

GRAND CANYON BACKPACK

Adventure in Good Company's suggested packing list

EQUIPMENT

- __ 1 backpack: internal frame of at least 4500 cu. in. capacity **OR** an external frame of at least 4000 cu. in.
- __ 1 sleeping bag; synthetic fill or down fill, warm to 20 degrees F., closeable hood
- __ 1 sleeping pad: "closed cell" foam pad, Thermarest self-inflating pad, or Ridge Rest pad
- __ 1 ground cloth: 4' x 8', sturdy plastic or coated nylon. Protects your bag from dirt and ground moisture.

FOOTWEAR

- __ 1 pair midweight hiking boots with good ankle support (leather or synthetic, such as Cordura).
- __ 1 pair comfortable athletic shoes, sandals, or "Crocs" to wear around camp (Crocs are great b/c they are light and offer toe protection)
- __ 2 pair thin liner socks, unless you know from previous experience that you don't use liner socks
- __ 3 pair heavy-weight socks: wool or synthetic

CLOTHING

- __ 1 pair comfortable, lightweight, quick-drying, synthetic hiking pants (can be pants that zip off into shorts)
- __ 1 pair lightweight long underwear top and bottoms: silk, synthetic, or wool
- __ 1 medium-weight top layer: wool or synthetic (i.e. polyester fleece) This item doubles as a pillow!
- __ 1 pair hiking shorts (preferably quick-drying, not necessary if your pants zip off)
- __ 1 T-shirt or long-sleeve, lightweight nylon hiking shirt (some women prefer long sleeves for sun protection)
- __ 1 wide-brimmed hat for sun, rain, and high fashion (synthetic is best b/c it repels rain and dries quickly)
- __ 1 rain jacket: made of lightweight, waterproof/breathable fabric such as Gore-tex. Rain pants are optional and may take the place of your hiking pants
- __ 2 pairs of underwear
- __ 1 lightweight wool or polyester fleece hat
- __ 1 pair wool or polyester fleece gloves
- __ Warm clothes for the rim, where it's often very chilly that first night: wool or fleece jacket and pants

ESSENTIALS

- __ sunscreen and lip block with SPF of at least 15 __ bowl, mug and utensils __ 2 bandannas
- __ sunglasses (100% UV blocking)
- __ 3 to 4 liter water capacity
- __ shower supplies and clean clothes for after the hike (we'll leave these on the rim)
- __ two large, heavy-duty garbage bags or pack cover
- __ headlamp or flashlight (spare batteries and bulb)
- __ Electrolyte replacement drink powder (Gatorade, etc.)
- __ one or two hiking poles (some people prefer using one, we generally recommend two)

TOILETRIES (small everything)

- __ toothbrush, small toothpaste, dental floss, trial-size biodegradable soap, moist towelettes/hand sanitizer, sanitary supplies, several small zip-lock plastic bags, contact lens solution, glasses (blowing sand can be a problem for contacts), earplugs
- __ Personal "patch kit": bandaids, safety pin, moleskin/molefoam, waterproof first aid tape, foot powder, ibuprofen, any personal medications. Individuals allergic to insect stings must bring an epi-pen. Please consult your physician and tell your guide.

OPTIONAL

- __ small journal and pen __ camera and film __ waterproof bivy-sack
- __ favorite snacks __ book (small paperback) __ compact binoculars
- __ small backpacking towel ("PackTowel") __ gaiters
- __ Grand Canyon *Trails Illustrated* topo map __ small pocket knife
- __ Crazy Creek Chair (highly recommended by past participants)
- __ compass (if you would like to learn how to use it or improve your skills)