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Southwest Unbound Gear List

Packing properly for a National Parks Unbound trip is **CRITICAL** to your enjoyment while on the trip. We recommend that you prepare yourself for three basic scenarios: 1) a cool day on the trail; 2) a warm day on the trail; or 3) time spent lounging in camp. Take care of these, and you are free to let the parks work their magic.

Weather in the southwest can be unpredictable. You must come prepared for cold/wet weather and hot/sunny weather – sometimes even in the same day! The following information will help you be prepared for the expected as well as the unexpected events of your trip. You may not use all of the gear listed below, but we recommend bringing it all!

Bags that ROW Provides for your personal items:

 A red, cylindrical waterproof bag with black straps and a black base.	<p>One large waterproof bag (16” in diameter x 33” tall) per person. This will contain your sleeping bag as well as your personal clothing and items. This bag is NOT accessible during the day as it goes ahead to camp. We chose a waterproof bag for this trip in case there is any rain in transit.</p> <p>This bag will also contain additional gear provided by ROW:</p> <ul style="list-style-type: none">• Sleeping bag, flannel liner, & camp pillow
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What you will need:

 A red, soft-sided duffel bag with black handles and a black base.	<p>All of your personal items should be packed into a soft-sided duffel bag approximately 12” x 13” x 24” in size. Please try to keep your belongings to this size. This bag will then go inside of your large waterproof bag.</p>
 A yellow, daypack-style backpack with multiple pockets and straps.	<p>Daypack backpack, this will be with you on all days for hikes and adventures. It needs to be large enough to carry your rain gear, an extra layer for warmth, water, snacks and your camera. Hydrations pouches are nice but not necessary. We suggest approx. 25 Liters. If you own something larger please feel free to bring it, you don't have to fill it all the way. Guides will go over what to pack each day.</p>

Liquor and Favorite Beverages

ROW packs moderate quantities of soft drinks as well as wine and beer for guests of legal age. If you bring liquor, please give it to your guide in its original container. We prefer beer in cans as we pack out all our waste. Bottled wine is fine. All beer, wine and liquor in Utah are sold in state run liquor stores with hours from 11AM – 10PM please consult the hotel upon arrival for the nearest location.

Layering for Outdoor Comfort

Clothing layers are the thermostat of the wilderness. As you get ready for your trip, think about dressing in layers. By adding and subtracting layers you can keep yourself perfectly comfortable. If you were to look into the bags of a well-prepared guide, you would see packing for three weather scenarios -- cold, wet days; hot, summer days; and cool evenings and mornings in camp. All of your daily activity clothing should be made from synthetic fabrics with names like fleece, pile, polypropylene, Capilene™ or polyester. A cotton T-shirt is used occasionally on hot, sunny days, but cotton clothing is best saved for camp use.

LAYER #1: The layer next to your skin should be close-fitting and thin. A snug-fitting underwear or mid-weight fleece layer made of synthetic fibers works best. You do not want to wear cotton on cool, rainy days; the evaporation of water from a wet cotton layer will actually make you colder! Synthetic fibers maintain insulative properties when wet and "wick" moisture away from your skin.

LAYER #2: The next layer should also be made of a synthetic fiber, but should be a bit heavier in weight—like a good fleece. If you get too warm you can always peel this layer off.

LAYER #3: The outer layer is what is known as the "barrier" layer. This layer should be waterproof and loose-fitting enough to give you good range of motion. The idea of this layer is to seal out water and seal in the warmth generated by you and insulated layers # 1 and # 2. A good rain suit can do the job as this will protect you from rainstorms and cold winds.

Packing Lists

On the Trail:

- Two T-Shirts (1 quick dry and 1 cotton for a hot day)
- One light long-sleeved shirt for sun protection and cool evenings. Popular options are sun shirts or travel shirts.
- Two pairs of shorts—nylon or cotton hybrid; ones you are comfortable in hiking in.
- Light pants are great for sun protection or on a windy day. Lightweight zip off pants work great.
- Swimsuit – we don't have any programmed swim stops but we always recommend you pack a suit.
- One pair of quality hiking shoes. These will be used for most days when we do not expect to be walking in the water.
- One pair of quick drying shoes. There will be hikes where we are walking in a river (knee deep), so a pair of Keen sandal shoes or just a pair of non-waterproof tennis shoes will work fine. Toe coverage is a MUST. An old pair of tennis shoes works well and are nice for camp once they dry.
- One pair of neoprene socks to keep your feet warm when hiking in the river
- One pair of shoes to ride a mountain bike. Using hiking shoes or tennis shoes from previous activities is fine.
- Water bottle with carabiner or hydration sack.

Items good to have in your day backpack:

- One rain suit, jacket & pants (a quality rain coat is a good investment).
- Mid-weight to lightweight long underwear tops and bottoms used to dress in layers.
- One fleece mid-weight sweater for layering on cool days.
- Sunglasses with retaining cord / device.
- Bee Sting kit for those allergic to bees.
- Sun Screen.
- One Cap, Sun Hat or Visor.

Additional Clothes for Cool Weather: (Early and late season – April & September)

- Pair of Neoprene socks. These are nice to wear when it is colder and we are hiking in the river.
- One additional synthetic pile or wool shirt.

- Wool or poly gloves & wool or poly cap (like a skiing hat). The desert can get cold.

At Camp:

- Two short sleeve shirts (something clean and comfortable to change into).
- One pair of pants (lightweight nylon, cotton, or fleece).
- Pair of shorts.
- One synthetic mid-weight sweaters for cool evenings.
- Underwear and socks.
- Flashlight or headlamp with extra bulb and batteries.
- Skin lotion, lip balm, waterproof sunscreen, etc.
- Toilet kit - toothbrush and paste, soap (biodegradable is best), camp towel, wash cloth, comb, handkerchief, small pack of tissues, small mirror, moist towelettes, shaving materials, feminine sanitary supplies, etc.
- Extra eyeglasses and/or contact lenses strongly suggested. ALL glasses need a head strap!
- Flip-flops are a comfortable option for the nights in camp when your tennis shoes may be wet (does not happen often).
- Stocking Cap/ Beanie and gloves for cool nights.

Optional Items:

- Camera – You can bring a more advanced camera to capture some of the amazing views. Due to the nature of the trip we STRONGLY encourage that you invest in a durable container to carry it in so as to avoid breaking it. Waterproof digital cameras with extra batteries & memory card are recommended but do lack a quality zoom. Many guests use smart phones (there is NO cell service in many of our locations). A waterproof case for your phone is also highly recommended.
- Sarong – many uses for both ladies and men.
- Sun dress for camp – ladies.
- 2-3 Carabiners for clipping items to daypack.
- Binoculars.
- Plastic garbage bags (2-3 for separating dirty/wet clothes in your bag).
- Cards, games, books, musical instruments, and journals.