

2001 TWG River Trip Gear List

Following is some general information about what to expect on the river, we have provided a gear list for the trip divided into 3 sections:

1. Gear that will be supplied by GCMRC
2. Gear NOT supplied by GCMRC that we strongly recommend you bring
3. Optional items that are less critical but that you may want to consider bringing.

The weather in March can be variable; to be comfortable on your trip you must be prepared for all extremes. Average daytime temperatures during March can range from lows in the 40's to highs in the 80's. March is also the wettest month of the year on average. Though it may not actually rain a drop on your particular trip you need to be prepared with good quality rain gear and insulating layers of quick-drying polypro clothing.

Your rain suit/polypro combination will also keep you warm during occasional soakings in the rapids. Be sure to also keep hats, gloves and thick socks accessible while on the boats. If you are particularly sensitive to the cold, you might consider wearing rubber or insulated boots. Have an additional set of warm polypro, pile or heavy cotton clothing for use in camp during the evening. If we're really lucky we may even be comfortable at times in shorts (quick drying, nylon type work well) and T-shirts. **Be prepared for ANYTHING!!!!!!**

Space for personal gear is at a premium on river trips: please bring only what you need. River bags are generally **not** accessible during the day; items such as sunscreen, cameras, toilet items, river maps, books etc. can be kept in your "ammo" can and **are** accessible during the day. A small to medium sized daypack lined with a plastic garbage or trash compactor bag makes a reasonably waterproof place to store extra clothing (rain/splashproof jacket, sweater, hat, socks, etc.) during the day.

Please Note: No gear list for outdoor activities of this type is perfect for all people, all of the time. While large deviations from this list are not recommended, it is expected that you will modify it to meet individual preferences and physiologies.

GCMRC will provide for each trip participant:

- Life Jacket (PFD)
- (2) Waterproof river bags
- Personal "ammo" can (optional)
- 5' X 7' plastic ground sheet
- Sleeping pad
- Tent (one for every 2 people)
- Waterproof river guide
- All food and non-alcoholic beverages

Note on Beverages: Drinking water, dry Gatorade and iced tea mixes, and a limited amount of canned soft drinks will be provided. Fruit juice will be served at breakfast. If you would like additional drinks, bring canned beverages only please. Personal beverages packaged in glass will not be taken on the trip, please transfer these to plastic bottles prior to the trip.

Recommended Items (NOT provided by GCMRC):

- Rain gear, tops and bottoms, good quality-not plastic.
- Polypro long johns, tops and bottoms
- 2 Jackets or sweaters (or vest). Synthetic pile, polarfleece, polartec materials are best.
- Wool or pile hat, gloves and 2-3 pair heavy socks.
- 1 or 2 pair sweat pants or Jeans (For cool evenings and mornings in camp.)
- Running shoes or light hikers* & 2-3 pairs of socks.
- Hat with visor and a spare
- Shorts, quick-drying type, 1 or 2 pair
- T-shirts, short and/or long sleeve: 2-3
- Sunglasses with retaining strap (i.e. Chums, Croakies or equivalent)
- Spare prescription glasses or contacts
- Toilet articles: biodegradable soap/shampoo, sunscreen (high SPF#), sunscreen lip balm, lotion, toothbrush & paste, hairbrush, small to medium sized towel, razor, etc.
- Water bottle: 2 liter
- Large cup**
- Headlamp, 4 AA-battery type (very handy) or small flashlight, spare batteries
- Sleeping bag, heavy duty-3-season, preferably synthetic fill.

Optional Items (NOT provided by GCMRC):

- Wet suit booties, insulated or rubber boots*.
- Sandals*
- Small or medium-sized daypack
- Cotton shorts
- Windbreaker
- Small pillow
- 2 or 3 carabiners: these metal clips used by climbers are handy for clipping your cup, hat, water bottle, etc. to your ammo can or your daypack to the boat.
- Reading material
- Pen/pencil and paper
- Small folding or collapsible river chair**
- Camera and film

***Notes on Footwear: Tennis shoes and light hiking boots** work well for off-river activities, and may be fine in the boat, but may stay wet and keep your feet cold after soakings in rapids. **Sandals** made specifically for watersports (i.e. Teva or equivalent) are very popular (though not essential) but it is important to make sure they are broken in, and your feet are adjusted to them prior to the trip. New sandals can wear away the skin and provide a point of infection. River sandals can be adjusted to be worn over neoprene or heavy polypro socks in cold weather. Alternatively, high top rubber boots (gardening or sailing variety) large enough to be worn over heavy polypro or pile socks may provide the best cold weather foot protection, especially if you are sensitive to the cold.