

Exploring Utah's Canyons

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.
If you are planning on rafting, you will also want a pair of shoes that can get wet.
- 2-3 pairs of hiking socks (some people also like to wear liner socks)

CLOTHING

- 2 pairs of comfortable long pants, one for hiking and one for wearing other times. Zip-offs work well
- 1-2 pairs of shorts
- 1 lightweight, light-colored, long-sleeved shirt to protect you from the sun
- 3 T-shirts or short-sleeved shirts (preferably these should be a cotton/lycra blend or a synthetic such as a polyester which is quick-drying but cotton is OK)
- 1-2 long-sleeved shirts for hiking and wearing around in lodging
- 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: coated nylon or a **waterproof**/breathable fabric like Gore-tex. Rain pants are optional
- 1 lightweight, windproof jacket—your rain jacket may work for this.
- Underwear/nightwear
- a warm wool or fleece hat
- 1 pair wool, capilene, or fleece gloves
- 1 wide-brimmed hat for protection from the sun
- a swimsuit (for the hot tub)
- whatever clothes you like to wear around town

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
- Your favorite snack
- Book, notebook, journal, pencil/pen
- Binoculars
- Ear plugs (for a good night's sleep!)
- Neoprene boots/Seal Skinz socks – to keep feet warm while rafting

Enjoy your trip in the Canyons of Utah!!!