GRAND CANYON

Rim to Rim & Rim to River - Packing List

Mandatory Items:

— 1 daypack: Maximum capacity of 30 liters, with a waist belt strongly recommended
— 1 pair of trekking poles: Adjustable shaft recommended; no folding poles
— 2 (1-Liter) Nalgene water bottles or a hydration bladder that holds at least 2-3 liters of water

Feet:

— 1 pair of waterproof low- to mid-rise hiking shoes, boots, or sturdy trail runners
— 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; side protection recommended

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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
— Lightweight gaiters or running gaiters

Optional Items to Bring:

— 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

Important:

— 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 basic supplies prior to arriving at the Grand Canyon.

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GRAND CANYON

Rim to Rim & Rim to River - Packing List

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

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