

# Packing for Your GCY Expedition

## Upper Grand Canyon

### How to Pack

You only need to bring **one bag** 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. It should be about 30 to 50 liters in volume. Pack ALL of your belongings into it.

GCY will provide a waterproof dry bag or “Blueberry” for your sleep kit (also provided by GCY) and personal items. You will have access to this bag at every camp.

While on the river, GCY will also provide a small dry bag and a small daypack (school-style pack) to keep with you during the day. You will use these for items you need to access during the day like water bottles, sunscreen, lip balm, any daytime medications, rain gear, etc. Keep in mind that things in your day pack may get wet.

On the last evening on the river, GCY guides will provide you with a sturdy adjustable backpack to pack all your personal belongings for the hike out. **You will be expected to carry ALL of your personal gear out of the Canyon so remember to pack as lightly as possible.**



**Left:** Your personal items will be packed into a dry bag, then rolled and buckled to ensure the contents stay dry.

**Right:** A sturdy adjustable backpack will be provided to pack out your belongings. Remember to pack light!

*\*Bags are not to scale*

### GCY will provide...

A Personal Flotation Device (PFD), river helmet, dry bags for your personal gear, small daypack, larger backpack, 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, drinking water, first aid supplies, 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 food and 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 Lees Ferry to camp. Please arrive wearing items from the following packing list.*

# Upper Canyon 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.

## Pack in one plastic trash/yard waste bag, pillow case, or soft gym bag:

- River shoes:** 1 pair of sport sandals with a thick sole and heel strap, such as Tevas, Chacos, or Keens.
- Athletic shoes:** 1 pair of running/P.E. shoes with good traction for hiking. Should be well worn-in, but sturdy. You will be hiking out of the canyon in them. We do not recommend heavy hiking boots.
- Camp shoes:** 1 pair of flip flops, crocs, or other lightweight, comfortable shoes to wear at camp.
- Quick-dry shorts:** 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. Think button-up dress shirts. Wearing shirts is required. Bring 2-3.
- Sports Bras:** 2-3 recommended. We recommend dark sports bras instead of bathing suits for comfort reasons. If you choose to bring a bathing suit, please be sure it does not tie in the back.
- Sarong / lightweight cotton pants:** Bring 1 for sun protection and cooling off. Lightweight scarves or hospital scrub bottoms work well.
- Socks:** Bring 2-3 pairs.
- Underwear:** Bring 4-5 pairs.
- Pajamas:** Bring 1 set of a T-shirt and lightweight pants or shorts to sleep in.
- Lightweight fleece jacket:** Bring 1.
- Rain gear:** 1 Rain jacket (no ponchos) & 1 pair of rain pants (yes, even in summer).
- Bandana:** Bring 1 to wet and tie around your neck, under your hat to keep cool, or use as a washcloth.
- 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.
- Sunscreen:** At least a 6 oz. bottle with high SPF. Do not bring spray sunscreen.
- Lip balm/Chapstick:** must have SPF.
- 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.
- Biodegradable or Castile Soap:** Good for doing laundry while on the river.
- Headlamp:** Pack it with a new set of batteries.
- Waterproof disposable camera:** (optional) Large or expensive cameras are not recommended.
- 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.
- 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.