

Whitmore Wash to Diamond Creek or Lake Mead Packing List

Equipment and Personal Items:

- Duffel bag: bring your gear packed in one duffel (*not to exceed 25 lbs. packed*) which will need to fold down and fit into our waterproof bag
- Small Daypack for day hikes
- Water bottle: 1 heavy-duty and minimum 1-liter capacity with a carabiner to attach it to the boat.
- Headlamp or flashlight
- Plastic bags: large trash bags and zip-loc bags to separate clean and dry clothes from wet and dirty
- Photo I.D. – **Very important.** Adult passengers (18 years and older) will be required to show a government issued photo I.D. before boarding the flight to Bar 10 Ranch.
- Sunglasses with securing strap
- 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 – this is 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 Bar 10 Ranch (credit cards also accepted at Bar 10 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

Clothing:

- Long-sleeved shirt: 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
- 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: two piece suits recommended for women. Tankinis are a great option
- Underwear: quick-drying
- Shorts: 2 pair lightweight, and quick-drying
- T-shirts or lightweight quick-drying tops: 2
- 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):

- Wetsuit booties and/or neoprene socks
- Warm hat and gloves: synthetic or wool
- Synthetic long underwear top & bottom: 1 set light to mid-weight.

Optional Items:

- Camera and accessories
- Bathing towels/wipes: pre-moistened, disposable
- Whisk broom: small (no long handle). To sweep wet sand off of tent and ground tarp
- Notebook and pen