

Packing for Your GCY Expedition

Middle School Adventure

How to Pack

You need two bags for this expedition. All of your personal items should be packed into a **trash bag or soft gym bag**, labeled with your name. This will be your “camp bag.” GCY provides a waterproof “dry bag” to pack your camp bag into when you get to the river. Space is limited, pack as lightly as possible!

Your second bag is a **small school-sized backpack**, or “day pack.” Pack this with what you need during the day. Keep in mind that things in the backpack will probably get wet.



***Left:** Your “camp bag” with personal items will be packed into a dry bag, then rolled and buckled to stay dry.*

***Right:** A sturdy school backpack works perfectly as a “day pack.”*

**Bags are not to scale*

GCY Will Provide...

A Personal Flotation Device (PFD) and a dry bag containing a sleeping bag, sleeping pad, and ground tarp. Tents are available, but most groups will sleep out under the stars! Other gear coming along includes boats, a full kitchen, an outdoor bathroom (“groover”), all food and snacks, first aid supplies, drinking water, and a kit of games, books, and art supplies.

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 expensive. 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 (if traveling independently, bring enough money for your meals, a post-expedition shower, and incidental expenses). GCY will provide 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 a medication communication plan with collaborating organizations. GCY staff does not administer medication except in the event of emergencies.

GCY no longer requires COVID-19 vaccination and testing.

Daypack (small backpack):

- ❑ **Sarong / lightweight cotton pants:** Bring 1 for sun protection and cooling off. Lightweight scarves or hospital scrub bottoms work well.
- ❑ **Rain gear:** 1 Rain jacket (no ponchos) & 1 pair of rain pants.
- ❑ **Sun hat:** With a large brim and chin-strap. Wearing a hat is required.
- ❑ **Sunglasses and retention device (strap):** Chums or Croakies, for example.
- ❑ **Eyeglasses:** If needed. If you wear contacts, bring an extra set and backup glasses, just in case. MUST have a retention device/strap for eyeglasses (Chums or Croakies, for example).
- ❑ **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 locking. Do not need to be climbing grade.
- ❑ **Bandana:** Bring 1 to wet and tie around your neck, under your hat to keep cool, or as a washcloth.
- ❑ **Waterproof disposable cameras:** (optional) Large or expensive cameras are not recommended.
- ❑ **Sunscreen:** At least a 6 oz. bottle with high SPF. Do not bring spray sunscreen.
- ❑ **Lip balm/Chapstick:** must have SPF.
- ❑ **Personal medications:** Bring 2 sets!
- ❑ **Money (if traveling):** You do not need money while on expedition, but bring enough to cover your meals, a post-expedition shower, and incidental expenses if you are traveling independently.

Trash Bag or Small Soft Duffel (Camp Bag)

- ❑ **Quick-dry shorts:** 2-3 they should be made of nylon or fast-drying material (not cotton!). Athletic shorts, swim trunks, or leggings.
- ❑ **Sun shirts/Sun hoodies:** Long-sleeved, lightweight, cotton shirts are ideal for sun protection. Think button-up dress shirts. Wearing shirts is required. Bring 2-3.
- ❑ **Lightweight fleece jacket:** Bring 1.
- ❑ **Socks:** Bring 2 pairs.
- ❑ **Underwear:** Bring 3-4 pairs.
- ❑ **Sports Bras:** Bring 2-3. We recommend a sports bra instead of a swimsuit top for comfort. If you choose to bring a swimsuit, please do not bring one that ties in the back.
- ❑ **Pajamas:** Bring 1 set of a t-shirt and lightweight pants or shorts to sleep in.
- ❑ **River shoes:** 1 pair of sport sandals with a thick sole and heel strap, such as Texas, Chacos, or Keens.
- ❑ **Athletic shoes:** 1 pair of running/P.E. shoes with good traction for hiking. Should be well worn-in. Skate shoes and nice sneakers are not recommended.
- ❑ **Personal toiletries:** Toothbrush, toothpaste, soap, shampoo, conditioner, period care products (tampons with cardboard or no applicators are suggested), skin lotion (8-16 oz - the desert is dry!) Choose travel-size and biodegradable products when available.
- ❑ **Headlamp or small flashlight:** Pack it with a new set of batteries.
- ❑ **Small journal and pen or pencil:** (optional).
- ❑ **Pillowcase/Small Travel Pillow:** There is no room for a regular pillow in your bag. We recommend stuffing extra clothes into a pillowcase to create a substitute.
- ❑ **Plastic bags:** (optional) These can separate dirty and clean clothes in your camp bag.

Please arrive wearing items from this packing list. We will meet in Flagstaff for a brief orientation before traveling to Sand Island to camp.