



Packing List & Travel Tips



DUFFLE BAG

All of your personal items should be packed into a soft-sided duffle bag approximately 12" x 13" x 24" in size. Due to aircraft weight allowances and raft space, please limit your gear to 20 pounds. There is also a beverage limit of no more than 5 pounds per person.



DAY BAG

Upon arrival to the river's edge, you will be provided a water-resistant day bag (approximately 7" x 13"). In this day bag, you will want to put those items you wish to access during the day (raingear, camera, medications, sun block, lip balm, river guidebook, etc). We recommend packing these items in a simple plastic grocery sack inside your duffle for easy transfer to your day bag at the launch site.



GEAR BAG

Also upon arrival at the launch site of your trip, you will receive a water-resistant gear bag. This bag will contain your sleeping bag, sheet and ground tarp. You will put your duffle bag inside this bag, roll the top down and clip it securely to avoid getting your personal gear wet. Your personal gear bag will be available at camp each night of your trip.

CLOTHING ITEMS

- Two-piece rain suit or "paddle gear"** (Not just for rainstorms - offers protection against the 50°F cold water and wind-chill when running rapids - especially early in the morning.)
- 2 swimsuits (2-piece swimsuit and quick-drying shorts recommended for women)
- 2 quick-drying shirts
- 1-2 comfortable shorts and underwear for camp
- 1 pair socks for use in case of sunburn or foot injury
- 1 pair quick-drying pants (optional - for sun protection)
- Lightweight fleece top
- Sturdy water sandals or multi-sport shoe that can get wet with good tread & support for hikes. It is wise to consider a backup pair of sandals or shoes in case of damage.
- Comfortable footwear for camp (some guests prefer to change out of wet sandals or shoes into flip flops or other light weight shoes)
- Hat for sun protection with string or hat clip
- Gloves for protection while gripping ropes

» *Water clarity can vary from clear to very silty. Clothing may become discolored. Please pack accordingly.*

PERSONAL ITEMS

- Personal hygiene products - toothbrush, toothpaste
- Plenty of sunscreen
- Sunscreen lip balm
- After-sun moisturizing lotion
- Biodegradable soap and shampoo in small bottles
- Sport water bottle with clip or loop for carabiner
- 2 large (3"-4") carabiners for clipping day use bag and water bottle to ropes
- Small towel and wash cloth
- Bandana or Buff
- Small pack of tissues and/or moist towelettes
- Small headlamp or flashlight with extra batteries
- Insect repellent (small container)
- Sunglasses with safety strap
- Camera - waterproof digital camera with extra batteries and memory cards recommended.

(Note: online post-trip photo sharing will be available for those with digital images. You will be given access information via email. Please ensure we have your accurate email address on file).

- Small travel pillow
- Medication if needed (cool storage is available)
- Major credit card and photo ID in case of evacuation and for souvenirs at Bar 10 Ranch
- Cash for gratuities (Your guides will make every effort to see that your trip is enjoyable and successful. Gratuities for guides are appropriate, greatly appreciated and at your discretion, as a gesture of thanks for their professionalism and service. A suggested guideline is \$20-25 per person for a tip box at the Bar 10 Ranch and the remaining 10 percent of the trip cost to your river guides. The common practice is to give the gratuity to the trip leader on the last night. It will later be divided equally with the rest of the crew).

COLD WEATHER ITEMS

(Especially April, early May)

- Neoprene socks for river - Wool socks for camp
- Stocking cap, fleece or wool gloves
- Thick fleece jacket and/or lightweight down coat
- Lightweight long underwear for sleeping
- Paddler's "Splash Jacket" and/or splash pants

OPTIONAL PERSONAL ITEMS

- 1-2 plastic or ziploc bags for wet or sandy clothes
- A few clothespins & small rope for drying clothes
- Comfortable lounge-wear for camp and sleeping
- Sarong (long cloth for sun cover, worn various ways)
- Mile-by-Mile River Guide Book (see redrockoutfitters.com)



Weather

We always hope for good weather but you should be prepared for the possibility of cooler weather and storms. This is applicable to all trips throughout the season. The following chart shows averages for the months of March through October. Temperatures and precipitation will vary. A rain storm or a cool front can happen anytime. You can find current weather forecasts at: www.westernriver.com/trips/grand4day/weather

TEMPERATURES AND PRECIPITATION - GRAND CANYON:

	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT
Mean Max. Temperature	71	82	92	101	106	103	96	84
Mean Min. Temperature	48	56	63	71	79	75	70	58
Precipitation (inches)	.79	.47	.36	.30	.84	1.4	.97	.65

Be Prepared for Any Weather:

Weather is always present on a river trip... Temperatures can fluctuate daily, and may even disobey predicted weather forecasts! It is wise to come prepared for anything, but we realize there are weight and size limitations for packing. While we cannot predict it all, hopefully we've given you the proper insights and information to prepare you for the adventure of a lifetime!

Rain Gear

vs.

Paddle Gear



Key Feature: Easy to wear, versatile, best in warmer weather and rain.

PROS:

- Keeps you relatively dry without the "sweat chamber effect"
- Blocks wind-chill after rapids
- Versatile purpose/easy to wear
- Best for rain, shields whitewater

CONS:

- Not waterproof during large rapids
- Getting cold can be a threat to fun



Key Feature: Neoprene rubber "gaskets" around wrists & neck. Best in cold weather & whitewater.

PROS:

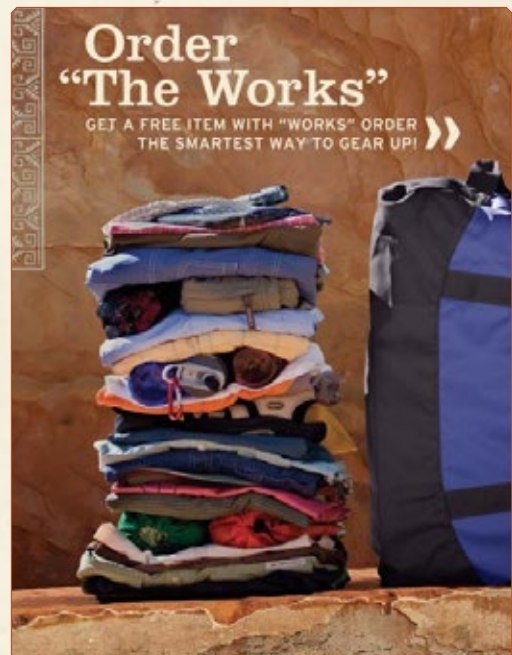
- Nothing better for staying dry
- Ideal when weather remains cold
- Blocks water from all directions
- Best for whitewater

CONS:

- Hot & sweaty in warm weather
- Pullover style can be difficult
- Specialized purpose lacks versatility
- No hood for rainstorms

Get Ready in One Order: Red Rock Outfitters

Through several decades of experience on the river, Western knows what clothing and gear will keep you smiling every second of your adventure. Specifically, we've bundled "The Works" for him, for her and one for gear in general. Get a FREE item with a "Works" purchase. For your convenience, you can order all these items online with Western's retail division: redrockoutfitters.com



www.RedRockOutfitters.com

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FINAL CHECKLIST: The morning of your trip:

- Check out of your accommodations & enjoy the boxed breakfast provided before your charter flight from Las Vegas.
- Meet in the lobby of The Las Vegas Marriott, 325 Convention Center Dr, Las Vegas, NV at 10:15 AM for bus transfer to the Boulder Terminal and a 45 minute flight to Bar 10 Ranch. Picture ID is required for all passengers 18 and older.
- Come dressed and ready for a day of activities at Bar 10 Ranch - similar to how you'll dress the following day for the river (see diagram below):

Dressing for the Bar 10 Ranch:
You may want longer pants and closed-toe shoes for some of the ranch activities such as horseback riding, and ATV's.

BIG SMILE

A smile is a curve that sets a lot of things straight

RETENTION DEVICE(S)

River guides invented these thirty years ago for hats and sunglasses. They work!

LIFE JACKET / PFD

Available at the river's edge, with the rafts

LIP BALM & SUNSCREEN

At least 30 SPF - You will have time to apply this before rafting

MEDICATION

(if needed)

WATERPROOF CAMERA

Or use a waterproof / sandproof case

QUALITY RAIN GEAR

Good quality rain gear is handy in your day bag for rain, but especially for rapids!



HAT FOR SUN PROTECTION

Wide-brimmed hat, baseball cap or visor

COMFORTABLE SHIRT

Best with UPF for sun protection

SUNGLASSES

They're not just for Hollywood looks

QUICK DRY SHORTS

Makes sitting on the raft more comfortable

WATER BOTTLE WITH A CLIP

Always drink lots of water in the desert

STURDY WATER SANDALS OR SHOES

No flip flops, mukluks, cowboy boots, spurs, etc.



Gear provided:

- Large water-resistant gear bag containing a sleeping bag, sheet, and ground tarp. Once you are dressed and ready for the river that day, you should pack your personal duffel so it is ready to place inside this large rubber bag once you get to the edge of the river. You can access it again that night at camp. (Inaccessible during the day).
- Small day bag to hold personal items you need throughout the day (sunscreen, lip balm, rain suit, camera, snacks). Save yourself time by packing these items in a separate grocery or ziplock bag, ready to grab from your duffel bag and place inside the day bag once you get to the edge of the river.
- Lifejacket / PFD will be handed out and proper fitting will be demonstrated by your guides when you meet them at the rafts.

Things to bring:

- Duffel bag (approx. 12"x13"x24"), packed with personal items outlined on the packing list
- Extra drinks, if desired. (see "Beverages" on General Information page. Liquor stores available in Las Vegas day before charter flight).
- Extra snacks, if desired. (Snacks will be provided during the trip).
- Photo ID, a major credit card, and cash for gratuities.
- Camera(s) - Phones as cameras in waterproof cases/sleeves (Cell service unavailable)

Things to leave: (NOT TO BRING ON THE RIVER)

- Suitcases can be left at Marriott storage facility for a small fee
- Unnecessary electronic devices (game devices for kids, etc.)
- Jewelry



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