

River Trip Information for June Chama River trip

The river trip will be a mild river excursion, however there will be a number of rapids that we will negotiate. Temperatures can be highly variable, but likely hot for this trip. River temperatures are cold so it can get cold on the boats (be prepared to be soaked by the frigid ~50° River) and it can get hot during the day. Night time temperatures will be mild and precipitation, while not as common this time of year, can happen. Here is some information on gear you will want to have. **Your action items are in bold**

- Food for the trip will be prepurchased and packed for the trip. All participants are expected to help with the jobs associated with cooking and camp cleanup. There are always vegetarian options associated with our menus, but **please let me know if you are a vegetarian or if you have additional dietary needs/concerns.**
- We need to know of any medical conditions you may have. **Email immediately regarding medications and/or preexisting conditions** that may need to be known by first-aid qualified participants. If we don't hear from you, I'll assume the only medication you take is that cup of coffee, tea, or cocoa in the morning.
- Our food pack includes soda and juices. If you do bring any liquids please use only plastic containers, please no glass.
- Listed below are items we suggest you have on the trip. Each of you will be provided with a large dry bag a small personal bag and a life jacket.

LIST

Wet stuff:

river sandals (Teva etc) or old tennis shoes

nylon or quick-dry shorts

light weight pants and shirt to keep the sun off or warmth

hat

rain gear (rain jacket and pants)—A MUST!

Hiking stuff and clothes:

Day pack (no external frame packs please),

Clip-on travel coffee/cocoa mug with lid (plastic or metal),

Carabiner or two; useful for many purposes on the boat, including clipping your pack to the frame,

camera & film, batteries, etc. (optional)

hiking shoes (in camp or on the river),

jacket, sweater or pile jacket for evenings or when wet,

long field pants,

short sleeve shirt (2),

long sleeve shirts (2) (white works well in the heat),

socks,

underwear,

hat and spare (with strap or clip),

sunglasses w/ strap,

extra prescription glasses w/strap (if needed),

bug juice (optional),

water bottles

Camping Stuff:

tent (or tarp to sleep on)

ground cloth/sleeping bag: consider evening temperatures (synthetics are better when wet)

Paco pad, foam pad, Thermarest etc.

small pillow (nice touch)

soft collapsible chairs (crazy creek etc.); we have a couple extra

flashlights (headlamps are best) w/extra batteries

Toiletries:

toothbrush, paste, floss etc.

bandaids and neosporin

sunscreen (waterproof)

aspirin/ibuprofen/tylenol etc.

hand lotion w/good lid

soap (Dr Bronners is better for the river)

wash cloth, Towel (small)

brush, comb, razors