



# 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. 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.



## 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, medications, sun block, lip balm, river guidebook, etc). We recommend packing these items in a small sack or bag inside your duffle 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 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.)
- 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)

» *Water clarity can vary from clear to very silty. 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 and/or moist towelettes
  - 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).

## COLD WEATHER ITEMS

- (Especially April, early May & late Aug-Sept)
- 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

- 2 large (3"-4") carabiners for clipping day-use bag and water bottle to ropes
- A few clothespins and small piece of rope for drying clothes
- Comfortable lounge-wear for camp and sleeping
- Sarong (long cloth for sun cover, worn various ways)
- Mile-by-Mile River Guide Book (see [redrockoutfitters.com](http://redrockoutfitters.com))



## Items provided by Western River Expeditions

- » Transportation from Moab, Utah to the river
- » Professional, licensed guides
- » 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"), Ground cover & Tents for two
- » Water-resistant dry bag for sleeping gear (and your personal duffle bag)
- » Custom rafts
- » US Coast Guard approved whitewater life jackets
- » Wilderness First-Aid kit
- » Sanitary Facilities
- » Scenic Return Flight over Canyonlands National Park

## 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



**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

vs.

### Paddle Gear



**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 purpose 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. Get a FREE item with a "Works" purchase. For your convenience, you can order all these items online with Western's retail division: [redrockoutfitters.com](http://redrockoutfitters.com)



[www.RedRockOutfitters.com](http://www.RedRockOutfitters.com)

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## FINAL CHECKLIST: The morning of your trip:

- Check out of your accommodations & eat a good breakfast.
- Meet in the morning at Marriott SpringHill Suites lobby at either 7am, or 7:15 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 thirty years ago for hats and sunglasses. They work!

**LIFE JACKET / PFD**  
Available at the river's edge, with the rafts

**LIP BALM & SUNSCREEN**  
At least 30 SPF - You will have time to apply this on the bus ride

**MEDICATION**  
(if needed)

**WATERPROOF CAMERA**  
Or use a waterproof / sandproof case

**QUALITY RAIN GEAR**  
Good quality rain gear is handy in your day bag for rain, but especially for rapids!

**HAT FOR SUN PROTECTION**  
Wide-brimmed hat, baseball cap or visor

**COMFORTABLE 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 in the desert

**STURDY WATER SANDALS OR SHOES**  
No flip flops, mukluks, cowboy boots, 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: Oar boats, paddle rafts or J-Rig. Depends on water levels.

## 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
- 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 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. This can mean that the type of raft chosen during your river trip may vary between a large J-Rig Raft, or Oar and Paddle Rafts.
- 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.