



GRAND CANYON

Rim to Rim Hike / Packing List

Mandatory Items

- 1 daypack: Maximum capacity of 25 liters with waist belt strongly recommended.
- 1 pair of trekking poles: Adjustable shaft recommended, no folding poles.
- 2 (1-Liter) Nalgene water bottles or Camelback that holds at least 2-3 liters of water.

Feet

- 1 pair waterproof low to mid rise hiking shoes/boots
- 2 pairs of lightweight hiking socks, preferably wool

Torso

- 1 short sleeve non-cotton t-shirt
- 1 long sleeve non-cotton t-shirt
- 1 medium weight long-sleeve fleece or jacket

Head

- 1 wide-brimmed hat or visor
- 1 headlamp or small flashlight with batteries
- 1 pair of sunglasses, recommend side protection

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Hands

- 1 pair of glove liners or lightweight gloves

Other Important Items to Bring

- Electrolytes 4-6 servings (strongly recommended)
- Gu Shots or Shot Blocks
- Salt tablets
- Snacks 4-6 servings
- Sunscreen
- 1 lip balm with sunscreen
- Gaiters

Optional Items to Bring

- 1 warm beanie cap
- 1 buff or scarf
- 1 windproof/waterproof rain jacket (check weather)
- 1 pair windproof/waterproof rain pants (check weather)
- 1 small personal first aid kit/blister kit to include personal medications
- 1 pack of tissues or 1 roll of toilet paper
- 2 small Ziploc (plastic) bags
- 2-3 ft. Duct tape. Wrap around your trekking poles.
- Hand sanitizer or small pack of disinfectant wipes
- Music
- Cell Phone
- Camera

Important

- Label the water bottles with your name
- You will have the opportunity to purchase food for the hike or supplies you are missing prior to arriving the North Rim.



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Resources

Check your local outdoor recreational store for all gear and supplies.

Popular resources for researching or purchasing gear and supplies online are:

www.blackdiamondequipment.com

www.sierratradingpost.com

www.rei.com

www.backcountry.com

www.moosejaw.com

www.northface.com

www.mountainhardwear.com

www.marmot.com

www.leki.com