

NOWWHAT ADVENTURES PACKING LIST FOR GREEN RIVER

	Item	Notes
CLOTHING		
1	Bathing Suit	
1 - 2	T-shirt	
1	Water shirt	Quick-dry, short-sleeve shirt for wearing on the water
1	Long-sleeve sun shirt	Quick dry, light weigh, light-colored sun shirt or hoody for protection on hot sunny days
1	Quick-dry pants	Lightweight and comfortable, for sun protection, hiking and wearing on the water
1 - 2	Shorts	Pair of quick-drying lightweight shorts
1	Rain Coat	Lightweight waterproof raincoat with hood
2	Long Underwear	Light to mid-weight long underwear top and bottom, wool blends are the warmest, most comfortable and don't retain body odors
1	Sweater	Midweight thermal layer
1	Warm Jacket	Lightweight down or synthetic puffy coat
3	Wool socks	
1	Warm hat	
1	Gloves	Mid-weight warm gloves for cold mornings
1	Sun Hat	Wide-brim hat if you burn easily
	Underwear	As many as you need
FOOTWEAR		
1	Sandals	Watersports sandals, such as Chacos or Bedrock
1	Hiking or approach shoes	With grippy soles for scrambling
EQUIPMENT AND SUPPLIES		
1	Water Bottle	Wide-mouth, 32 Oz insulated water bottle
1	Headlamp	USB-rechargeable to save on battery waste
1	Day pack	Lightweight and packable, one per couple
1	Sleeping bag	Lightweight and compact, rated to 20 degrees
1	Sleeping pad	Lightweight and compact foam or inflatable
1	Tooth brush and tooth paste	
1	Hair brush or comb	
1	Sunblock and skin moisturizer	
1	Bandana	
1	Sun Glasses	
1	Journal and writing utensils	Optional
1	Camera	Optional

Notes: If you need to purchase equipment, consider supporting companies that are B-Corp certified, to insure fair labor and environmental practices, such as Patagonia. In addition, please consider used equipment sources, such as Patagonia Worn Wear or Outdoor Gear Exchange in Burlington, VT. You will be able to wash(in the river) and dry(on the clothesline) your clothing during the trip. If you have your own paddling equipment, such as a life jacket, water shoes, or dry bag, you are welcome to bring them along