Thank you for choosing CFI for your adventure! The Colorado Plateau climate is a variable climate with the potential for both extreme heat in the day, and cold nights. Despite being in the desert, rain is always a possibility. 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. As a general rule, please do not bring anything new or fancy that you aren't willing to get dirty or lose!

This is an overnight river trip on the San Juan River. On river trips, you will be given a large, 60 L 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 participant will also receive a river purse as a “carry-on.” This is a small dry bag where you can store items you need during the day like layers and sunscreen.

### Clothing Items

- ___ Raincoat
- ___ Rain pants
- ___ Warm overcoat
- ___ Warm layer
- - fleece, sweatshirt, other warm top
- ___ Shirts
- - ___ Boating time - long sleeve sun shirt
- - ___ Evening and camp time
- ___ Pants and shorts
- - ___ Boating time
- - ___ Evening and camp time
- ___ Swimwear for motel hot tub
- ___ Swimwear for river trip
- ___ Underwear
- - ___ Enough for trip length + extra
- ___ Socks
- - ___ Enough for trip length + extra
- ___ Hats
- - ___ Warm hat
- - ___ Sun hat
- ___ Gloves
- ___ Reading or quote to share with the group

### Gear Items

- ___ Sleeping Kit (A sleeping kit can be rented)
- ___ Tent
- ___ Tent parts: poles, stakes, rainfly, ground tarp
- ___ Sleeping pad
- ___ Sleeping Bag
- ___ Small pillow
- ___ Sunscreen
- ___ Sunglasses + retaining strap
- ___ Water bottle, 1 liter
- ___ Light 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.
- ___ Comfortable camp shoes
- - ___ flip flops are ok at camp
- ___ Toiletries
- - ___ Toothbrush/toothpaste
- - ___ Bug spray
- - ___ Chapstick
- - ___ Personal health items
- ___ Headlamp or flashlight + batteries
- ___ Prescription Medication
Canyonlands Field Institute Packing List: Women and Water

Optional Items

___ Binoculars
___ Collapsible trekking poles
___ Journal
___ A Book
___ Towel or sarong
___ Costume
___ Acoustic Instruments
  - Let us know if you want to bring an instrument
___ Earplugs for sleeping
___ Face covering for sun or dust
___ Alcohol, sodas, seltzers, soft drinks
  - If you BYO drinks, let us know and we may be able to make space in a cooler
  - Glass is not preferred on the river

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.

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!!