

GCS Packing List

The **Flagstaff** list includes the normal kinds of things that you would use while living in college dorms. Feel free to improvise, add, or subtract from this list. The **Field Section** list includes the clothing and gear needed to be warm, dry, safe, and comfortable while living outdoors. You should plan to bring everything on the field trip list. The **Backpacking** section contains items that you'll need for the optional 3-4 day backpacking trip. These items can be easily rented in Flagstaff, so we don't recommend buying them unless you intend to use them outside of GCS. We do have outdoor stores in Flagstaff as well as a Target store within walking distance of campus, so you can get clothing and supplies as you need them throughout the semester. We typically leave for Grand Canyon National Park on the second day of the program (the day after you arrive) so you will want all of the field gear for that trip.

Detailed notes follow the packing list to describe the options for the technical gear. Please do not hesitate to email the program director (Theodore.Martinez@nau.edu) if you have questions about the gear list or field trips.

FLAGSTAFF

You will have access to laundry machines in the dorm. It will be "monsoon" season, so you might want to bring an umbrella to use on campus. You will also be here in the early winter. Flagstaff typically doesn't receive much snow before winter break, but we've also gotten big snowstorms on Halloween so you should prepare for anything!

Clothing Suggestions

- Casual clothes for class.
- A light jacket for evenings in the early fall.
- An insulated (e.g., down) jacket for the early winter.
- Comfortable shoes for walking 2-3 miles around town.
- One professional outfit for the Final Symposium.
- Optional: Umbrella*

Miscellaneous

- Toiletries, shower shoes, pillow, linens for dorm bed, bath towel.
- School supplies – pencils, pens, notebooks.
- Optional: Personal electronics – iPod, cell phone, laptop. For your safety and the sake of building community, these will usually be left in your room in Flagstaff when we go to the field (this means that personal iPods and cell phones are strongly discouraged in the vans).*

FIELD SECTION

Clothing

- 1 Rain jacket. See notes.¹
- 1 Rain pants (optional).
- 1 Fleece or wool top for warmth. Not cotton.
- 1 Down or synthetic jacket for warmth. Not cotton.
- 1 pair lightweight quick drying pants. Not cotton.
- 1-2 long-sleeve shirt for sun protection (a.k.a. river shirt). Can be cotton.
- 1 long-sleeve long underwear top for warmth. Not cotton.
- 1 pair long underwear bottoms for warmth. Not cotton.

- 1 pair of quick dry underwear for the river trip. Not cotton.
- 1-2 sports bras (if applicable) that you can wear while rafting. Not cotton.
- 3-4 pair of warm, quick dry socks. Not cotton.
- 1 pair sturdy shoes or boots for hiking, backpacking, and field work ³
- 1 pair tennis shoes or rafting sandals that will stay on when rafting. ⁴
- 2 bandanas. These are useful in one million ways.
- 2 Shade hats / visors. Can be cotton. One of these is a spare.
- 2 pairs of sunglasses with securing strap. One of these is a spare.
- 1 Swim suit. Optional if you have quick drying shorts and/or sports bra.⁵
- 1 - 2 t-shirts. Can be cotton.
- 1-3 pairs of underwear. Can be cotton.
- 1-2 bras (if applicable). Can be cotton.
- 1-3 pairs of socks. Can be cotton.
- Optional:* Rubber boots or galoshes to wear in the raft (useful for keeping feet dry when entering / leaving raft if it is cold outside)
- Optional:* 1 pair of long cotton pants for sun protection. I use scrubs.
- Optional:* a sarong for sun protection. Men use these on the river too (really!)

Personal items

- 1 liter (or larger) water bottle with strap and clip/carabiner.
- Daypack (a small backpack, preferably collapsible).
- Sleeping bag (rentals / loaners can be made available upon advance request)
- Z-rest sleeping mat (rentals / loaners can be made available)
- Tent (rentals / loaners can be made available)
- Plastic bags for wet or dirty clothing
- LED Headlamp + extra batteries.
- Optional:* Camera & waterproof case.
- Optional:* Sketch book & travel set of art supplies ⁶
- Optional:* Costume pieces for the last night of the river trip ⁸

Toiletries

- Small towel (quick dry pack towel recommended) & wash cloth
- Personal toiletries
- Any prescription medications. Consider transferring prescriptions to Walgreens or Target Pharmacy – both are located next to NAU.
- Moisturizing lotion (you'll be amazed how dry your skin can get!)
- Lip protection SPF 15+
- Hand sanitizer
- Biodegradable soap ⁹
- Sunscreen SPF 15+ ¹⁰
- Insect repellent ¹¹
- Optional:* baby wipes ¹²

Misc. items

- Travel mug (or Thermos), spoon, Tupperware for carrying food in the field.
- Digital watch with alarm (you can't rely on your phone in the field)
- Field binder (provided by LCI sponsor)
- Reading material for river/camping section (available in Flagstaff).
- Optional: letter / postcard stamps, address book, stationery, book to read

BACKPACKING TRIP – The backpacking trip is optional, but strongly encouraged. You can rent all of these items inexpensively in Flagstaff. See <http://nau.edu/Recreation-Services/Outdoors/Equipment-Rental/> for rental rates. Several gear stores also rent gear.

- Backpack with enough capacity for 3 days (you can rent this in Flagstaff)
- Lightweight sleeping mat, sleeping bag, favorite water purification system
- Small, lightweight tent or bivy sack suitable for backpacking (can rent in Flagstaff)

NOTES

1. **Rain jacket.** We are going to be camping during the tail end of the monsoon season, so it will probably rain on us. There are several kinds of rain jackets. They range from water-resistant (which is code for leaky) to waterproof to waterproof/breathable. For this trip, you want something waterproof. I do not recommend a rain poncho.
2. Why does it say “**not cotton**”? Well, cotton is known in the outdoor industry as the fabric of death. Cotton stays wet for a long time and your wet cotton t-shirt (or jeans) steals heat from your body in order to dry. Wearing cold, wet, cotton clothing in the outdoors can lead to hypothermia even when the temperature is well above freezing. There will be times when you *want* to cool off during this trip (August), so cotton is perfect for those times. The “not cotton” clothing is intended for times when you need to be warm.
3. **Sturdy shoes**/boots for hiking. A good pair of hiking shoes will work well here if you do not have bad ankles (i.e. you haven’t sprained your ankle or twisted it so badly that it hurt for more than a few minutes during that last 5 years). A good pair of tennis shoes means a shoe that covers your whole foot and you could wear it for running. If you have bad ankles and plan to go on the 4-day backpacking trip, you should upgrade to a hiking boot. **BREAK IN YOUR BOOTS!** Wear them all summer long. Run in them. Dance in them. They should NOT create blisters on a 6 mile hike once they are broken in.
4. **Sandals.** You need a good, comfortable pair of sandals that will stay on in the raft. Chaco, Teva, or Keen brand shoes are ideal. Neither Crocs or flip flops (thongs) will work on the river.
5. **Swimsuit** vs. shorts and/or sports bra. You want to have something that you can wear on the river that can get wet. You also want to be comfortable and protected from the sun. Some people find that a swimsuit is perfect (with a shirt for sun protection) but I prefer to wear shorts and a sports bra. You will get tanned on this course, but **do not plan to work on your suntan during this course.** Many expensive and painful emergency evacuations have been conducted on the Colorado River due to sunburn. See also #10 below.
6. **Art Supplies.** If you are inclined to draw or paint, you may want to bring a small sketchbook and set of pencils.
7. **Personal Journal.** You will keep a journal for class, but you should bring a

small personal journal if you like to keep your own diary. It is possible that the inside of your dry bag will get damp, so you should pack your journal in a Ziploc bag.

8. **Costume pieces.** You are kidding, right? No. I am not. There is a longstanding river tradition of having a silly costume party at some point during the trip. There is also a river tradition of everyone on the trip painting his/her toenails blue or green or orange. It is silly, but that is what makes it so much fun. Consider bringing something fun for the last night.

9. **Biodegradable soap.** When we are on the river, the only option for bathing is to bathe in the river (or dumping river water over your head to bathe). We use biodegradable soap to have less of an impact on the ecology of the river. Check out Campsuds or Dr. Bronner's soaps.

10. **Sunscreen** SPF 15+. Bring lip balm with sunscreen.

11. **Insect repellent.** During certain months, mosquitos and black flies can be a bothersome problem. There shouldn't be very many mosquitos during the semester.

12. **Baby wipes.** Some people prefer not to bathe in the river (which is VERY cold), so they like to bring wet wipes. You will only need a few days worth on the river, so buy the small size if you choose to bring these. Personally, I do not use wet wipes but use my bandana to wash with river water.

13. **Presentable clothing** for meetings with guest speakers and meetings with elders. We may ask you to wear casual, but presentable, clothing when we meet with guest speakers or native elders in the field. This generally means long pants (without holes) or a skirt (at the knee or longer) and modest shirts (not strappy tank tops for women). I don't intend this to limit your fashion sense, but rather to convey a professional image to our speakers and a respectful image to our elders.