

General Information List

warm weather



"Thorough preparation makes its own luck!"

General CAMPING and FOOD GEAR (Stuff you might want to consider to make life simpler or worse...)

A. Food Gear

1. You will be responsible for your own individual meals (as oppose to group meals). You will need to coordinate everything with your canoe partner. (This is to keep from doubling up on equipment, foods, stuff, etc..)

Suggested meals would be: Any type of can food. Fresh meats like chicken or steak works good. (see comments below about dry ice and such.) Fish does not last. Vegetables all work good. Dehydrated food stuffs are o.k., but you will need to bring extra water for re-hydrating the food. Fruits are great on the trip. Oranges and apples are also great for a little hydration. (The peels of the oranges should be buried or burnt in a fire, instead of throwing overboard. They do not decompose very quickly.) Snacks like power bars or granola type bars are good for snacking. Even with the fresh foods, you will want to have 2 or 3 days worth of extra canned or dry food in case of emergencies. MRE's (military meals) will work, but remove most of the un-needed packaging and extra stuff they have in each meal before you get on the river, i.e.. at home.

2. You will need a stove to cook on. Do not depend on campfires. (Campfires might not be permitted.) Propane or coleman fuel type stoves work fine; propane works the best. When we get to Utah, we will see how many stoves everyone brought and we will probably sort through all the gear and take enough for the group. Don't forget the extra fuel for the stove. Charcoal grill, charcoal, and lighter fluid...if you plan on grilling. 2 or 3 bic lighters and backup Matches.
3. Pots, pans, skillet, paper plates, forks, knives, spoons, cups, large heavy duty trash bags, TV tray or foldable table, a container to keep this stuff in (like a rubbermaid type). Dish soap, baby wipes, paper towels, etc..

B. Dry Ice & Coolers

1. I take two coolers (the 32 gallon capacity type) and I will refer to one as the "freezer" and the other as "refrigerator". In the freezer, I have approximately 10-20 pounds of dry ice, an extra sack of block and/or cube ice, and I store any foods that need to be kept frozen, and I also have (two) two-liter coke bottles full of water. The dry ice keeps everything frozen. The coke bottles will freeze within an hour or so. On the next day, I take the frozen bottles out of the freezer and

place them in the refrigerator with food to be used or unfrozen for upcoming meals. (The frozen coke bottle does two things, it acts just like block ice in keeping your food cool and eventually melts to cold, drinkable water.) Before I place the frozen coke bottles in the refrigerator, I remove the two bottles that were there previously. (These have now melted and are cold water and I use them for drinking during the day.) So you get a cycle going...from freezer to refrigerator, to drinking water, and back to freezer.

Over both coolers, I place a wet towel (water from the river). You will need to keep the towels wet, they dry out rapidly. This helps keep the outside of the coolers cool and keeps ice from quickly melting somewhat. (It also helps to keep the lids closed and only open them when need to.) Over top of the towels, I place a emergency type tarp (shinny side out to reflect the heat away) that I use at night under my tent. With this setup I have been usually able to keep fresh food for the entire trip. (Normally, your ice will melt by the second or third day and you would have to eat all your fresh food by the following day. The dry ice keeps things longer.)

C. Water

1. You will be responsible for your own drinking and cooking water. I have found that (one) two-liter coke bottle of water is plenty to drink per person, per day. The days will be hot! You should plan on drinking at a minimum 1-1/2 liters of water per day. (Our last late summer trip we averaged 1-1/2 liters per person. You need to make yourself drink. (Dehydration sucks! You feel crappy and will have huge headaches. If your urine is not clear, usually yellow and smells pretty strong...then you are dehydrated. Hydrate or die!) Drinking type mix like gatoraide, koolaid, etc. is recommended. (Pure water is appetizing for about the first two to three days. It gets old quick!) You will have to determine what is required for cooking your meals. I usually take store bought 2-1/2 gallon plastic containers of drinking water (or from home in the big blue 5 gallon containers...either way will work. The store bought plastic containers are easier to pack and can be crushed when used up. Remember...if you use dehydrated foods, it will require more water for rehydrating the food.) There will be a water purifier along on the trip for backup purposes only. Do not rely on the purifier for your own needs.

D. Camping

1. You will need a tent with a floor in it. A tarp or ground cloth for under the tent. (It is recommended that you use a foil or reflective type tarp under your tent to keep ground heat radiation to a minimum.) You can also take along a fold out lawn chair or cot. Two things to consider:
 - a. I have slept out under the stars on this trip quite a few times. I have also slept out under the stars with a tarp over me, like a lean-to. BUT, you need a lawn chair or cot. It is not recommended that you sleep directly on the ground. Scorpions, both the big ones (non-poisonous, unless your allergic to bee type stings) and the little ones (poisonous) are lurking around the rocks and shadows for a nice warm area to invade. On a previous trip on the river,

I found one big scorpion under my tent ground cloth and I found one small scorpion under my cooler. The big ones are easy to spot. The small ones however, are the color of sand and only one inch long...very hard to see. SO, if you sleep out under the stars, I recommend you sleep up off the ground on a cot or lawn chair.

- b. I have slept many times on the ground, in a tent with a floor in it. No problems. Make sure your tent does not have any holes in the floor or around the sides.
- c. Also, wind storms can blow sand around and it is nice to have a shelter to retire to.

2. Small coleman type lanterns are nice to have, candles, flashlights, etc.

3. Toilet paper for personal use. We will be carrying a portable type toilet. (Required on Canyonland property.)

4. A solar shower. This is a bag that you fill with water and leave in the sun. The sun warms up the water and you hang the bag up in the air and then you can take a shower. Most sporting goods stores carry this. You will also need some rope or webbing to help hang the shower up with. (You can also clean off in the muddy river. You will need to bring extra water with you if you plan not using silty river water.)

5. Some extra rope or webbing to strap things down inside your canoe. I have not been on a trip that lost anyone or thing overboard. (But now that I have said something and jinxed us, it will probably happen!) But, you should have your gear tied down so if you do tip your canoe over, your stuff will stay with the canoe.

6. Waterproof bags (dry bags - not trash bags). I carry a small one for personal items like camera, binocs., etc. and a couple of big ones for sleeping bag, pillow, clothes, and such.

7. Sleeping bag, sleeping pad, or blanket, sheets, and pillow. You will have to decide how cold you might get or how hot you might get. I usually take a bag rated for 30° F and a cotton sheet. I usually stay on top of bag and use sheet to keep warm. You will also want a soft pad to sleep on.

8. Wisk broom for getting sand out of tent, off of shoes, etc..

9. Sponge. This is nice to have to get water out of bottom of canoe and for washing out mud etc. from inside of canoe and use around the tent or campsite. (Just from paddling, you will get water and/or mud in your boat.)

E. Clothes

1. You should expect cool water in the river at this time of year. The water will be low. We will be camping on sand bars or sandy areas.

2. The nights should be warm, with the days getting almost too hot.
3. A hat with wide brim is definitely recommended. A straw hat works well and are pretty cheap. (You can wet the hats in the river and put on your head to keep cool...especially for you hot heads....)
4. Hiking boots, shoes, socks, hiking stick, small backpack or big fanny pack. (MAKE sure and keep your boots, shoes, packs, etc. inside your tent or closed up; because little creatures like to invade open boots or packs....)
5. Water socks, sandals, or old tennis shoes that can and will get wet.
6. Swim suit or clothes that can get wet while your in the canoe. (You should NOT plan on carrying a lot of changes of clothes - no one to impress on the river.)
7. A long sleeve white cotton, button type shirt is nice. One pair of ripstop or lightweight long pants and shorts.
8. Large handkerchiefs are good to have. (For neck cover, etc..)
9. Toiletry items, wash cloth, towels, etc..

F. Miscellaneous Gear

1. Toilet paper and small hand trowel (we will be carrying a portable toilet).
2. Bug spray - bugs should be lite, but you never know.
3. Sun bloc/lotion.
4. Waterproof or dry bags (for clothes, gear, etc..)
5. Rubbermaid boxes (for food, gear, etc..)
6. Tarp(s) (Plastic type material, 8x10's; two or three)
7. Tarp(s) (Emergency type, foil on one side, plastic material on the other; two or three)
8. Water ski gloves (they are fingerless and make it nice for paddling.)
9. Chair(s) for sitting around camp. (Can be lawn chair.)
10. Duct tape.
11. Second skin or such for hiking blisters.
12. Other stuff for hiking like small backpack, smaller drinking bottles.
13. Camera and lots of film or computer disks.
14. Binoculars.
15. Small first aid kit. (personal use)
16. Heavy cloth bath towels; use ones you can trash, these will be for covering coolers; two needed.
17. Sponges (for putting water on ice chest towels and for cleaning out your canoe)
18. Some type of hiking pack or fanny pack for day trips.
19. Nalgene type bottles (or canteen) for drinking water while hiking.

20. Platapus type containers work good for holding water or liquids and are pretty durable.
21. Screened enclosure/tent like thing. (When expecting bugs.)
22. Pen or pencil and a notebook or diary.
23. River maps, topos, guidebooks, etc.. (Can be found and purchased in Moab.)
24. Reading materials, games, cards, etc..
25. Hiking staff or stick.
26. Chapstick for lips. (Helps to have kind with sunscreen.)
27. Compass and/or Gps unit.
28. Pocket knife.
29. Leatherman type of tool.
30. Pack axe. (For tamaracks)

G. IMPORTANT THINGS TO REMEMBER

1. Anything left outside at night should be kept closed. Bags, boxes, containers, etc. should have the tops closed off to keep pests out. Your boots should be kept in your tent with you or inside a closed bag or container. Always check stuff left outside before sticking your hand down into something you can't see. Be on the look out for critters that might be lurking under something. I have only ran into scorpions one time (but that's all it takes). There were only two of them. I have only ran into one rattlesnake. These are the two most common critters that we could encounter that do not (depending on your view) like humans. When climbing or hiking around, we need to be sensitive to where these dudes might hang out.
2. REMEMBER, to bring all medicines that you require. Let me know of any special conditions you might have that could impact your life. We will be very remote and more than 50 miles from civilization.
3. Practice minimum impact hiking, camping, and canoeing! Stay on trails...the ground is a living organism called Cryptobiotic Crust; it protects the sands from being eroded away.

NOTES FOR YOURSELF: