

## Hiking Bryce and Zion National Parks Adventures in Good Company's suggested packing list

### FOOTWEAR

- \_\_ 1 pair of lightweight hiking boots: boots need to be well broken in and comfortable
- \_\_ 1 pair of comfortable athletic shoes, Teva sandals, crocs for wearing around our accommodations and in town
- \_\_ 2-3 pairs of hiking socks (some people also like to wear liner socks)

### CLOTHING

- \_\_ 1 pair of comfortable long pants, one for hiking and one for wearing other times. Zip-offs work well
- \_\_ 1 pair of shorts
- \_\_ 1 lightweight, light-colored, long-sleeved shirt to protect you from the sun
- \_\_ 2 synthetic T-shirts or short-sleeved shirts
- \_\_ 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Smartwool, MTS, or polypropylene)
- \_\_ 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent ("expedition weight" long underwear, microfleece). A fleece vest can work for this layer as well.
- \_\_ 1 fleece jacket, wool sweater, or sweatshirt
- \_\_ 1 rain parka and rain pants: coated nylon or a **waterproof**/breathable fabric like Gore-tex.
- \_\_ Underwear/nightwear
- \_\_ a warm wool or fleece hat
- \_\_ 1 pair wool, capilene, or fleece gloves
- \_\_ 1 wide-brimmed hat for protection from the sun
- \_\_ whatever clothes you like to wear when not hiking

### TOILETRIES (small everything)

- \_\_ Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia, and sanitary supplies
- \_\_ Sunscreen and lip protection with sunblock of at least SPF 15
- \_\_ personal "patch kit": Band-Aids, Compeed or Second Skin, moleskin, cloth athletic tape, ibuprofen, personal medications, if any. Individuals allergic to insect bites must bring an anaphylactic kit.

### ESSENTIALS

- \_\_ Sunglasses (100% UV protection)
- \_\_ Bandanna(s)
- \_\_ Croakies or other sunglasses retainer
- \_\_ 1 daypack large enough to hold your supplies for the day (water, snacks, sunscreen, raingear, fleece jacket, wool hat and gloves, personal patch kit, etc.)
- \_\_ capacity to carry 2 quarts of water: 2 one-quart water bottles, water in plastic bottles that you buy in a grocery store, or a hydration system that fits in your pack
- \_\_ hiking poles (strongly recommended)

### OPTIONAL

- \_\_ compass (definitely bring one if you want to learn how to use one)
- \_\_ Camera (extra battery) and film/memory card
- \_\_ Your favorite snack
- \_\_ Book, notebook, journal, pencil/pen
- \_\_ Binoculars
- \_\_ Ear plugs (for a good night's sleep!)

**Enjoy your trip to Bryce and Zion!!!**