Thank you for choosing CFI for your adventure! The Colorado Plateau climate is variable with the potential for both extreme heat in the day, cold nights, and rain. Since we may be traveling in remote areas, proper gear and clothing is essential for everyone’s safety and comfort. We may be hiking, spending time at camp, and whitewater rafting. You never know what can happen, so as a general rule, please do not bring anything new or fancy that you aren’t willing to get dirty or lose!

On river trips, you will be given a large dry bag at the beginning of the trip. This will serve as a “checked bag” that is rigged down and inaccessible during the day. Each boat will also have dry “carry-on bags” where you can store things you need during the day such as sunscreen and layers.

### Clothing Items
- Raincoat
- Rain pants
- Warm overcoat
- Warm layer
  - fleece, sweatshirt, other warm top
- Shirts
  - Boating time
  - Camp time
  - Bed time
- Pants
  - Boating time
  - Camp time
  - Bed time
- Shorts
  - Hiking 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
- Water bottle(s), 1 liter
- Hiking/Walking shoes
- River shoes
  - Any shoes you don’t mind getting wet. Sandals must have a heel strap, no flip flops while swimming or boating.
- Toiletries
  - Toothbrush/toothpaste
  - Bug spray
  - Chapstick
  - Personal health items
- Headlamp or flashlight
- Small Pillow
- Sunglasses
- Sleeping Bag (rental available)
- Sleeping Pad (rental available)
- Tent (rental available)
- Personal Medication, packaged with your name and dosage

**Check with your teacher about gear rental needs**

### Pro Tip...dress like a guide
You are likely going to spend most of the day on the water. Sun protection is required. 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.
Optional Items

___ Binoculars
___ Journal
___ A Book
___ Stuffed animals
___ Camp shoes

- Flip flops are ok around camp but not allowed on the river or for hiking activities.

Things to leave home

✗ All electronic devices
   Yes, including phones
✗ Pocket Knives
✗ Mess kit / silverware
✗ Matches / lighters

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.

We are excited to see you soon!!