

River Drybag Packing Suggestions

1. One drybag: for sleeping bag, pad and pillow, sheet (optional for hot nights), small tarp (optional), a roll-a-cot is the best! Roll-a-cot won't fit in a dry bag.
 2. One small day drybag cold weather gear bag (I don't usually bring this for hot rivers like the Grand)- easily accessible during the day, splash jacket, splash pants, long underwear pants, fleece jacket, wetsuit booties, wetsuit socks, fleece hat, liner gloves, wetsuit gloves, neck warmer, wetsuit
 3. One dry bag for clothes and personal items: see list below
- ✓ NOTE: Separate traveling bag for the car- clean stuff for the ride to and back from the river

Personal Drybag (clothes/stuff) suggestions:

- Rainjacket (windbreaker) – 1
- Fleece jacket – 1
- River shorts – 4- quick drying with mesh liner- I like Cabela's brand with zippered pockets
- T-shirts – 2 to 4
- Long sleeved cotton men's shirts with collar – 4, easy to pick up at Goodwill or Walmart
- Cotton river pants – scrubs 2
- Cotton camp shorts – 2
- Camp cotton pants - 2
- Towel – 1 full size
- Bathing suits - 2 or 3
- Hat with visor and hatclip – 2 (one is a backup)
- Cotton socks to wear under Teva's and in camp – 6-8 of my crummiest pair- often throw them in the trash during the trip when they get holes
- Underwear – 4 to 6
- Sports bra - 2
- Chaco River Sandals – 2 – includes backup pair
- Shoes for camp – 1
- Note pad/pen/calculator – for trip journal and calculating trip expenses
- River map
- Camera and extra memory cards
- Camera battery – several spare- [solar charger](#) is nice also
- Spare pair of glasses, if you wear glasses– 1
- Croakies for your glasses – 2
- Sunglasses
- Watch – waterproof with alarm
- Personal Address list- for mailing postcards- postage stamps for mailing cards
- Wallet- with a credit card, photo ID (Driver's License), checkbook and cash
- Car keys – extra set should have gone to your shuttler
- Headlamp with extra set of batteries
- Cotton Bandana – 2 at least, nice to dip- on the river and put around your neck to cool off
- Light cotton rowing gloves for 30 UPF sun protection – [Glacier Sungloves from Cabelas](#)
- Wide mouth water bottles – at least 2
- Gatorade – powder mix- I use one for myself in ~ two weeks, store it in a dry box or the rodents will chew through your bag if they smell it
- Personal eating utensils; coffee cup, bowl, plate, knife, fork, spoon
- Off Bug Spray

Toiletries:

- Shampoo/crème rinse- (leave in conditioner works great on tangles)
- Hair Brush
- Lotion- a lot!

- Toothbrush/Toothpaste/Dental floss
- Body soap- liquid
- Antibacterial soap to wash feet- [wards off Foot Tolio](#)
- Body scrubby
- Ivory dish soap – for laundry
- Small Collapsible bucket- to soak your daily laundry
- Toenail clipper/ Nail file
- Clear polish
- Chapstick/Carmex – 4, be prepared to “lose” several
- Sunscreen- a lot!, some recommend the type with “new” % zinc oxide in it
- Personal Medications transferred to a watertight bottle
- Advil
- Midol
- Vaseline- travel size
- Gold bond- travel size
- Razor
- Deodorant
- Band-aids
- Earswabs
- Seabreeze/cotton balls
- Tampons/multiple small Ziplocs/small personal liquid handsoap/hand sanitizer (travel size)
- 1 day Monistat
- Tums
- Athletes Foot Spray (Lamisil?)– preventive- use it every night once I have clean dry feet in socks- wards off Tolio- cracked skin between toes
- Moleskin
- Ponytail holders
- Wet Ones wipes
- Crown cement- Long’s Drugs has it- with activator
- Superglue
- Neosporin

Additional Items For Cold Rivers:

- Warmer jacket - 1
- Fleece jacket – 2
- Fleece pants – 2
- Long underwear bottoms and tops – 2 sets- great for sleeping in at night
- Wool or fleece socks - 3
- Fleece hat - 1
- Gloves – 1
- Rain pants – 1

How I do laundry on the river:

I bring along a small collapsible bucket and Ivory dish soap (clear dishwashing liquid). I wet dirty clothes in the river. Then I fill the bucket with river water and soak the clothes in Ivory dish soap for ~15 minutes. No more than one pair of shorts, bathing suit and shirt at one time. Don’t put too much dish soap in the bucket, a little bit goes a long way. I have noticed that other brands of colored dish soap will stain lighter clothing. After soaking, I rinse the clothes with river water until soap is gone. In Idaho I do this above high water line, in the Grand (desert rivers) I rinse directly in the river current. The clothes dry quickly in the hot desert early evening sun (much slower on the Idaho clothes line). The Ivory scent smells great when you put your dry clothes on the next day.