

CHECKLIST OF WHAT YOU SHOULD BRING

The following supply list covers all our trips in all kinds of weather. It merely suggests items to consider for your trip, and you should bring what will best suit your needs. For shorter trips (three days or less), consider bringing only one pair of shorts, one swimsuit, etc., rather than the (two pair) on the list. **MOST PEOPLE TEND TO OVERPACK.** Please limit gear (including camping equipment) to 35 pounds per person on all river expeditions.

Note: We do rent tents at \$10 per night (sleeps two people). Sleeping bags, ground cloth, pads, are \$12 per night. Please notify our office for sleeping bag/tent rentals 72 hours prior to your arrival.

CLOTHING

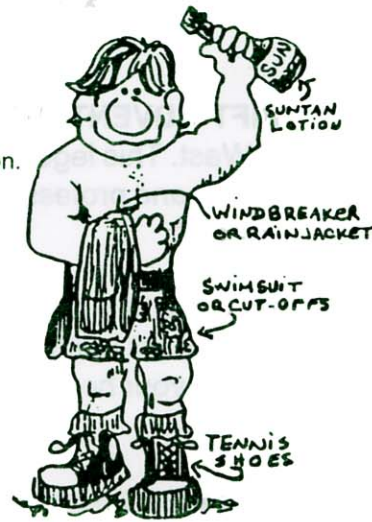
- 2 Pair Shorts
- Swimsuit
- 1 Pair long pants (nylon or cotton/polyester for quick drying)
- Shirts, assorted t-shirts, at least one long-sleeved shirt for sun protection.
- 1 Wool or fleece jacket for spring or fall trips
- Socks, some underwear
- Light jacket or windbreaker
- Tennis shoes (hiking boots aren't necessary)
- Thongs or Teva-like Sandals
- Rain poncho or two-piece rainsuit
- Sun hat with string tied-on, Visor or Cap
- Light gloves for holding ropes (optional)
- Bandana

PERSONAL

- Plenty of sunscreen --- A MUST!
- Biodegradable soap, such as Ivory
- Small towel
- Toothbrush & toothpaste
- Flashlight
- Insect repellent (small container)
- Sunglasses with safety strap
- Sunscreen chapstick
- Camera and film
- Money (gratuities, t-shirts)
- Sanitary napkins (optional)
- Shaving kit (optional)
- Liquor/soda pops in aluminum (optional)
- Favorite book

CAMPING GEAR

- Sleeping Bag
- Ground Cloth
- Foam Pad
- Tent



SUMMER

SPRING OR FALL



WHITEWATER RAFTING . . . many people ask . . .

HOW STRENUOUS OR DANGEROUS IS A RIVER TRIP? You'll be more active than at home, however, if you are in reasonably good physical condition, a river trip shouldn't tax you. We do ask that you always follow instructions from the guides whether on or off the river.

WHAT IF I CAN'T SWIM? Many of our passengers can't swim. We supply U. S. Coast Guard approved life jackets and each person is required to wear one while swimming in the river or during any rapids while in the rafts.

WHAT WEATHER TEMPERATURES CAN I EXPECT? Be prepared for a wide variety of weather conditions. Generally, temperatures are moderate in the spring and fall. During summer months they may range from 70-95 degrees during the days and 60-80 degrees in the evenings.

WHAT CAMPING CONDITIONS CAN I EXPECT? All campsites are primitive. You'll have access to portable chemical toilets, with the utmost for privacy. Infrequent rain showers seldom last long. Please use your time on the river to relax, socialize, and make new friends. Our trained guides will handle the rafts and meal preparation. We do ask that you do set up your own sleeping area and help with keeping the camps free of litter.

What about bringing cameras? It is OK to bring along cameras. We provide an ammo can to put your camera in, but also suggest you have a waterproof case to insure its safety. The ammo cans have tight fitting lids but are not completely waterproof.

What beverages are provided by Adrift Adventures? We provide water and lemonade during the day. Coffee, tea and hot chocolate are provided in the morning and evening. You may bring your own liquor and soft drinks (we recommend a maximum of a 6-pack per day per person). Purchase these items before the trip. **REMEMBER:** Utah liquor laws...Don't be caught short as they're closed on Sundays and Holidays. State liquor store hours are usually from 11:00 a.m. till 7:00 p.m. Our liquor store is located at 55 West 200 South. Bring only aluminum cans.

What are some of the books we may read to become more knowledgeable about your area? "Canyon Mesas" The American Wilderness Time-Life Books; "River Runners Guide to Canyonlands National Park and Vicinity" by Felix E. Mutschier; "Geology of Canyonlands and Cataract Canyon" by D. L. Baars and C. M. Molenaar; "The Exploration of the Colorado River and its Canyons:" by John Wesley Powell.