

# PACKING LIST

## SUP DAY TRIP



**CROSSING**  
*the* **DIVIDE**  
backcountry adventure for youth

### Feet

- 1 pair of shoes or sturdy sandals for getting wet while on the water
- 1 pair shoes or sandals to change into when on shore

### Lower Body

- There will be time spent not in the water so please dress according to the weather for the day
- Bathing suit or something to wear in the water. No cotton is allowed in the water!!
- Rain pants if needed (CTD can provide these)

### Upper Body

- There will be time spent not in the water so please dress according to the weather for the day
- Sun shirt or something you can wear in the water for sun protection
- Rainjacket if needed (CTD can provide these)

### Head

- A hat that provides sun protection

### Personal

- Sunglasses
- Lip Balm
- Sunscreen (CTD can provide this)
- Feminine hygiene products (we carry a very limited stock of these in first aid kits)
- Personal Medication (a safe, dry place will be provided for this throughout trip)
- Towel
- Phones and similar electronics are allowed but their use may be limited or restricted if participants aren't engaging in group activities or for safety reasons. Participants are responsible for any damage (including water damage) that happens to electronics on trips.

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## CONT.



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### Group Gear (Provided by CTD)

- Stove, pots and other cooking utensils if needed
- Bowls, plates, cutlery, cups, and eating utensils if needed
- Water including filtration systems if needed
- Water bottles
- First aid kit
- Bear spray
- Emergency satellite communication
- Toilet paper and latrine kit
- SUP, paddles, life jackets, and all required safety equipment
- All food and snacks for the day

### **IMPORTANT:**

Alcohol, illegal drugs (including cannabis), weapons (including small pocket knives) are not allowed on Crossing the Divide Trips. Participants that bring these will not be permitted to participate. If they are found with these during the trip, they will be removed from the trip as soon as the guides deem it is safe to do so. Participants found with prohibited items risk ending the entire trip for everybody involved, depending on logistics and remaining participants. These decisions will be made by the guides who will have full discretion in the matter. Tobacco products are highly discouraged. If participants bring cigarettes or other tobacco products, they will be responsible for packing out butts and empty packs and must adhere to all guide instructions regarding fire safety.