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We want you to be fully equipped to enjoy your vacation in the desert. While the climate in the Virgin River during the early fall is typically dry and warm, weather can be harsh and change suddenly. Plan for warm afternoons and cool evenings, but be prepared for unseasonably cold or hot temperatures. The majority of the hike will be in the Virgin River, so plan to get wet! *Being prepared with the proper clothing, footwear, gear, and hydration is critical for optimum physical performance and your safety.*

You **must** bring the following items:

#### Clothing and Shoes

- Light-weight pants (wicking/quick dry fabrics)
- Light-weight shorts (wicking/quick dry fabrics)
- Long and short sleeved shirts (wicking/quick dry fabrics for layering)
- Fleece jacket (for layering)
- Rain gear (Gore-Tex or other waterproof/breathable fabric)
- Warm hat and gloves
- Underwear
- 2-3 pair of hiking-specific socks
- Sturdy hiking shoes or boots (for hiking in the river and across slickrock)

#### Sun Protection

- Sunscreen
- Sunglasses
- Wide-brimmed hat

#### Camping/Hiking Gear

- Hiking/walking stick
- Internal or external frame backpack
- Sleeping bag
- Sleeping pad
- Backpacking stove

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Camping/Hiking Gear continued

- Fuel canister
- Tarp or ground cloth
- Tent or bivy sack
- Cordage
- Waterproof matches
- Minimum of two 32 oz. water bottles
- Cup or small pan for cooking/eating
- Utensils
- Pocket tool or knife
- Flashlight or headlamp
- Extra batteries
- Iodine tablets
- Insect repellent (flies)
- Personal hygiene: toilet paper, toothpaste, etc.
- Extra stuff sack (for food bag)
- Favorite snacks (for 4 days)
- \*Basic First Aid kit including band-aids and moleskin

\* Guides will be equipped with a comprehensive first aid kit in case of accidents or emergencies; however, you may prefer to have your own stash of band aids and moleskin for quick access and care of common blisters and scrapes.

Please don't hesitate to contact us with questions about what you should bring on the trip! We want you to have a great experience with us and look forward to assisting you in your preparations.