



## Packing for Your GCY Expedition Verde River Expedition

### How to Pack

Bring one bag for this trip. At the river, you will take your lunch, sunscreen, water bottles, and any needed medications and pack them into a small “dry bag” that will be provided for you. Your backpack with extra clothes for after the trip will stay in your vehicle while you are out paddling.



*Left: Your lunch and small personal items will be packed into a small dry bag, then rolled and buckled to ensure contents stay dry while on the river!*

*Right: A school backpack works perfectly. So does an extra shopping bag!*

*\*Bags are not to scale*

### GCY & Verde River Institute Will Provide...

A lifejacket, small dry bag for your lunch, kayaks, paddles, snacks, extra fresh water, and extra rain gear and jackets for participants to borrow if they get cold or wet. There are outhouse-style bathrooms at the beginning of the river stretch, the lunch spot, and the end of the river stretch.

### Borrowing from GCY

GCY has many items available to borrow at our warehouse, including river shoes and rain jackets. Please check with us before purchasing any items! We understand that kids grow quickly, and purchasing outdoor gear can be a burden. Work with your Trip Coordinator to request certain items, or stop by the GCY warehouse and try on things for yourself.

### Do Not Bring

If you do not see an item on the Equipment List, it is because **we have intentionally left it off**. Avoid bringing heavy clothing, jeans, nice shoes, or leather boots. GCY programs are intentionally technology free, so please do not bring any electronics (cell phones, mp3 players, gaming devices). Remember anything you bring may get lost or ruined! Leave behind all money, wallets, and other valuables (watches, jewelry, favorite clothes, etc.). GCY will provide plenty of snacks, so **only bring your lunch**.

### Medications

**Please bring TWO SETS of any necessary or prescription medications** (inhalers, Epi pens, daily medications, etc.). One set will stay with you and the other will go with your Trip Coordinator as backup. **YOUTH MUST BE ABLE TO MANAGE AND ADMINISTER THEIR OWN MEDICATIONS.** GCY provides extensive first-aid kits for the program. You do not need to bring any over-the-counter medications or first-aid supplies.

# Equipment List

## Arrive Wearing

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- River shoes:** 1 pair of **CLOSED-TOE** sport sandals with a thick sole and heel strap, or an old pair of tennis shoes that can get wet.
- Quick-dry shorts:** They should be made of nylon or fast-drying material (not cotton!). Athletic shorts, swim trunks, or leggings.
- Bathing suit tops (for girls):** No tying swimsuits, dark-colored sports bras recommended.
- Sun shirts:** Long-sleeved, lightweight, cotton shirts are ideal for sun protection. Think men's dress shirts. Wearing shirts is required.
- Sun hat:** With a large brim and chin-strap. Wearing a hat is required.
- Sunglasses**
- Retention device:** Small strap for your sunglasses or eyeglasses so you don't lose them, such as Chums or Croakies.

## Keep with you during the day (Pack into dry bag)

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- Your Lunch**
- Water bottles:** 2 Nalgene-type screw top plastic bottles. You need at least 2 liters. Camelbacks or other hydration packs are okay as long as you also bring a spare water bottle.
- Carabiners:** 2 metal clips that let you attach your backpack and water bottle to boats. Find them at outdoor shops. They should be at least 3 inches long, and do not need to be climbing grade or locking.
- Rain gear:** 1 Rain jacket (no ponchos) & 1 pair of rain pants.
- Lightweight fleece jacket:** Bring 1
- Waterproof disposable cameras:** (optional) Bringing large or expensive cameras is not recommended.
- Eyeglasses:** If needed. If you wear contact lenses, bring back-up glasses, just in case.
- Sunscreen:** At least a 6 oz. bottle.
- Personal Toiletries:** chapstick, travel size lotion, feminine products (tampons with cardboard applicators or O.B. tampons are recommended)
- Personal medications:** Bring 2 sets!

## For the drive home (Will stay in vehicle)

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- Small towel:** Bring 1
- Extra, dry set of clothes:**
  - T-Shirt
  - Shorts or Pants
  - Underwear
  - Socks
  - Dry Shoes: these can be tennis shoes, flip flops, etc.
- Trash Bag:** Bring 1 to store all of your wet, dirty clothes in on the ride back

