



# SKY MIND RETREATS

## **GREEN RIVER CANOE RETREAT**

### WHAT TO BRING

The most important thing you can bring to any wilderness outing is a flexible attitude, ready to cheerfully accept the surprises that nature and circumstances may present. It helps a lot, too, if equipment and physical conditioning are adequate. If you are unsure of what to take, bring your choices to Moab and we can advise you there. Please leave behind: radio, tape player, iPods, stove, axe, alcohol or illegal drugs.

Please keep your total weight for the river to 25 pounds or less. You and everyone else will be moving your bag in and out of the canoes, sometimes in awkward conditions, and carrying it up the beach every day... it is often easier and more enjoyable to simply have less. In addition, if the canoes are piled above the gunwales they are difficult to manage in the wind.

If you forget something or need to make last minute purchases, Gearheads (for all camping gear) and Canyon Voyagers (for more river specific gear) are located here in Moab.

Expected daytime temperature highs are 75 - 98 degrees F with 92 being the average; nights are 45 - 60 with 50 being the average. Though it is the desert, there is always a chance of rain, so be prepared. An occasional October has seen torrential rains for days.

### CLOTHING AND EQUIPMENT LIST

- |                                  |       |  |
|----------------------------------|-------|--|
| <b>River Gear<br/>(required)</b> | _____ | River shoes – something that can get wet – Chacos, Tevas, or other sandals with a back strap to hold them on your foot |
|                                  | _____ | Rainsuit – both jacket and pants   |
|                                  | _____ | Fleece jacket or other extra layer (can be off-river wear as well)   |
|                                  | _____ | Shorts or pants, lightweight, fast drying, and not cotton  |
|                                  | _____ | Shirt, light, fast drying  |
|                                  | _____ | Swimsuit (river shorts and shirt may work as well)   |
|                                  | _____ | Hat for sun protection (either tight fitting or with chin strap for wind)  |
|                                  | _____ | Sun glasses with retaining strap   |
| <b>River Gear<br/>(optional)</b> | _____ | Lifejacket (supplied with canoe rental – must be a Type III or Type V)   |
|                                  | _____ | Large Dry Bag – bring or rent  |
|                                  | _____ | Large Dry Bag – bring or rent  |
|                                  | _____ | Small Dry Bag for Day items – bring or rent  |
| <b>Clothing</b>                  | _____ | Lightweight hiking shoes or tennis shoes for walks and cool nights in camp   |
|                                  | _____ | Warm parka or jacket (fleece is fine)  |
|                                  | _____ | Hat for cool nights  |
|                                  | _____ | Warm, non-cotton pants and/or long underwear   |
|                                  | _____ | Long sleeve cotton or nylon supplex shirt (for protection against sun and insects)                                     |
|                                  | _____ | Mosquito headnet – it may enhance your experience during sitting practice  |
|                                  | _____ | T-shirts (2)   |
|                                  | _____ | Underwear (3-4)  |
|                                  | _____ | Socks: 2 pair, wool or synthetic – one pair is to stay dry and clean for campwear                                      |
|                                  | _____ | Bandanna   |
|                                  | _____ | Clean clothes to be left in Moab for after trip  |

**FOOD**

- \_\_\_\_\_ **Your choice of hot and cold drink mixes.** (We will have a variety of teas, but if you have a particular preference, it is fine to bring. We will not have coffee, so if you would like that, please bring some.) Hot water for drinks will be available.
- \_\_\_\_\_ **Your choice of special snacks.** (Snacks such as crackers, fruit, and nuts will be available. If you prefer bars, or have other special needs, please bring that. Chocolate may melt so take your chances there.)

**Please pack like you are backpacking, not like you are car camping! Go light and minimal!**

**EQUIPMENT (required)**

- \_\_\_\_\_ Stuff sacks or other bags to organize your gear in your dry bag
- \_\_\_\_\_ Sleeping bag, good to 45 degrees – can wear clothes if cold
- \_\_\_\_\_ Ensolite foam or Thermarest air mattress
- \_\_\_\_\_ Lightweight tent – most nights, sleeping outside will be an option
- \_\_\_\_\_ Plastic groundcloth (or heavy-duty Space blanket)
- \_\_\_\_\_ Plastic water bottles, at least two liters total capacity
- \_\_\_\_\_ Whistle (for emergency signaling only)
- \_\_\_\_\_ Personal first aid, including tweezers, bandaids/tape and antiseptic salve (we will also have a more substantial first-aid kit)
- \_\_\_\_\_ Personal medications
- \_\_\_\_\_ Sunblock or sunscreen, and lip balm
- \_\_\_\_\_ Toothbrush and toothpaste or powder
- \_\_\_\_\_ Insect Repellent
- \_\_\_\_\_ Small flashlight or headlamp, with extra batteries
- \_\_\_\_\_ Mug or insulated cup for hot drinks (other dishes will be provided)
- \_\_\_\_\_ Small pocket knife (Swiss Army, etc.)
- \_\_\_\_\_ Thermarester or Crazy Creek chair or small inflatable cushion for comfort in sitting practice
- \_\_\_\_\_ Small inflatable cushion, stuff sack to fill with clothes, etc., for sitting props

**EQUIPMENT (optional)**

- \_\_\_\_\_ Toiletries – small towel, biodegradable soap, comb, hand lotion, small mirror, etc.
- \_\_\_\_\_ Extra nylon stuff-bags – for a pillow when stuffed with clothing, a laundry bag, etc.
- \_\_\_\_\_ Camera and extra film
- \_\_\_\_\_ Note pad and pen
- \_\_\_\_\_ Small binoculars
- \_\_\_\_\_ Overnight backpack – may be used for solo time to take gear to personal camp

**FOR UNEXPECTED CIRCUMSTANCES**

- \_\_\_\_\_ Personal I.D.
- \_\_\_\_\_ Your medical insurance card and physician's name & phone number (if applicable)
- \_\_\_\_\_ A major credit card (with you in the backcountry) in case of emergency evacuation
- \_\_\_\_\_ Tampons or other sanitary supplies – all pre-menopausal women
- \_\_\_\_\_ Extra set of car keys – all drivers (to be left with office where cars will be parked)

**WE WILL HAVE THE FOLLOWING ITEMS AS GROUP GEAR**

- |   |   |
|---|---|
| 1. All group meals                        | 6. Portable toilet system                       |
| 2. Stoves, fuel                           | 7. Eating utensils/bowls etc. except cup        |
| 3. Complete kitchen                       | 8. Canoes unless you choose to bring your own   |
| 4. Kitchen rain fly (shelter for cooks)   | 9. Dry bags, and life jackets with canoe rental |
| 5. Repair kit and extensive first-aid kit |   |