Multi Day River Trip Rig List

Every river stretch is different. This checklist is a useful resource for packing for your private river trip, however, be sure to check your permit for any additional required items. Most stretches require you to check in with a ranger, who may look through your group’s gear to ensure you have everything you need.

<table>
<thead>
<tr>
<th>Kitchen Setup</th>
<th>Dish System</th>
<th>Camp Setup</th>
</tr>
</thead>
<tbody>
<tr>
<td>___ River kitchen*</td>
<td>___ Dishwashing bins</td>
<td>___ River wing / tarp for rain or sun</td>
</tr>
<tr>
<td>___ Stove</td>
<td>___ Dish soap</td>
<td>___ Lanterns or string lights</td>
</tr>
<tr>
<td>___ Propane</td>
<td>___ Bleach</td>
<td>___ Fire pan</td>
</tr>
<tr>
<td>___ Handwash system</td>
<td>___ Sponges and brushes</td>
<td>___ Fire blanket</td>
</tr>
<tr>
<td>___ Table(s)</td>
<td>___ Thick latex gloves</td>
<td>___ Firewood (see permit)</td>
</tr>
<tr>
<td>___ Trash container</td>
<td>___ Dish drying net</td>
<td>___ Games</td>
</tr>
<tr>
<td>___ Recycle bag</td>
<td>___ Metal pail</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Groover System</th>
<th>Group Gear</th>
<th>Drinking water:</th>
</tr>
</thead>
<tbody>
<tr>
<td>___ Secure container</td>
<td>___ Major First Aid Kit*</td>
<td>___ Gallons (one gallon per person per day)</td>
</tr>
<tr>
<td>(big enough for one use per person, per day)</td>
<td>___ Minor First Aid Kit*</td>
<td>___ Water containers</td>
</tr>
<tr>
<td>___ Seat</td>
<td>___ GPS communication device</td>
<td></td>
</tr>
<tr>
<td>___ Toilet Paper (10 uses per roll)</td>
<td>___ Tool kit*</td>
<td></td>
</tr>
<tr>
<td>___ Groover handwash system</td>
<td>___ Boat patch and repair kit*</td>
<td></td>
</tr>
<tr>
<td>___ Hand sanitizer</td>
<td>___ Pin Kit*</td>
<td></td>
</tr>
<tr>
<td>___ Disposable gloves</td>
<td>___ Hypo / Hyperthermia kit</td>
<td></td>
</tr>
<tr>
<td>___ Clorox wipes</td>
<td>___ Barrel pump + backup</td>
<td></td>
</tr>
<tr>
<td>___ Small trash bags</td>
<td></td>
<td></td>
</tr>
<tr>
<td>___ Pee bucket (optional)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Boats, additional notes, or other items</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>__________________________</td>
</tr>
<tr>
<td></td>
<td>__________________________</td>
</tr>
<tr>
<td></td>
<td>__________________________</td>
</tr>
<tr>
<td></td>
<td>__________________________</td>
</tr>
<tr>
<td></td>
<td>__________________________</td>
</tr>
<tr>
<td></td>
<td>__________________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Items</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>__________________________</td>
</tr>
<tr>
<td></td>
<td>__________________________</td>
</tr>
<tr>
<td></td>
<td>__________________________</td>
</tr>
<tr>
<td></td>
<td>__________________________</td>
</tr>
</tbody>
</table>

* Check out cfimoab.org/coyotes-corner for helpful suggestions for these items!

Get kids outside! Visit cfimoab.org/join-and-support to learn how you can create opportunities for kids to experience the magic of the river.

Check out more river resources, insights, and history: cfimoab.org/coyotes-corner or follow @cfimoab.
Build your own River Kitchen

Some people say that the most important part of the expedition is the food. A good river kitchen can transform backcountry cooking from a chore into an engaging, memorable experience. Use this guide to create a river kitchen that will allow you to cook 5-star meals to accompany your 5-star views.

Make sure to bring any specialized cooking gear associated with your expedition menu, like charcoal. Consider asking members of your trip to supply their own plate/bowl, camp mug, and silverware if you don’t have enough for everyone. Also, check your permit for any required kitchen items for the stretch of river you are running. If you plan on serving a riverside lunch, you could pack a separate, accessible set of utensils for prepping and serving lunch. If not, bring storage containers so people can pack their lunch at breakfast.

### Kitchen Setup
- Stove
- Propane
- Handwash system
- Table(s)
- Trash container
- Recycle bag
- Kitchen floor

### Cooking Utensils
- Knives
- Spatulas
- Serving spoons
- Tongs
- Can opener
- Whisk

### Cookware
- Cutting boards
- Pots and lids
- Pans
- Griddle
- Large mixing / serving bowls
- Coffee system
- Dutch oven, charcoal

### Kitchen Staples
- Cooking oil
- Salt + pepper
- Other spices
- Hot sauce
- Sugar
- Honey
- Teas
- Hot chocolate
- Coffee

### Other Supplies
- Trash bags
- Lighters / matches
- Dish cloths
- Oven mitt or hot pads
- Aprons
- Paper towels
- Ziplock bags
- Aluminum foil
- Shopping bags

### Dishware
- Plates
- Bowls
- Cups/mugs
- Cutlery
- Lunch storage containers

Get kids outside! Visit cfimoab.org/join-and-support to learn how you can create opportunities for kids to experience the magic of the river. Check out more river resources, insights, and history: cfimoab.org/coyotes-corner or follow @cfimoab.
Build your own Minor First Aid Kit

Store bought first aid kits are convenient, however they are often stuffed with cheap or unnecessary items. Building your own allows you to customize your gear to your needs and knowledge.

A minor first aid kit is a necessary part of any day long or overnight expedition. This is your go-to first aid kit for non-overnight adventures where you will have relatively quick access to front country aid. On an overnight expedition, this kit is designed to be lighter and more portable than your Major First Aid Kit. The Minor First Aid Kit is filled with easily accessible first aid essentials and can be quickly packed for a side hike or adventure where you will not have immediate access to your Major First Aid Kit.

This kit is designed to be used by someone with at least a Wilderness First Responder level certification. When building your own, only bring items, medications, and tools that you have the proper training to use.

<table>
<thead>
<tr>
<th>PPE Barriers</th>
<th>Hardware and Tools</th>
<th>Medicines and Ointments</th>
<th>Immobilization</th>
<th>Other Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>___ Gloves (2 pair)</td>
<td>___ Small scissors / shears</td>
<td>___ Hand sanitizer</td>
<td>___ ACE bandage</td>
<td>___ Golf pencil</td>
</tr>
<tr>
<td>___ CPR mask</td>
<td>___ Metal tweezers</td>
<td>___ Alcohol wipes</td>
<td>___ Triangle bandage / cravat (2)</td>
<td>___ SOAP note</td>
</tr>
<tr>
<td>___ KN95 mask</td>
<td>___ Safety pins</td>
<td>___ Acetaminophen (Tylenol)</td>
<td></td>
<td>___ Your own emergency contact list</td>
</tr>
<tr>
<td></td>
<td>___ Lighter</td>
<td>___ Ibuprofin</td>
<td></td>
<td>___ Blank paper or small notebook</td>
</tr>
<tr>
<td></td>
<td>___ Whistle</td>
<td>___ Diphenhydramine (Benadryl)</td>
<td></td>
<td>___ Trash bag</td>
</tr>
<tr>
<td></td>
<td>___ Signal mirror</td>
<td>___ Antibiotic ointment</td>
<td></td>
<td>___ Extra Ziplock bags</td>
</tr>
<tr>
<td></td>
<td>___ Irrigation syringe</td>
<td>___ Electrolyte packets</td>
<td></td>
<td>___ This checklist</td>
</tr>
</tbody>
</table>

| ___ Aspirin      | ___ Large band-aids (5)                 | ___ 4x4 inch sterile gauze pad (5) |                                   |
|                 | ___ Antibiotic ointment                 | ___ Medium band-aids (10)         |                                   |
|                 | ___ Electrolyte packets                 | ___ Moleskin / blister treatment  |                                   |
|                 | ___ Sunscreen SPF 50                    |                                   |                                   |

| Ouch Kit        | Wound Care                              |                               |
| ___ Lighter     | ___ 3” Gauze roll                       |                               |
| ___ Whistle     | ___ Cloth tape roll                     |                               |
| ___ Signal mirror | ___ 4x4 inch sterile gauze pad (5)   |                               |
| ___ Irrigation syringe | ___ Trauma dressing (2) |                               |

<table>
<thead>
<tr>
<th>Immobilization</th>
<th>Wound Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>___ ACE bandage</td>
<td>___ Lighter</td>
</tr>
<tr>
<td>___ Triangle bandage / cravat (2)</td>
<td>___ Whistle</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>___ Golf pencil</td>
</tr>
<tr>
<td>___ SOAP note</td>
</tr>
<tr>
<td>___ Your own emergency contact list</td>
</tr>
<tr>
<td>___ Blank paper or small notebook</td>
</tr>
<tr>
<td>___ Trash bag</td>
</tr>
<tr>
<td>___ Extra Ziplock bags</td>
</tr>
<tr>
<td>___ This checklist</td>
</tr>
</tbody>
</table>

Get kids outside! Visit cfimoab.org/join-and-support to learn how you can create opportunities for kids to experience the magic of the river.

Check out more river resources, insights, and history: cfimoab.org/coyotes-corner or follow @cfimoab.
Build your own Major First Aid Kit

This kit is designed to be used by someone with at least a Wilderness First Responder level certification. Pack these items in durable bags inside a waterproof container, and use plastic dividers inside the container to ensure your system is organized. When building your kit, only bring items, medications, and tools that you have the proper training to use.

**PPE Barriers**
- Disposable gloves (10 pair)
- CPR mask
- Safety goggles
- N95 mask (2)

**Hardware and Tools**
- Trauma shears
- Tweezers
- Razor
- Nail clippers
- Nail file
- Safety pins (10)
- Biohazard bag
- Ziplock bags (5)
- Thermometer
- Lighter
- Duct tape
- Whistle
- Emergency blanket
- Signal Mirror
- Signal Flare
- Hydraulic syringe

**Medicines and Ointments**
- Sunscreen
- Aloe vera
- Bug spray
- Calamine lotion
- Petroleum jelly
- Poison Ivy treatment
- Antibacterial ointment
- Hydrocortisone cream
- Pepto Bismol
- Antacid tablets
- Glucose gel
- Electrolyte tablets or pills
- Aspirin
- Ibuprofin / Advil
- Acetaminophen / Tylenol
- Diphenhydramine / Benadryl
- Cold and flu medicine

**Wound Care**
- Alcohol prep pads (20)
- Regular band-aids (20)
- Extra large band-aids (10)
- Knuckle band-aids (5)
- Butterfly closures (10)
- Moleskin / blister treatment
- Combine dressing (2)
- 4x4 sterile gauze pads (10)
- Gauze roll (2)
- Nonadherent dressing (5)
- Moist burn pad (2)
- 2nd skin
- Steri strips (1 pack)
- Skin tac

**Orthopedic Care**
- Kling roll bandage (2)
- Triangular bandage / cravat (3)
- Ace bandage large (1)
- Ace bandage medium (2)
- Cold pack (2)
- Athletic tape (1 roll)
- Sam splint

**Additional items**
- Pencils
- Sharpie
- Small notebook
- SOAP Notes (4)
- First Aid Book
- Small tarp
- Emergency contacts
- Possible evacuation routes
- This checklist

**Healthcare supplies**
- Tampons
- Menstrual pads
- Q tips
- Toothbrush / toothpaste
- Hand sanitizer
- Hand soap

Get kids outside! Visit cfimoab.org/join-and-support to learn how you can create opportunities for kids to experience the magic of the river. Check out more river resources, insights, and history: cfimoab.org/coyotes-corner or follow @cfimoab.
This Pin Kit was designed for a river rescuer with an active Swiftwater Rescue certification. Specific training is required to perform river rescues, and you should only use gear and techniques that you fully understand.

___ Dry bag  
___ 10 feet of 1" tubular webbing (2 lengths)  
___ Prussiks (3)  
___ Locking carabiners (5)  
___ Pullies (2)  
___ Haul line, 75 feet  
___ Instruction cards suited to your training level

Pro Tip...unpack and dry
When you are done with your expedition, unpack your pin kit, inspect the gear, and store everything in a clean, dry location.

Check out more river resources, insights, and history: cfimoab.org/coyotes-corner or follow @cfimoab.
A patch and repair kit is used to make field repairs to your boat. Rafts are made with a few different types of rubber and plastic blends, and knowing your boat’s material is essential to building an effective patch kit.

___ Patch material (to match boat material)
___ Boat patch adhesive (to match boat material, unexpired)
___ Aquaseal
___ Disposable gloves
___ Clean brushes (3)
___ Patch roller tool

___ Sandpaper
___ Mixing can
___ Popsicle sticks (5)
___ Scissors
___ Rag
___ Sharpie
___ Boat patch instructions

Get kids outside! Visit cfimoab.org/join-and-support to learn how you can create opportunities for kids to experience the magic of the river.

Check out more river resources, insights, and history: cfimoab.org/coyotes-corner or follow @cfimoab.
Build your own Tool Kit

A Tool Kit is a great item to add to your river trip gear. While you may not crack it open during every trip, these essentials can turn tricky backcountry programs into easy fixes. You should adapt this list based on your boat frame’s style and hardware.

___ Stove repair kit
___ Spare frame and oar parts
___ Pipe clamps
___ Spare buckles
___ Spare tent stakes
___ Valve wrench
___ Spare valve
___ Duct tape
___ Bailing wire

___ Frame tools
___ Allen keys
___ Adjustable wrench
___ Hammer
___ Flat and Philips head screwdrivers
___ Channel locks

Get kids outside! Visit cfimoab.org/join-and-support to learn how you can create opportunities for kids to experience the magic of the river.

Check out more river resources, insights, and history: cfimoab.org/coyotes-corner or follow @cfimoab.
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.
How to pack for a river trip

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
   ○ 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
   ○ Unleash your inner bard.
___ Costumes and onesies
   ○ For costume and onesie night...duh.
___ Games!
   ○ Cribbage, Koob, and Bocce are fan favorites.
___ A journal, a book, and/or art supplies
___ A personal apothecary
   ○ 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.