

Packing List – Grand Circle Tours

Your trip with Four Season Guides is sure to be one you'll never forget, but a big part of having lots of fun is being well prepared! There are a few things we want to be sure you don't forget!

Our trips run year round! Please keep in mind the time of year your trip is when packing, not all of these items listed will apply.

Mandatory items:

- Capacity to carry 3 liters of water (we recommend a hydration bladder)
- One 32oz. Wide mouth Nalgene Bottle – this will count for 1 of the 3 liters
- Day Pack

Personal clothing should include:

- Hiking boots – well broken in!!
- Lodge shoes (something very light and comfortable for around the lodge: could be sandals, flip-flops or tennis shoes)
- Lightweight long pants (Convertible zip-offs) for hiking through brushy areas, or avoiding insect bites
- Water Sandals -**a must have** (something supportive with a heel strap)
- 2 pairs of shorts (quick dry)
- 2 T-shirts (preferably synthetic, but can be cotton)
- 2 Good hiking socks (i.e. Smartwool® or Fox River®) (sock should be above ankle)
- Bathing Suit
- Warm jacket or light weight fleece (year round)
- Rain jacket or poncho
- Wide brim hat
- Sunglasses

Personal toiletries:

- Toothbrush and paste (travel size)
- A small packet of Tissue
- Strong sunscreen (SPF 35 and up)
- Personal medication (ibuprofen, Benadryl, Tums) If you suffer from severe allergic reactions, you should bring an Epi Pen

Optional Items

- Camera – batteries
- Lip balm
- Bandanna

- Knee brace (if you have knee problems)
- Insect repellent
- Small flashlight

Spring/Fall/Winter (October – April)

- 1 wool hat or toque
- 1 pair of wool gloves/mittens
- 1 long sleeve synthetic shirt
- 1 heavy long sleeve synthetic shirt
- 1 pair of mid-weight long synthetic bottoms
- Waterproof pants
- Waterproof Jacket

Spring, fall and winter temperatures vary greatly from day to night, and sun to shade. The day time temperatures can be very warm, reaching into the 70's or even the 80's, with the night temperatures dropping near freezing. It's best to be prepared for both warm days and cool nights. Bring layers of quick-dry clothing.

Each person is limited to a small suitcase or duffel for all of the personal equipment listed above. There will only be so much room in the van.