

Packing for Your GCY Expedition

Verde Valley Explorer

How to Pack

Bring one bag for this expedition. It can be a school-sized backpack or small duffel bag. ALL of your belongings should be packed into this bag at the beginning of the expedition.

At the river, you will pack your lunch (provided by GCY), sunscreen, water bottles, any additional weather appropriate gear, and any needed medications into a small "dry bag" that will be provided for you. Your backpack/duffel bag with all your personal items will stay in the GCY vehicles while you are kayaking.



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

Right: A school backpack works perfectly to pack everything you will need for this expedition. So does a small duffel or gym bag

GCY Will Provide...

A Personal Flotation Device (PFD), kayak, paddle, dry bag, and a lunch for each participant. Other gear coming along for the trip includes snacks, fresh water, safety equipment, other activity supplies, and extra cold weather gear if necessary. There is no wilderness-style bathroom needed for this stretch; outhouse-style bathrooms are available throughout the day.

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 youth grow quickly, and purchasing outdoor gear can be a burden. Work with your Trip Coordinator to request certain items, or stop by the GCY office and try on things for yourself. For youth travelling from out of town, there will be time to finish gather the rest of the items you need before leaving the GCY office in the morning. Please ask for what you need!

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 expeditions 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 **leave all food and drinks** at home as well.

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 this expedition. You do not need to bring any over-the-counter medications or first-aid supplies.

Equipment List

Arrive Wearing

- River shoes:** 1 pair of sport sandals with a thick sole and heel strap, such as Tevas, Chacos, or Keens. Closed-toe shoes are recommend.
- Quick-dry shorts:** They should be made of nylon or fast-drying material (not cotton!). Athletic shorts, swim trunks, or leggings. (Bring 1 extra, pack in camp bag)
- Bathing suit top** (if needed): No tying swimsuits, dark-colored sports bras recommended. (Bring 1-2 extra, pack in camp bag)
- Sun shirt:** Long-sleeved, lightweight, cotton shirts are ideal for sun protection. Think button-up 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)

- Lunch & Snacks-** provided by GCY
- 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/GoPros is not recommended.
- Eyeglasses:** If needed. If you wear contact lenses, bring back-up glasses, just in case.
- Sunscreen:** At least a 3 oz. bottle.
- Personal Toiletries:** chapstick, travel size lotion, menstrual products (tampons with cardboard applicators or O.B. tampons are recommended)
- Personal medications:** Bring 2 sets!

For the drive home

- Small towel:** Bring 1 to dry off with after the expedition.
- 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 for the ride back

