

BIKE/RAFT GEAR & CLOTHING CHECKLIST

PROVIDED BY HOLIDAY RIVER EXPEDITIONS

- LIFE JACKET
- EATING UTENSILS, PLATES & CAMP CHAIR
- LARGE WATERPROOF BAG
- FULL COURSE MEALS lunch the first day through lunch the last day
- DAY BAG
- DRINKS ice water, gatorade, lemonade, juices, 1 pops/person/day-mix of reg. & diet
- BIKE REPAIR KIT ample for common road repair on standard mountain bikes. If your bike has nonstandard components, come prepared.

The day bag 8" diameter x 20" high is for items you will need access to during the day. For your sleeping gear and clothing, we will furnish you with one bag 16" diameter x 2 feet high. When properly sealed, bags are usually waterproof. Once in a while, one could develop a problem; so if you have concerns, test your bags. Separate storage is provided for tents and beverages. Please remember to keep your gear light and compact-the less you bring, the happier you will be. Please limit gear to no more than 15-20 lbs.

GEAR YOU MUST BRING OR RENT FROM HOLIDAY

- CUP plastic mugs work well
- PONCHO/RAIN SUIT high quality important
- SLEEPING BAG compact and warm
- SLEEPING PAD Compact, must fit in the bag described above.
- LIGHT TENT back packer style, not the bulky heavy types.

You can rent most of the items listed above in our sleeping rental kit. We offer two varieties, our basic sleeping kit which includes a sleeping bag, sleeping pad, small pillow, rain gear and cup for \$40.00, or the same basic sleeping kit with a two-man tent for \$65.00. Rentals must be reserved in advance. Rentals requested the morning of the trip are subject to availability.

BIKE must be in good repair; Holiday rental bike with helmet is available **\$160.00/bike**; if personal bike fails to meet minimum operating standards you will be asked to rent a Holiday bike. **Holiday rental bikes come with platform pedals only. If you have clipless shoes you MUST bring your own pedals.**

RECOMMENDED CAMP CLOTHING & GEAR

- SWIMMING SUITS
- SHIRT (S) short-sleeved, cotton, bike jerseys; i.e. T-shirts
- SHORTS quick drying
- SHIRT (S) long-sleeved, quick dry for sun protection
- LONG PANTS quick drying
- SHOES keep dry for camp/hiking/biking, i.e. durable sneakers or light weight hiking boots
- HAT for sun protection, with strap
- SHOES to get wet while rafting, i.e. water sport shoes or sneakers
- SUN GLASSES with safety strap
- SOCKS several pair, 1 cotton, 2 polypropylene or wool
- SUN SCREEN SPF 15 or higher
- JACKET fleece or pile with wind/rain resistant shell
- CHAPSTICK with sun screen
- LONG UNDERWEAR (optional) med. weight polypropylene/synthetic type
- HAND LOTION non-fragrant
- BIODEGRADABLE SOAP available at outdoor specialty stores, or ivory soap
- TOOTHBRUSH/PASTE
- INSECT REPELLENT Deet concentrate in small bottles works best
- COMB or BRUSH
- TAMPONS/ZIPLOCK BAGS 1 bag per day
- WASHCLOTH
- MEDICATION Aspirin/IBU Profen/Tylenol and personal prescriptions
- TRAVEL TOWEL dries quick
- FLASHLIGHT or HEADLAMP small with extra batteries
- KLEENEX small travel pack
- STUFF SACK to keep wet/dry clothes separated, i.e. pillow case or plastic bag
- SARONG (optional)
- FANNY PACK for hiking
- CAMERA (at your own risk), extra memory Cards (or film), batteries, and waterproof container
- EXTRA BEVERAGES/SNACKS (optional) NO GLASS PLEASE, liquor,boxed-wine/canned-beer/specialty pops/juice/high energy foods
- BINOCULARS (optional, at your own risk)
- GROUND CLOTH (optional) for sleeping under the stars

Things not to bring on your trip - glass-bottled beverages, radios, firearms, pets, and large amounts of cash beyond what you'll want for your guide's gratuity. Do not bring expensive jewelry, watches or electronics i.e. cell phones, laptops, tablets, etc. **Warning:** In the event of a loss regardless of fault our insurance will not cover these expensive items. ****If you do decide to bring any of these items along with you to the meeting point for your trip, the most secure location to leave them behind would be at your hotel in their safe or locked up in the trunk of your vehicle. As a last resort we have a non-secure location at our headquarters, but we cannot assume responsibility for these items.**

EARLY OR LATE SEASONS SUPPLEMENTS (May June and Sept.)

- STOCKING CAP wool/synthetic
- WETSUIT BOOTIES (optional) replaces water sport shoes above
- GLOVES wool/synthetic
- PILE OUTERWEAR in addition to a quality jacket, synthetic pile pants
- RIDING TIGHTS cold weather riding
- LONG UNDERWEAR medium weight smartwool/synthetic type

BIKE CLOTHING & GEAR SUPPLEMENT

- TUBE PATCH KIT
- HELMET required - no exceptions, ANSI or SNELL approved.
- BIKE SHORTS padded
- SPARE BIKE TUBE Tuffy/Kevelar thorn strips are nice
- BIKE GLOVES a necessity
- WATER BOTTLE (S) / HYDRATION SYSTEM
- GEL BIKE SEAT OR GEL SEAT COVER (optional)

ITEMS YOU CAN BUY AT HOLIDAY'S ONLINE STORE: <http://www.bikeraft.com/products/> or at our accessories stores in Green River and Vernal; the meeting points for our White Rim/Cataract, Maze/Cataract, Moab/Westwater, and Yampa Bench/Yampa trips.

ITEMS YOU CAN BUY AT BACKCOUNTRY.COM: <http://bit.ly/1Ln7iDc>