



# GRAND CANYON

## Rim to Rim - Packing List

### Mandatory Items:

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- 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:

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

### Torso:

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

### Head:

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

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### Hands:

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- 1 pair of glove liners or lightweight gloves

### Other Important Items to Bring:

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- 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:

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- 1 warm beanie cap
- 1 buff or scarf
- 1 windproof/waterproof rain jacket (check weather)
- 1 pair of 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:

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- International clients need to check the visa requirements for the country stated on their passport
- 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 at the North Rim.



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### Resources:

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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](http://www.blackdiamondequipment.com)

[www.sierratradingpost.com](http://www.sierratradingpost.com)

[www.rei.com](http://www.rei.com)

[www.backcountry.com](http://www.backcountry.com)

[www.moosejaw.com](http://www.moosejaw.com)

[www.northface.com](http://www.northface.com)

[www.mountainhardwear.com](http://www.mountainhardwear.com)

[www.marmot.com](http://www.marmot.com)

[www.leki.com](http://www.leki.com)

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## We look forward to traveling with you!

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