

Packing for Your GCY Expedition

Middle School Adventure

How to Pack: Space is limited, pack as lightly as possible!

You need two bags for this expedition. All of your personal items should be packed into a plastic **trash/yard bag, pillow case, or soft gym bag** labeled with your name. This will be your "camp bag." GCY provides a waterproof dry bag or "blueberry" to pack your camp bag into when you get to our office.

Your second bag is a **small school-sized backpack**, or "day pack." Please avoid rigid packs designed for electronics. You will receive a smaller dry bag to place this day pack in; however, since it will be with you and accessible throughout the day, keep in mind that things in it may 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 school backpack works perfectly as a "day pack."

**Bags are not to scale*

GCY will provide...

A Personal Flotation Device (PFD), river helmet, dry bags for your personal gear, 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. Stop by GCY to try things on; otherwise, we can set you up on day one!

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, headphones, 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 unless you have discussed the topic with GCY due to food allergies/intolerances, please **leave all food and drinks** at home as well.

We will meet in Flagstaff for a brief orientation and gear check before traveling to Sand Island to camp. Please arrive wearing items from the following packing list.

Middle School Adventure Packing List

Medications

- ★ **Please bring TWO SETS of any prescription and/or critical medications** (inhalers, Epi-pens, daily medications, etc.). One set will stay with you, and the other will be stored by your guides.
 - **REMINDER: Youth must be able to manage and administer their own medications.**
- ★ **Additional personal medications:** over-the-counter medications or supplements as needed.

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 (yes, even in summer).
- ❑ **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. Camelbaks or other hydration packs are not recommended.
- ❑ **Locking Carabiners:** 2 metal clips (at least 3 inches long and locking) that let you attach your day bag and water bottle to boats. Find them at outdoor shops. Do not need to be climbing grade.
- ❑ **Bandana:** Bring 1 to wet and tie around your neck, under your hat to keep cool, or use 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.
- ❑ **Bug Spray:** optional but useful if the bugs are biting!

In your Trash/Yard Bag, Pillow Case, or Small Soft Duffel (Camp Bag)

- ❑ **Quick-dry shorts:** They should be made of nylon or fast-drying material (not cotton!). Athletic shorts, swim trunks, or leggings all work well. Bring 2-3.
- ❑ **Sun shirts/Sun hoodies:** Long-sleeved, lightweight, cotton shirts are ideal for sun protection. Button-up dress shirts work well. 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.
- ❑ **Personal toiletries:** Toothbrush, toothpaste, soap, shampoo (optional), period care products (tampons with cardboard or no applicators are suggested), skin lotion (8+ oz - the desert is dry!). Choose travel-size and biodegradable products when available.
- ❑ **Headlamp:** 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.