

RAFT GEAR & CLOTHING CHECKLIST

GEAR PROVIDED BY HOLIDAY RIVER EXPEDITIONS

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| <input checked="" type="checkbox"/> PERSONAL FLOATATION DEVICE (life jacket) | <input checked="" type="checkbox"/> EATING UTENSILS, PLATES, & CAMP CHAIR |
| <input checked="" type="checkbox"/> LARGE WATERPROOF CAMP BAG | <input checked="" type="checkbox"/> FULL COURSE MEALS (lunch first day through lunch last day) |
| <input checked="" type="checkbox"/> SMALL WATERPROOF DAY BAG | <input checked="" type="checkbox"/> DRINKS ice water, lemonade, juices, 1 soda/person/day (popular mixes of regular & diet) |

Day bag (8" diameter × 20" high) is for items you'll need during the day. Camp bag (16" diameter × 24" high) is for sleeping gear & clothing. **When properly sealed**, bags are usually waterproof. Once in a while one could develop a problem; if you have concerns, test your bags. We provide separate storage for tents & beverages. Please remember to keep your gear light & 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

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| <input type="checkbox"/> *CUP (for morning hot drinks and/or evening cocktails; plastic mugs work well) | <input type="checkbox"/> LIGHT TENT (backpacker style, not bulky or heavy) |
| <input type="checkbox"/> *WATER BOTTLE (not in rental) | <input type="checkbox"/> PONCHO/RAIN SUIT (high quality, especially important for Yampa, Lodore, & Desolation trips) |
| <input type="checkbox"/> SLEEPING BAG (compact and warm) | <input type="checkbox"/> SLEEPING PAD (compact: must fit in the bag described above) |

You can rent most of the items listed above in our Rental Sleeping Kit. We offer two varieties: our basic sleeping kit, which consists of a sleeping bag, sleeping pad, small pillow, rain gear, & plastic mug for \$40.00; or, the same basic sleeping kit *plus* a two-person tent for \$65.00. **Rentals must be reserved in advance, especially for San Juan trips, where we meet away from our headquarters.** Water bottles & mugs are available for purchase in our stores in Green River and Vernal. **Water bottles are not included in the rental kits.**

RECOMMENDED CLOTHING & GEAR

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| <input type="checkbox"/> SWIMMING SUITS | <input type="checkbox"/> *SUNSCREEN: SPF 15 or higher (Pro tip! If you bring spray sunscreen, please be considerate of your fellow passengers and guides and do not spray it where others can breathe it in.) |
| <input type="checkbox"/> *SHIRT(S): short-sleeved, cotton (i.e., T-shirts) | <input type="checkbox"/> *CHAPSTICK with sunscreen |
| <input type="checkbox"/> *SHIRT(S): long-sleeved, quick-dry for sun protection | <input type="checkbox"/> HAND LOTION non-fragrant |
| <input type="checkbox"/> SHORTS: quick drying | <input type="checkbox"/> *BIODEGRADABLE SOAP: available at outdoor specialty stores, or ivory soap |
| <input type="checkbox"/> LONG PANTS: quick-dry for sun protection, warm/comfy for night time | <input type="checkbox"/> TOOTHBRUSH/PASTE |
| <input type="checkbox"/> SHOES: one pair to keep dry for camp/hiking (i.e., durable sneakers or light-weight hiking boots) | <input type="checkbox"/> TISSUES: small travel pack |
| <input type="checkbox"/> *SHOES: one pair to get wet while rafting (i.e., closed-toes water shoes, or sandals/sneakers that will stay on your feet if you are swimming) | <input type="checkbox"/> STUFF SACK: to keep wet/dry clothes separated (i.e., pillow case or plastic bags) |
| <input type="checkbox"/> *HAT: for sun protection, with chin strap | <input type="checkbox"/> *INSECT REPELLENT: DEET concentrate in small bottles works best (Pro tip! Bring lightweight, long-sleeved pants and shirts and spray the repellent on the clothing instead of your skin. Sarongs are also great for keeping bugs off your head and shoulders.) |
| <input type="checkbox"/> *SUNGLASSES: with retaining strap | <input type="checkbox"/> *FLASHLIGHT or HEADLAMP WITH RED LIGHT SETTING: small with extra batteries (Pro tip! Our eyes are remarkably adapted to see in the dark, but white LED lights wreck that night vision and make it harder for you and everyone else to see the stars. Red lights preserve night vision and attract fewer bugs.) |
| <input type="checkbox"/> SOCKS: several pairs, 1 cotton, 2 synthetic or wool | |
| <input type="checkbox"/> UNDERWEAR | |
| <input type="checkbox"/> COMB or HAIRBRUSH | |
| <input type="checkbox"/> TAMPONS/ZIPLOCK BAGS: 1 bag per day | |
| <input type="checkbox"/> WASHCLOTH | |
| <input type="checkbox"/> *TRAVEL TOWEL: quick drying | |
| <input type="checkbox"/> MEDICATIONS: aspirin/ibuprofen/Tylenol and/or personal prescriptions | |
| <input type="checkbox"/> WARM JACKET: fleecy- or pile-lined with wind/rain resistant shell | |

OPTIONAL ITEMS

- *SARONG (**Pro tip!** Sarongs are good for EVERYTHING! Get them wet and they'll keep you cool. They make great personal shade devices for hikes and sitting on rafts, and are good for extra bug protection. Wrap them around your waist for a discrete personal changing room. Use them as a towel. Lie on them on the sand. The list goes on!)
- WARM LAYERS: long underwear tops and bottoms (wool or synthetic), especially for early- or late-season trips
- FISHING GEAR: compact and well protected (i.e., rods packed in a case)
- CAMERA (at your own risk): extra memory cards, batteries, and waterproof case
- BINOCULARS (at your own risk)
- GROUND CLOTH: for sleeping under the stars.

- EXTRA BEVERAGES (NO GLASS PLEASE): liquor, boxed wine, canned beer, specialty pop, juice, etc. (**Pro tip!** Plan to buy your beer, liquor, or wine BEFORE arriving in Green River or Vernal. The liquor stores in these towns have limited selection and irregular hours. Some beer can usually be purchased at convenience stores and grocery stores in those towns, but again, selection is limited. **Special note for San Juan trips:** Blanding is a dry town, meaning they do not sell alcohol at all.)
- *HYDRATION PACK, DAY PACK, or FANNY PACK: for hiking
- EXTRA SNACKS: for small children and people with dietary concerns or health issues such as diabetes
- *RIVER MAP: to see where you're going

Things not to bring on your trip: glass-bottled beverages, radios, speakers, 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.). If you do choose to bring a cell phone for taking pictures, we strongly suggest getting a waterproof/floating case.

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 (except for San Juan trips), but we cannot assume responsibility for these items.

EARLY OR LATE SEASON SUPPLEMENTS (May, June, and September on all trips)

- *WARM STOCKING CAP: wool or synthetic
- WETSUIT BOOTIES or NEOPRENE SOCKS (optional, replaces water shoes)
- WARM GLOVES or PADDLING GLOVES: lightweight, wool, or synthetic
- PILE OUTERWEAR: in addition to a quality jacket, synthetic pile pants
- LONG UNDERWEAR: tops and bottoms, medium weight, wool or synthetic (fleece)

Although there is a greater chance of inclement weather on early and late season trips, a well-prepared river traveler will be able to appreciate the many advantages of these trips. Having the right clothing is essential. **Wool, fleece, pile, Capilene, and Smartwool** are natural and synthetic fabrics that retain their ability to insulate when wet (please note: **cotton will not keep you warm when it is wet**). Adding to these inner layers with good rain- and wind-resistant jackets and pants will keep you warm, dry, and most importantly, happy. Your comfort on the trip starts with finding the right type of synthetic under- and outer-wear and quality rain gear. We recommend Gear.com for your additional river trip needs. They offer a wide variety of gear to help you dress for success while on your river trip. A prepared traveler is a happy traveler.

Some items can be purchased from our online store: [HOLIDAY RIVER STORE](#) or at [GEAR.COM](#).

* = last-minute items you can buy at our Green River and Vernal headquarters, the meeting points for our Cataract, Westwater, Desolation, Lodore, and Yampa trips (**not San Juan trips**).