

## Phantom Ranch to Diamond Creek or Lake Mead Packing List

### Equipment:

- Duffel bag: bring your gear packed in one duffel (*not to exceed 30 lbs. packed*) which will need to fold down and fit into our waterproof bag
- Sleeping bag, sleeping pad, ground tarp (approximately 5'x7'), sheet and small pillow. **Sleep kits including these items may be rented for \$50.** (April, May, September and October trips require a medium weight synthetic-fill bag)
- Daypack for day hikes. It should be large enough to carry water, lunch and camera, as well as a warm layer of clothing for spring & fall trips (750 – 2000 cu. in)
- Water bottles: 2 heavy-duty and minimum 1-liter capacity each with a carabiner to attach it to the boat. For day hikes and the hike in, hydration systems like a CamelBak® are great, but you will still want 1 water bottle while in the boat
- Headlamp or flashlight, extra batteries and bulb
- Plastic bags: large trash bags and zip-loc bags to separate clean and dry clothes from wet and dirty
- Sunglasses with securing strap and a spare
- Towel: small, quick-drying and washcloth
- Toiletries including biodegradable soap and shampoo with moisturizer
- Sunscreen: waterproof & SPF 30 or higher (Bring lots of it!)
- Lip protection: SPF 30 or higher
- Moisturizing lotion or cream: 1 bottle (Skin tends to get REALLY DRY – a VERY important item!)
- Insect repellent: Mosquitoes are generally not a problem, but it's always best to be prepared.
- Personal first aid kit (Band-aids, antibiotic ointment, ibuprofen, moleskin, eye drops, etc.)
- Spare pair of glasses and/or contacts (Blowing sand can cause problems for contact wearers)
- Cash for gratuities and goodies at Phantom Ranch (credit cards also accepted at Phantom Ranch)

### Footwear:

- River sandals: 1 pair to wear in the boat and for short wet hikes (such as Teva)
- Athletic shoes or lightweight hiking boots: 1 pair, comfortable, with good tread and well broken-in (not new)
- Hiking socks: 3-4 pair mid-weight

### Clothing:

- Long-sleeved shirt: 2-3 lightweight and light color for sun protection (UPF rated shirts are great)
- Long pants: lightweight and light color for sun protection (No jeans while on the river, but okay in camp.)
- Shade hat or visor with securing strap and a spare
- Bandana
- Rain jacket & pants: *waterproof* (not water resistant) to protect you from the wind and splash from rapids, as well as rain. A hooded jacket is recommended as well as good secure closures around your head, neck, wrists and ankles to prevent water from seeping in
- Swimsuit / Swim Trunks: 2 (two piece suits recommended for women). Tankinis are a great option
- Underwear: quick-drying
- Shorts: 2 pair lightweight, and quick-drying
- Hiking shorts: 2 pair (some people prefer different shorts for the river and hiking)
- T-shirts or lightweight quick-drying tops: 3-4
- Synthetic long underwear top & bottom: 1 set light to mid-weight (optional for late June & July trips)
- Fleece top & bottom: 1 set light to mid-weight (optional for late June & July trips)

### Additional Essentials for spring (April/May) & fall (September/October):

- Extra pair of dry shoes for camp
- Wetsuit booties and/or neoprene socks
- Additional fleece top & bottom
- Additional synthetic long underwear top & bottom
- Warm hat and gloves: 1-2 sets, synthetic or wool
- Fleece vest
- Extra Dry Skin Cream: Look for creams that have such labeling as healing, therapeutic, salve, for rough cracked skin, etc. Healing foot creams are also a good idea.

### Optional Items:

- Camera and accessories
- Sarong: also useful as a cover-up from the sun, when bathing or to discreetly change clothes
- Trekking poles: collapsible (for the hike into the canyon). Do not need to fit in waterproof bag.
- Solar shower: small "solo" showers heat up faster and are easier to use
- Bathing towels/wipes: pre-moistened, disposable
- Binoculars: small
- Whisk broom: small (no long handle). To sweep wet sand off of tent and ground tarp
- Lightweight cord and clothespins for drying clothes
- Notebook and pen