



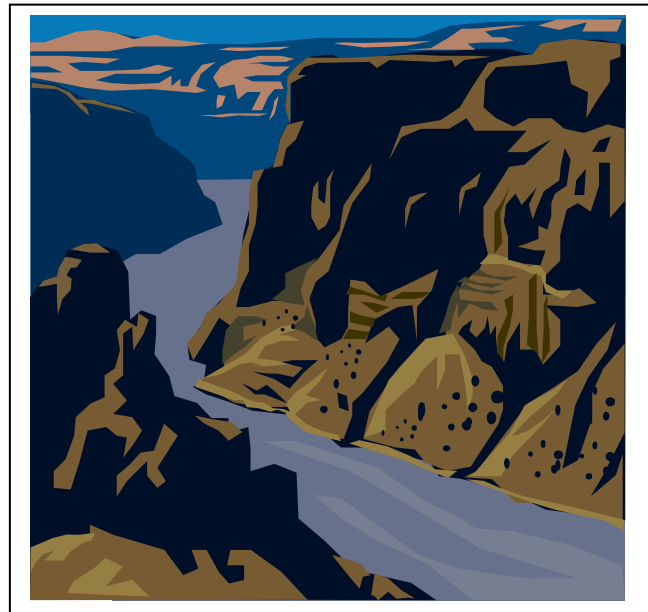
# Canyonlands Green River Canoe Clothing and Equipment List



## Breckenridge Outdoor Education Center Wilderness Program South East, UT Elevation 4,000 ft

Daytime temperatures range from 60 and 85 degrees Fahrenheit. At night, temperatures can drop to between 30 and 50 degrees Fahrenheit. Because of the wide range of temperatures possible, it is best to bring several layers of clothing that can be taken off or put on to accommodate the weather and varying activity levels. Cotton clothing of any type does not work as well as an isolative fabrics such as wool or polypropylene. These fabrics breathe and retain heat even when wet. These fabrics are recommended for all programs.

- Lightweight long sleeve shirt (2)
- Extra shirts (2)
- Quick drying shorts (2)
- Loose fitting cotton pants (1)
- \*\*Long underwear tops & bottoms (synthetic) (1)
- Medium weight jacket (1)
- Sweater/fleece layer (1)
- Sets of underwear (7)
- Sets of socks (4)
- Bandanna (1)
- Hat for sun protection with visor/brim (1)
- Wet shoes or sandals w/strong straps
- No flip-flops (1)**
- Dry shoes (1)
- Bathing suit (1)
- Set rain gear (1)
- Sunglasses with keeper (1)
- Sunblock (1)
- Small flashlight with extra batteries (1)
- Water bottle (1)
- \*\*Sleeping bag (light weight, mummy style) (1)
- Flat sheet (for sleeping when hot) (1)
- \*\*Sleeping pad (1)
- \*\*Day pack- small (1)



**\*\*These items can be provided by the Breckenridge Outdoor Education Center, depending on availability. Please speak directly with the Course Director. The BOEC will provide kitchen gear and tents.**

**Personal Items:** Toilet Kit (toothbrush, small tube toothpaste, small soap, comb or brush, small shampoo), Insect repellent, Lip Salve, Moisturizing Lotion. **Please clearly label all items.**

**Optional Items:** Camera/film, writing materials, paperback book, small towel. **Please clearly label all items.**

**THE BOEC IS NOT RESPONSIBLE FOR PERSONAL BELONGINGS. A REPLACEMENT COST WILL BE ASSESSED FOR ANY LOST OR DAMAGED BOEC EQUIPMENT. ANY ITEMS LEFT AT THE BOEC CAN BE RETURNED AT THE OWNER'S EXPENSE.**