How to pack for a river trip

When packing for your overnight river trip, dry bags should be used to protect your stuff from rain, rapids, and unpredictable swims. Consider bringing a large bag for your bulky overnight gear and clothing, and a smaller day bag for easy access items. Once your big overnight bag is rigged to a boat, it can be challenging to de-rig and access throughout the day. You can compare your bags to the carry-on and checked baggage you pack for a flight. Everything you need during the day, layers, sunscreen, medicine, etc, goes in your smaller ‘carry-on,’ and everything you won’t need until you reach camp goes in your bigger ‘checked’ bag.

On this page you’ll find the essentials, and on the next page we list out additional items that you can consider bringing to set yourself up for success.

## The Essentials

### Clothing Items
- ____ Raincoat
- ____ Rain pants
- ____ Warm overcoat
- ____ Warm layer
  - ○ fleece, sweatshirt, or warm top
- ____ Shirts
  - ____ Boating time
  - ____ Camp time
  - ____ Bed Time
- ____ Pants
  - ____ Boating time
  - ____ Camp time
  - ____ Bed time
- ____ Shorts
  - ____ Boating time
  - ____ Camp time
- ____ Swimwear
- ____ Underwear
  - ○ enough for trip length + extra
- ____ Socks
  - ○ enough for trip length + extra
- ____ Hats
  - ____ Warm hat
  - ____ Sun hat
- ____ Gloves

### Gear Items
- ____ Sunscreen
- ____ Sunglasses
- ____ Water bottles
- ____ Shoes/Sandals
  - ____ Boating time
  - ____ Hiking or walking time
  - ____ Camp time
- ____ Toiletries
  - ____ Toothbrush/toothpaste
  - ____ Tweezers
  - ____ Chapstick
  - ____ Personal health items
  - ____ Personal medications
  - ____ Headlamp (consider bringing 2)
- ____ Coffee Mug
- ____ Sleep set up
  - ____ Tent (consider a tent bag or trash bag for a sandy wet tent)
  - ____ Sleeping bag
  - ____ Sleeping pad
  - ____ Small pillow

Check out more river resources, insights, and history: cfimoab.org/coyotes-corner or follow @cfimoab.
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Winter Items

Don’t be afraid of winter boating! Here are some additional items to consider if you are doing an overnight trip in the winter or anticipate cold weather.

___ Dry Suit
___ Rain boots
___ Extra pair of socks
___ Go ahead and throw in another pair of socks (you’re welcome)

The Extras

We all like a little something extra. Here are some items that may not be total essentials, but can help you feel more comfortable in the backcountry. If you have the space, might as well!

___ Sarong or lightweight towel
  o They can be used to cool down on a hot day, protect your skin from the sun, dry off, wipe sand off those feet, sit on at lunch, the list goes on...
___ Musical instruments
  o Unleash your inner bard.
___ Costumes and onesies
  o For costume and onesie night...duh.
___ Games!
  o Cribbage, Koob, and Bocce are fan favorites.
___ A journal, a book, and/or art supplies
___ A personal apothecary
  o Your trip should have a first aid kit or two, but consider bringing personal medications and mental health items like OTC meds, hand lotion, hydration tablets, and tea.

Pro Tip...gear management

We recommend bringing some clothing exclusively for active day time, and other clothing exclusively for camp down time and sleeping. Once you make camp, you can hang your daytime clothes on a line so that they are dry and ready for you the next day. Dividing your clothes will go a long way to promoting personal hygiene.

Pro Tip...dress like a guide

You are likely going to spend most of the day exposed to sun. Most sunscreens require application every couple hours to work. Choosing to cover up with long sleeve lightweight clothing will protect you from the sun more effectively.

You can get kids outside.

The Canyonlands Field Institute is a nonprofit organization dedicated to providing opportunities for historically excluded kids to be a part of nature. Visit cfimoab.org/join-and-support to create more opportunities for kids to experience the magic of the river.