

Packing for Your GCY Expedition

Verde Day Trip

How to Pack

Bring one school-sized backpack 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" provided by GCY. Your backpack with extra dry clothes for after the trip will stay in the vehicle while you are paddling for the day.



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.

Borrowing from GCY

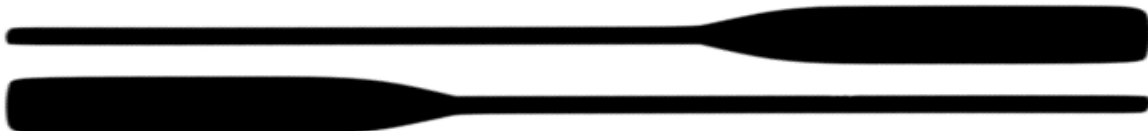
Please check with GCY before purchasing any items: we have many items available to borrow at our warehouse, including river shoes and rain gear. We know that kids grow quickly and purchasing outdoor gear can be a burden. Work with your Trip Coordinator to request items, or stop by GCY to try things on.

Do Not Bring

If you do not see an item on the Packing List, it is because **we have intentionally left it off**. Avoid bringing heavy clothing (like jeans), or your favorite/nicest shoes and clothes. We will get wet (and likely a little muddy) along the way. GCY expeditions are intentionally technology-free, so please do not bring any electronics (cell phones, gaming devices, cameras, etc.). Anything you bring may get lost or ruined! Also leave behind all money, wallets, and other valuables.

Medications

- ★ **Please bring ONE SET of any prescription medications** (inhalers, Epi-pens, daily medications, etc.) that you may need during the day.
 - **Youth must be able to manage and administer their own medications**, unless otherwise agreed upon or documented in a 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 Texas, Chacos, or Keens.
- Quick-dry shorts:** Wear 1 pair. They should be made of nylon or fast-drying material (not cotton!). Athletic shorts, swim trunks, or leggings are all good options.
- Sports Bra** (if appropriate): No tying swimsuits; dark-colored sports bras are recommended.
- Sun shirt/Sun hoodie:** 1 long-sleeved, lightweight shirt. 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**
- Eyeglasses:** If needed. If you wear contact lenses, bring back-up glasses, just in case.
- Retention Device for Glasses:** strap to hold them on your head so you don't lose them; like Chums or Croakies. Retention devices are required for prescription eyeglasses.

Backpack (school bag)

- Water bottles:** 2 Nalgene-type screw-top plastic bottles. You need at least 2 liters. Camelbaks or other hydration packs are okay if you also bring an extra water bottle.
- Carabiners:** 2 metal clips that let you attach your bag and water bottle to the kayak. Find them at outdoor shops. Should be locking and at least 3 inches long but do not need to be climbing grade.
- Sunscreen**
- Sarong (lightweight cloth wrap) / 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.
- Lightweight fleece sweater:** Bring 1.
- Personal Toiletries:** chapstick/lip balm, period care products (tampons with cardboard applicators or O.B. tampons are recommended)
- Personal medications:** Bring one set of any medications you may need to take during the day.
- Waterproof disposable camera** (optional): Bringing expensive cameras is not recommended.

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**
 - Warm Sweater (fleece or hoodie) - especially for trips in April or May**
 - 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 home