Packing List & Travel Tips

DUFFLE BAG
All of your personal items should be packed into a soft-sided duffle bag approximately 12" x 13" x 24" in size. Aircraft weight allowances and raft space, Require a 20 lb. limit. Also limit beverages to 5 pounds per person. **(20lb. Duffle + 5 lbs. beverages per person).**

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 at camp each night of your trip.

CLOTHING ITEMS

- ☐ **Two-piece rain suit** (Not just for rainstorms - offers protection against the 50°F 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, (long sleeved sunhoodies are breezy and effective sun protection)
- ☐ 1-2 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 and horseback rides)
- ☐ Lightweight fleece top
- ☐ Sturdy water sandals or sneakers that can get wet with good tread & support for hikes, horseback riding, and other activities on the ranch as well. It is wise to consider a backup pair of sandals or shoes in case of 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

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

PERSONAL ITEMS

- ☐ Personal hygiene products - toothbrush, toothpaste
- ☐ Plenty of sunscreen & lip balm (limit aerosol spray cans to no more than one 16oz can per person)
- ☐ 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 loop for carabiner
- ☐ 2 large (3"-4") carabiners for clipping day use bag and water bottle to ropes
- ☐ Small towel and wash cloth
- ☐ Bandana or Buff
- ☐ Small pack of tissues and/or moist towelettes
- ☐ Small headlamp or flashlight with extra batteries
- ☐ Insect repellant (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 and for souvenirs at Bar 10 Ranch
- ☐ 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 tipping guideline is $20-25 per guest at the Bar 10 Ranch and 10-15% of your trip cost (per person) to your river guides. Tips are divided equally with the entire crew.

COLD WEATHER ITEMS April trips (May & Sept. check weather)

- ☐ 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

- ☐ A few clothespins & small rope for drying clothes
- ☐ Comfortable lounge-wear for camp and sleeping
- ☐ 1-2 plastic or ziploc bags for wet or sandy clothes
- ☐ Mile-by-Mile River Guide Book (see redrockoutfitters.com)

WESTERN RIVER EXPEDITIONS

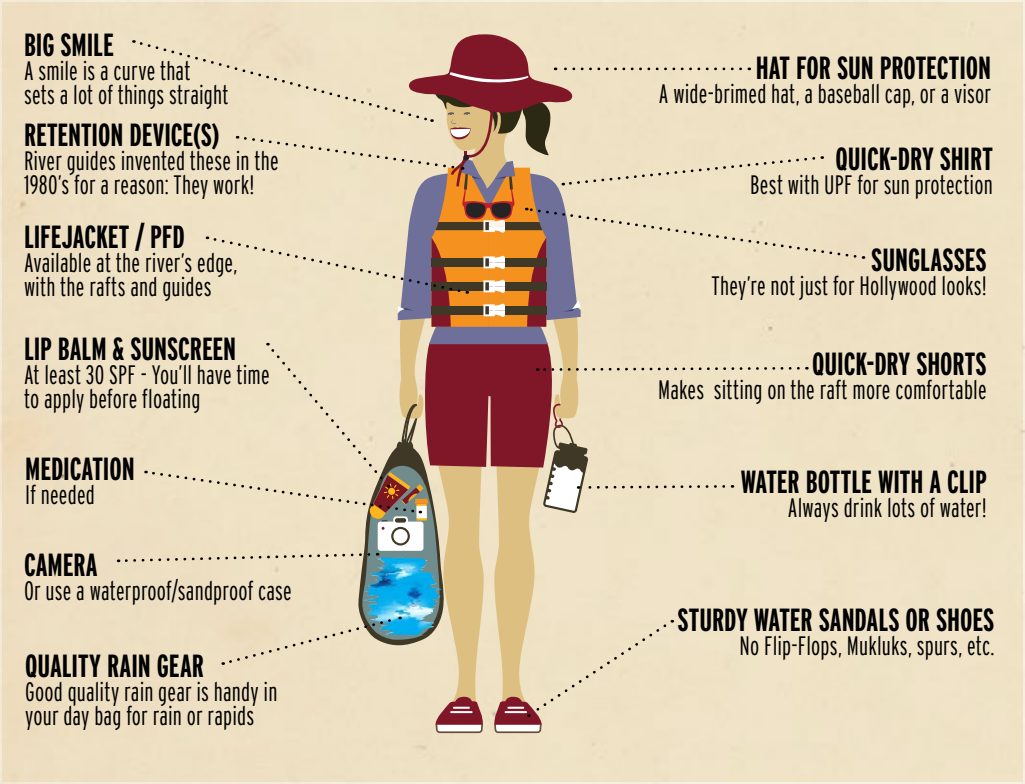
Western River Expeditions
7258 Racquet Club Drive
Salt Lake City, Utah 84121

HOURS: Mon-Fri 800am–5:00pm MST
EMAIL: gorafting@westernriver.com
ONLINE: www.westernriver.com

TOLL-FREE: 800-453-7450
LOCAL: 801-942-6669
FAX: 801-942-8514

FINAL CHECKLIST: The morning of your trip:

- ☐ Check out of your accommodations & enjoy the boxed breakfast provided before your charter flight from Las Vegas.
- ☐ Meet in the lobby of The Las Vegas Marriott, 325 Convention Center Dr, Las Vegas, NV at 10:15 AM for bus transfer to the Boulder Terminal and a 45 minute flight to Bar 10 Ranch. Picture ID is required for all passengers 18 and older.
- ☐ Come dressed and ready for a day of activities at Bar 10 Ranch - similar to how you'll dress the following day for the river (see diagram below):



Things to bring:

- ☐ Duffle bag (approx. 12"x13"x24"), packed with personal items outlined on the packing list
- ☐ Extra drinks, if desired. (see "Beverages" on General Information page Liquor stores available in Las Vegas day before charter flight).
- ☐ 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)

- ☐ Suitcases can be left at Marriott storage facility for a small fee
- ☐ Unnecessary electronic devices (game devices for kids, etc.)
- ☐ Jewelry

Dressing for the Bar 10 Ranch: You may want longer pants and closed-toe shoes for some of the ranch activities such as horseback riding, and ATV's.

Gear provided:

- ☐ **Large water-resistant gear bag containing a sleeping bag, sheet, and ground tarp.** Once you are dressed and ready for the river that day, you should pack your personal duffle so it is ready to place inside this large rubber bag once you get to the edge of the river. 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). Save yourself time by packing these items in a separate grocery or ziplock bag, ready to grab from your duffle bag and place inside the day bag once you get to the edge of the river.
- ☐ **Lifejacket / PFD** will be handed out and proper fitting will be demonstrated by your guides when you meet them at the rafts.
- ☐ **Cots, chairs and tents** are provided and available once you arrive in camp each night.

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/trips/grand4day/weather

TEMPERATURES AND PRECIPITATION - GRAND CANYON:

	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT
Mean Max. Temperature	71	82	92	101	106	103	96	84
Mean Min. Temperature	48	56	63	71	79	75	70	58
Precipitation (inches)	.79	.47	.36	.30	.84	1.4	.97	.65

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

April trips (May & September check weather)

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/high elevations.

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. For your convenience, you can order all these items online with Western's retail division:

www.RedRockOutfitters.com

1-888-924-2050