

# Packing for Your GCY Expedition

## Verde Valley Explorer

### How to Pack

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



**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 sturdy school backpack works perfectly to bring your personal items in. So does an extra shopping bag

*\*Bags are not to scale*

### GCY Will Provide...

A Personal Flotation Device (PFD), small dry bag, 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 along the way.

### Borrowing from GCY

Please check with GCY before purchasing any items: we have many items available to borrow at our warehouse, including river shoes and rain gear. We know that kids grow quickly and purchasing outdoor gear can be a burden. Work with your Trip Coordinator to request items, or stop by GCY to try things on.

### 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, towels, jeans, nice shoes, or leather boots. GCY expeditions are intentionally technology free, so please do not bring any electronics (cell phones, gaming devices, etc.). Anything you bring may get lost or ruined! Also leave behind all money, wallets, and other valuables. GCY will provide lunch and plenty of snacks, so **leave all food and drinks** at home as well.

### Medications

**Please bring TWO SETS of any 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**, unless otherwise agreed or documented in medication communication plan with collaborating organizations. GCY staff does not administer medication except in the event of specified emergencies, or where a participant requests reasonable assistance in self-administration of medications.

# Packing List

## Arrive Wearing

- River shoes:** 1 pair of sport sandals with a thick sole and heel strap, such as Tevas, Chacos, or Keens.
- Quick-dry shorts:** Bring 1 pair. They should be made of nylon or fast-drying material (not cotton!). Athletic shorts, swim trunks, or leggings.
- Bathing suit top** (if needed): No tying swimsuits, dark-colored sports bras recommended.
- Sun shirt/Sun hoodie:** 1 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:** Strap for your sunglasses or eyeglasses so you don't lose them, like Chums or Croakies.

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

- 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 3 oz. bottle.
- Personal Toiletries:** chapstick, travel size lotion, period care products (tampons with cardboard applicators or O.B. tampons are recommended)
- Personal medications:** Bring 2 sets!

## For the drive home (Pack in backpack or shopping bag)

- 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 on the ride back