. Bus departs at 7:30 AM.
- Complementary parking available at the Marriott during your river trip.
- Come dressed and ready to raft (see diagram below):

BIG SMILE

A smile is a curve that sets a lot of things straight

RETENTION DEVICE(S)

River guides invented these in the 1980's for a reason: They work!

LIFEJACKET / PFD

Available at the river's edge, with the rafts and guides

LIP BALM & SUNSCREEN

At least 30 SPF - You'll have time to apply before floating

MEDICATION

If needed

CAMERA

Or use a waterproof/sandproof case

QUALITY RAIN GEAR

Good quality rain gear is handy in your day bag for rain or rapids



HAT FOR SUN PROTECTION

A wide-brimmed hat, a baseball cap, or a visor

QUICK-DRY SHIRT

Best with UPF for sun protection

SUNGLASSES

They're not just for Hollywood looks!

QUICK-DRY SHORTS

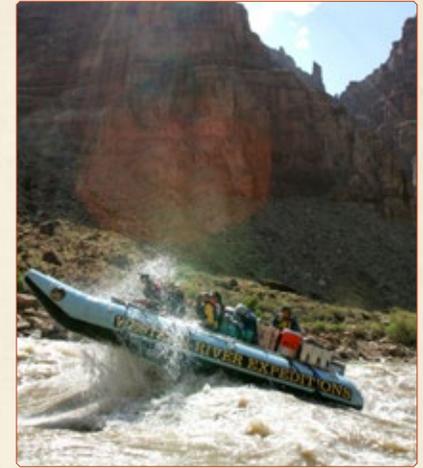
Makes sitting on the raft more comfortable

WATER BOTTLE WITH A CLIP

Always drink lots of water!

STURDY WATER SANDALS OR SHOES

No Flip-Flops, Mukluks, spurs, etc.



Gear provided:

- Large water-resistant gear bag containing a sleeping bag, sheet, and ground tarp. Once you arrive at the river that day, you should pack your personal duffel inside this large rubber bag where you can access it again that night at camp. (Inaccessible during the day).
- Small day bag to hold personal items you need throughout the day (sunscreen, lip balm, rain suit, camera, snacks).
- Lifejacket / PFD will be handed out and proper fitting will be demonstrated by your guides when you meet them at the rafts.
- Rafts: This trip exclusively uses motorized snout rigs with one guide and up to 6 passengers.

Things to bring:

- Duffel bag (approx. 12"x13"x24"), packed with clothing, toiletries, personal items outlined on the Cataract Canyon packing list
- Extra drinks, if desired. No glass containers. Water and lemonade are provided.
 - Utah State Liquor Store (beer, wine) - 55 West 200 South (closed Sundays)
 - City Market (beer, soda, etc) - 425 South Main Street

Together, packed duffel bag + optional drinks should be 25 lbs or less per person

For a local selection of beer and liquor you can visit the Moab Brewery. - 686 South Main Street, Moab, UT 84532

- Extra snacks, if desired. (Snacks will be provided during the trip).
- Photo ID, a major credit card, and cash for gratuities.
- Camera(s) - Phones as cameras in waterproof cases/sleeves (Cell service may be unavailable)

Things to leave: (NOT TO BRING ON THE RIVER)

- Car keys can be left at your hotel front desk, or with stored luggage while away
- Unnecessary electronic devices (game devices for kids, etc.)
- Jewelry

It's an Expedition!

-  River water levels vary throughout the rafting season.
-  Weather is always present on a river trip.... Temperatures can fluctuate daily, and may even disobey predicted weather forecasts!
-  Trip includes calm water sections both before and after the whitewater rapid section of Cataract Canyon.



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/cataract-canyon-express/travel-planning

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

Be Prepared for Any Weather:

Weather is always present on a river trip... Temperatures can fluctuate daily, and may even disobey predicted weather forecasts! It is wise to come prepared for anything, but we realize there are weight and size limitations for packing. While we cannot predict it all, hopefully we've given you the proper insights and information to prepare you for the adventure of a lifetime!

Rain Gear vs. Paddle Gear



Key Feature: Easy to wear, versatile, best in warmer weather and rain.

PROS:

- Keeps you relatively dry without the "sweat chamber effect"
- Blocks wind-chill after rapids
- Versatile purpose/easy to wear
- Best for rain, shields whitewater

CONS:

- Not waterproof during large rapids
- Getting cold can be a threat to fun



Key Feature: Neoprene rubber "gaskets" around wrists & neck. Best in cold weather & whitewater.

PROS:

- Nothing better for staying dry
- Ideal when weather remains cold
- Blocks water from all directions
- Best for whitewater

CONS:

- Hot & sweaty in warm weather
- Pullover style can be difficult
- Specialized, lacks versatility
- No hood for rainstorms

Get Ready in One Order: Red Rock Outfitters

Through several decades of experience on the river, Western knows what clothing and gear will keep you smiling every second of your adventure. Specifically, we've bundled **"The Works"** for him, for her and one for gear in general. For your convenience, you can order all these items online with Western's retail division:

www.RedRockOutfitters.com
1-888-924-2050

Moab Adventure Center

A large selection of clothing, footwear and gear is available at Western's Moab Adventure Center. Located conveniently at 225 South Main Street, Moab, Utah. Phone 866-904-1163.

