

# GRAND CANYON BACKPACK

## Adventure in Good Company's suggested packing list

### EQUIPMENT

- \_\_ 1 backpack: internal frame of at least 4000 cu. in. capacity **OR** an external frame of at least 4400 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 hiking 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 synthetic or lightweight wool T-shirt or short-sleeved shirt
- \_\_ 1 long-sleeve, lightweight, nylon hiking shirt (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
- \_\_ Gaiters (short ones. Optional but helps keep rocks and dirt out of boots)

### ESSENTIALS

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

### 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, Compeed (blister bandaids), 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
- \_\_ favorite snacks
- \_\_ small backpacking towel ("PackTowel")
- \_\_ Grand Canyon *Trails Illustrated* topo map
- \_\_ Crazy Creek Chair (highly recommended by past participants)
- \_\_ compass (if you would like to learn how to use it or improve your skills)
- \_\_ camera and film/memory card
- \_\_ book (small paperback)
- \_\_ compact binoculars
- \_\_ waterproof bivy-sack
- \_\_ small pocket knife