

# Gear List: Ceiba's Recommendations for Basic Necessities

The comprehensive list below highlights suggested gear for your journey down river. It is impossible to perfect a list of things to bring. The links below highlight our recommendations for gear, just click or cut and paste the links to view or purchase the suggested item. Each day in the desert environment is different and brings its own set of challenges. Please consider what will be important to you and pack accordingly! Check out Northwest River Supply at [www.nrs.com](http://www.nrs.com) or your local outdoor store to find quality products.

**Raingear:** Rain jacket or a well fitted paddling jacket and pants are a necessity, not only for rain, but also for shedding water in the rapids. Don't skimp on the cost of nice rain gear. A lightweight jacket is nice to take hiking as well.

**Long Pants:** Lightweight, nylon, airy pants, especially for sun protection. Quick-drying khakis or surgical scrubs are ideal. Heavy long pants are nice for warmth in cool weather.

**Shorts:** Casual everyday nylon fast drying shorts are a must on the river.

**Shirts:** Several long sleeved shirts are recommended for sun protection. In summer synthetic or cotton work well. In winter, choose synthetic, fleece or wool. Bring some warm gear even in summer in. It can feel quite cold after a long rapid day or rainy weather.

**Jacket:** This should be of a synthetic fabric that dries quickly, with pockets for your hands.

**Socks:** Wool or synthetic blends are recommended.

**Footwear:** One pair of tennis shoes, one pair of lightweight hiking boots & one pair of flip-flops or sandals. Wet Suit socks are nice to use on the inside of your tennis shoes, for the river.

**Headwear:** A wide brimmed, lightweight sunhat is highly recommended. Also a wool beanie is a must as well.

**Gloves:** Warm Gloves, lightweight sun gloves, or even hiking gloves.

**Long Underwear:** At least two pair of Capilene, polypropylene or wool underwear (tops and bottoms) is a must on the river. There are different weights to choose from such as, light, medium and expedition weight depending on the time of year. These are a great base layer in camp or on the river.

**Bathing suits:** For swimming in side streams and bathing in the river.

**Sleep Kit:** This should include sleeping bag, sheet, sleeping pad, tarp and pillow. A sheet is key during the hot months. These items are available to rent from Ceiba!

**Tent:** A 3-season tent is highly recommended to bring along or rent from Ceiba. Most nights you'll likely want to sleep out under the stars!

**Toilet kit:** Should include a small towel and washcloth, toothbrush and paste, hairbrush, shampoo, soap, mirror, tweezers, etc.

- **Lotion/salve is essential for dry & chafed skin.** – The desert environment of the Grand Canyon coupled with the constant wet & dry of a river trip creates dry, chafed and cracked. Great heavy-duty moisturizers for the Canyon include: Cetaphil, Eucerin, and Super Salve (contact Winter Sun in Flagstaff).
- **Sunscreen:** A MUST. Lip balm with sunscreen is also necessary. Shade can sometimes be very hard to find in Grand Canyon.
- **Gardening gloves:** to protect your hands from the sun, hot rocks/equipment.

**Water bottle:** Two one-liter bottles are nice. Bring extras if you plan on doing long hikes.

**Sunglasses & Sunscreen:** Bring a sunglass case and a retaining strap. Please bring plenty of sunscreen and spare prescription glasses or contact lenses.

**Headlamp and Spare Batteries:** A headlamp is invaluable, a must! We recommend bringing two.

**Carabiners:** Nice to have a couple for clipping water bottles and miscellaneous items on to your load (boatmen especially).

**Tupper ware:** This option is great for leftovers and packed lunches.

**Recommended Gear for Fall through Spring Trips** (October thru April) In addition to the items above, the following things should be included:

- One pair of wet suit booties
- One fleece or wool hat
- One pair of fleece or wool gloves
- One pair of fleece pants.
- Drysuits are highly recommended for passengers on winter trips. These are available for rent at [Pacific River Supply](#), [Kayak Academy](#) or [Immersion Research](#).
- Rubber boots
- Paddle Pants / Paddle Jacket
- Maybe a flannel shirt, blue jeans or other cotton clothes to wear in camp.
- One extra set of synthetic underwear (mid-weight)
- One extra fleece top.
- Two to three extra pairs of socks
- Extra headlamp batteries
- Lotion (high quality) for chapped and chafed hands and feet, faces etc...
- Chapstick/Lip balm – for chapped, cracked lips

## **Optional Items:**

- Waterproof guidebook of the river – Available at Ceiba!
- Your personal lifejacket: Must be a Type III or V. We rent type V lifejackets and they are included in the Whole Shabang!
- Small binoculars
- Musical instrument
- Pocket knife
- Small roll of duct tape (although please no duct tape on rental gear)
- Ziploc bags
- Liquor (plastic bottles)
- Thermos (cooler months)
- Camera (plenty of SD cards and batteries)
- Ipod or music listening device (lots of batteries).
- Waterproof cases to hold phones, Ipods, cameras. Check out [Pelican](#) cases.
- Solar chargers: Ceiba rents the Goal Zero 7 Nomad.