

## Outdoor Buddies Warriors on Cataract Personal Equipment List

Warm sleeping bag, synthetic better than down because they dry quicker if they get wet (if you have one)

Sleeping pad or air mattress, cot if needed. Nights may dip to 50 degrees or lower.

Tent - optional, there are lotsa stars; if it rains, there will be other tents. Bring a ground cloth.

If you are short any of the above, the outfitter can furnish.

It can get cool at night, so bring a sweater and jacket

Weather can be changeable in early season, sometimes wet and cold. A rain shell and rain pants and fleece or sweater are needed

Sunscreen, chapstick, lotion for dry skin, sunglasses with Croakie

Quick-dry shorts and long sleeve shirt

Long sleeves of cotton for sunburned arms

Long pants, short pants, hat with tiedown, sunglasses with lanyard or croakie. We will have boonies for all.

Extra changes of clothes

Sneakers & hiking boots or shoes, wool socks, shorts

River shoes, water sandals, not flip-flops

Waterproof windbreaker shell

Towel, toiletries, medications

Flashlight or headlamp, extra batteries

Camera with extra batteries

Day pack

Water bottle with your name (we'll keep it in a cooler for you)

DEET, Cutters, or other repellent. There aren't many bugs.

## River Rules and Etiquette

**Life jackets:** The NPS requires that life jackets be worn at all times while on the boat below the Confluence. Your outfitter will furnish life jackets, and require that they be worn at any time you are in the water. They also give warmth if you are chilled.

**Fire pan and fire safety:** We have a fire pan for campfires. A 5 gallon fire bucket of river water should be at the fire. If windy, fire can be hazardous and should be doused, or the fire pan cover put in place. The tamarisk, even when green, burns vigorously, and a number of river bottoms have burned due to carelessness. The old cottonwoods are vulnerable and take a long time to come back. We leave no sign when we break camp; ashes are carried out.

**Sanitation:** #1 directly into the river is the National Park Service Rule. #2 in the portable toilet only.

**Streams and pools:** Soaps and body oils affect the life in the small streams and pools. No soap or shampoo should be used in these waters. Main stream is OK. Solar showers are available.

**Artifacts and rock samples:** Nothing in the way of artifacts and rock samples leaves the Park. Indian ruins and artifacts and wall art are Federally protected.

**Leaving camp:** When we break camp, there should be little sign that we were there. Volunteers should walk the camp site just before launch and make sure that the camp is back to an original state (or better) and nothing has been left behind..

**Tipping of the River Guides:** It is customary to tip the guides at the end of the trip. Know that this \$1500 trip is coming to you without charge. We suggest \$100, but know that funds are tight with some of you veterans. So that is just a suggestion.