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## Rafting and Hiking Cataract Canyon Packing List

\*Please remember to keep your personal gear light and compact. The less you bring, the happier you will be. Recommended per person gear limit = 20 pounds. You may also leave a small bag of travel clothes at our hotel while we're on the river portion.

### PROVIDED BY OUR OUTFITTER

- \_ Personal flotation device (life jacket)
- \_ Large waterproof bag (16-inch x 2 feet high, approx. 75 liters)
- \_ Small waterproof bag (8-inch x 20 inches high, approx 12 liters)
- \_ Eating utensils, plates & camp chair
- \_ Full course meals
- \_ Drinks: ice water, lemonade, juices, 1 soda/person/day (popular mixes of regular & diet)
- \_ Tents
  - You're welcome to bring your own; call the AGC office for tent approval **before** packing yours. Must be a lightweight backpacker style, not bulky or heavy
  - AGC will be renting tents from the outfitter once we know final participant numbers and how many people are bringing their own tents. This is included in your trip price.
  - You may also rent a sleeping bag and sleeping pad from the outfitter if need be. Your Program Manager will send out a survey 30 days prior to departure to see who would like to rent a sleeping bag and pad. Approximate total cost: \$40.

### ITEMS YOU MUST BRING

- \_ Cup for morning hot drinks and/or evening cocktails (plastic mugs work well)
- \_ Poncho/rain suit (High quality to keep you warm in case of downpour)
- \_ Sleeping bag (compact and warm, rated to at least 20 degrees)
  - You may rent from our outfitter (see notes above)
- \_ Sleeping pad (compact: must fit in the bag described above)
  - You may rent from our outfitter (see notes above)
- \_ Water bottle
  - 1L or about 32 fl oz, sturdy, lightweight, easy to clip to a rope with a carabiner,  
Ex: Nalgene
- \_ Biodegradable soap/shampoo like Dr. Bronner's for bathing while on river (travel size)

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## RECOMMENDED CLOTHING & GEAR

- \_ (2) Swimming suits
  - Make sure they're comfortably worn under a life jacket (i.e. no bikinis with ties)
  - Synthetic sports bra and running shorts work well too
- \_ (2) T-shirts:
  - One cotton t-shirt is fine for breathability in the desert (worn at campsite, not on river).
  - One should be synthetic.
- \_ (3) Long-sleeved shirts: quick-dry synthetic with sun protection built-in.
  - Hooded shirts are great for added sun protection of neck/head
- \_ (2) Shorts: quick-drying
- \_ (2) Long pants
  - One pair quick-drying with sun protection that you could wear on the raft
  - One pair that is warm and comfy for wearing around campsite at night
- \_ Long underwear top and bottom for sleeping at night
  - Can be "medium weight" synthetic
- \_ Warm Fleece Jacket
- \_ (4) Socks:
  - One pair of warm "sacred socks" that you only wear while sleeping
  - Three pairs of synthetic socks for hiking, rafting & lounging
- \_ Underwear: As many pairs as you need to feel comfortable
- \_ 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 discreet personal changing room. Use them as a towel. Lie on them on the sand. The list goes on!
- \_ (2) Shoes:
  - One pair to keep dry for camp/hiking (i.e., durable sneakers or light-weight hiking boots)
  - 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. Ex: Chacos, Keens)
- \_ (2) Hats:
  - One for sun protection, with chin strap
  - One for warmth and wearing around the campsite at night (fleece works well)
- \_ Gloves, Mittens, or Paddling Gloves: to keep hands warm.
  - Must be synthetic (i.e. wool, fleece, neoprene)
- \_ Sunglasses with retaining strap
- \_ Sunscreen: 15 SPF or higher. **Must be environmentally friendly sunscreen**
  - No oxybenzone or octinoxate
  - Look for the label "reef-friendly"
  - 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.
- \_ Chapstick with sunscreen

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- \_ Hand lotion: non-fragrant
- \_ Toothbrush: **Not** electronic
- \_ Toothpaste: travel size works well
- \_ Insect Repellent: Deet concentrate in small bottles works best
  - Pro tip: bring lightweight, long-sleeved shirts and pants and spray the repellent on the clothing instead of your skin. Sarongs are also great for keeping bugs off your head and shoulders.
- \_ Comb/hairbrush: travel size
- \_ Any feminine hygiene products you need (Tampons work better than pads on river trips) + ziplock bags to pack out their trash
  - Silicone cups also work well in the backcountry, you can change the cup out using the groover (portable toilet) and baby wipes
- \_ Washcloth
- \_ Travel towel: quick drying
- \_ Personal Patch Kit
  - Medications: aspirin/ibuprofen and/or personal prescriptions
  - Band-aids/blister pads
  - Athletic tape
- \_ Headlamp with red light setting: small with extra batteries on hand
  - 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.
- \_ Tissues: small travel pack
- \_ Stuff sack: to keep wet/dry clothes separated
  - Could be a waterproof lightweight stuff sack or a large ziplock bag

## OPTIONAL ITEMS

- \_ Fishing Gear: compact and well protected (i.e., rods packed in a case)
  - You will need to purchase a fishing license for Utah on your own
- \_ Camera (at your own risk): extra memory cards, batteries, and waterproof case
- \_ Extra Beverages (NO GLASS PERMITTED)
  - Liquor, boxed wine, canned beer, specialty pop, juice, etc.
  - We will make a beverage run on the first night in Moab
- \_ Hydration pack, small day pack or fanny pack for day hikes
- \_ Extra Personal Snacks
- \_ Binoculars (at your own risk)
- \_ Trekking poles (Must have rubber tips for the ends and they must collapse down to a size that fits in your allowable boat bag limit. Consider bringing just one trekking pole for packing ease.)
  - Bag limit: Large waterproof bag: 16-inch x 2 feet high, approximately 75 liters



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**DO NOT BRING**

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.

Thanks for reading  
Happy paddling!

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