

# YOGA IMMERSION ON THE SAN JUAN RIVER

## PERSONAL GEAR LIST

This gear is essential to your safety and comfort on the river. Please read through carefully and ensure you bring all required items. If you do not have an item on the list, we have gear you can borrow.

### CLOTHES & GEAR

Rain Gear- Gore Tex/heavy-duty Rain top/ jacket and Rain Pants

#### Boat Clothes:

Synthetic pants (no cotton)

Synthetic shorts or skort (no cotton)

Synthetic shirt - Sun shirt recommended (no cotton)

1 pair of "river shoes" with sturdy soles - these can be river shoes like astrals, or your trail runner shoes, all-terrain sandals w/ ankle straps (Keen, Teva or Chaco style), or wetsuit booties w/ sturdy soles

1 pair of "river socks" (polypropylene, silk, wool, etc....no cotton!) and/or wetsuit socks

1 baseball cap or sun visor/ sun hat

Sunglasses with "keeper strap" (a spare set is optional)

1 fleece or synthetic warm layer that can get wet

1 pair of long underwear bottoms or warm layer synthetic pants that can get wet

#### Camp Clothes:

1 warm sweater (fleece, polypropylene, capilene, silk, wool, etc....no cotton!) for layering

1 pair warm pants (fleece, wool, synthetic or down puffy material)

1 pair of "dry shoes" (sneakers work great) and a pair of socks for in camp & day hikes



## Camp Clothes (part 2):

- 1 warm jacket & hat (wool, fleece, synthetic, or down)
- Long Underwear set (top and bottom)
- 1 pair warm comfy pants (fleece, wool, or warm cotton sweatpants)
- Optional: Hangout clothes - e.g., cotton pants, jeans, sweatshirt

## TOILETRIES

- Sunscreen
- Lotion/moisturizer
- Toothpaste, Toothbrush
- Personal Medications if applicable
- Personal hygiene items (no glass containers) for female bodies  
*Note: this includes tampons, diva cup, and baby wipes and bandana*

## SLEEP SYSTEM

- Sleeping bag rated to at least 30 degrees, 15 degrees recommended  
*Note: You can bring a sleeping bag liner or down blanket in addition*
- Sleeping Pad (insulite pad or Thermarest/inflatable pad)  
*Note: You may bring a "Paco Pad"*
- Optional - cotton sheet/liner & small pillow

## OTHER ITEMS

- Small flashlight w/ extra batteries (headlamp)
- Water bottles - 2-3 liters capacity  
*Tip: you'll want to rig one of these so it can be clipped with a small carabiner into the raft for easy access during days on the river.*
- Yoga Mat
- Notebook/Journal



# OPTIONAL ITEMS

Notebook, pens, pencils, watercolors

Camera

Small camp chair (Crazy Creek style works best)

Musical instruments!

*Note: PC can likely provide protective, dry space for these*

3-4 old "locking" carabiners

*Tip: To clip things like water bottles into the raft*

Art supplies

*i.e. watercolors, etc*

## TRIP ITINERARY

### **Wednesday, Sept 2:**

Drive to Sand Island. Dinner, evening yoga practice + camp setup.

### **Thursday, Sept 3:**

River safety + cultural introductions + petroglyph panel stop + camp.

### **Friday, Sept 4:**

Layover for am + pm yoga practices, side hike option, and sense of place overview, art + reflection

### **Saturday, Sept 5:**

Sidehike explorations and place-based yoga practices and discussions.

### **Sunday, Sept 6:**

Silent float, contemplative practice. Take out + drive.



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