

# PACKING LIST – BRYCE AND ZION NATIONAL PARK

**Please note:** We will be hiking the second day before we have a chance to check in and suggest you come dressed in your hiking clothes with your boots, hiking poles, and water easily accessible in your luggage or backpack.

## 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 when not hiking
- 2-3 pairs of hiking socks (some people also like to wear liner socks)

## CLOTHING

- 1 pair of comfortable long pants for hiking. Zip-offs work well.
- 1 pair of shorts (optional)
- 1 lightweight, light-colored, long-sleeved shirt to protect you from the sun
- 2-3 synthetic or lightweight wool T-shirts or short-sleeved shirts
- 1 lightweight long underwear top: silk, wool or synthetic equivalent (Capilene, Smartwool, MTS, or polypropylene)
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent. A fleece or wool vest can work for this layer as well.
- 1 fleece jacket
- 1 rain parka and rain pants: a **waterproof**/breathable fabric like Gore-tex is recommended.
- Underwear/nightwear
- 1 warm wool or fleece hat
- 1 pair lightweight wool, capilene, or fleece gloves
- 1 wide-brimmed hat or baseball cap for protection from the sun or rain
- 1 – 2 changes of comfortable clothes to wear around the hotel and out to dinner (e.g. pants and/or skirt, with a couple of tops)

## 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
- small personal “patch kit”: Band-Aids, 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) w/ retention strap
- Bandanna(s)
- 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.). Line with a trash bag or bring a pack cover.
- 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 (required)
- Small headlamp or flashlight (headlamp recommended) and extra batteries
- Ear plugs (for a good night’s sleep!)
- Personal snacks – some snacks will be provided (i.e. granola bars) but if you have a favorite it’s best to bring it

## OPTIONAL (if you want it, bring it – personal preference and not required for the trip)

- Camera (extra battery/charger) and film/memory card
- Book, notebook, journal, pencil/pen
- Insulated synthetic or down jacket – to wear to and from meals
- National Park Pass (annual, golden, or military); these passes may entitle you to additional amenities/perks at parks
- wristwatch/travel alarm clock
- rain cover for daypack
- Binoculars

## NOTES ON PACKING

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

**Daypacks:** Your daypack should be large enough to hold the following items: 1 liter of water, rain gear, lunch/snacks (for the day), sunscreen, warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 1500 and 2000 cubic inches or 25 to 32 liters with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry and/or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. **Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.**

**Footwear:** Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

**Clothing:** The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your active wear! All active wear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

**Rain Gear:** You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

**Hydration:** Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

**Trekking Poles:** Trekking poles are required for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, [click here to read this blog post](#) that addresses the most commonly asked questions.

**Personal First Aid Kit:** Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.