

## **Packing List – Grand Canyon Hiking/Black Canyon Kayaking**

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! Even though we provide the camping equipment essentials, there are a few things we want to be sure you don't forget!

Our season runs year round, please keep in mind the season of your trip when packing, not all of this list will apply to your trip.

### **Personal clothing should include:**

- Hiking boots – well broken in!!
- Water Sandals -**a must have** (something supportive with a heel strap)
- Light weight long pants (Convertible zip-offs)
- 1 pair of long pants/jeans (only if you are riding a horse)
- 2 pairs of shorts (quick dry)
- 2 T-shirts (preferably synthetic, but can be cotton)
- 1 Long sleeve shirt for sun protection
- Good hiking socks (i.e. Smartwool® or Fox River®)
- Bathing Suit
- Pack Towel – small lightweight face cloth
- Warm jacket or light weight fleece (year round)
- Wide brim hat
- Sunglasses
- Rain jacket or paddle jacket
- Paddling gloves-neoprene for warmth, blister protection, and sun protection-(can rent these from us)

*We recommend that your clothing be made from wicking materials such as; Under Armour®, Smartwool®, and/or Coolmax. Cotton OK May-September*

### **Spring/Fall/Winter (Mid October – April):**

- 1 wool hat or toque
- 1 pair of wool, or fleece gloves/mittens
- 1 long sleeve synthetic shirt
- 1 heavy long sleeve synthetic shirt, or fleece jacket
- 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.*

### **Personal toiletries:**

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

### **Other 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
- Flashlight or headlamp
- **Identification – if you do not have ID, you will not be able to get through Security at the Hoover Dam and you will NOT be able to go and there are no refunds because of this.**

### **Optional Items**

- Camera – batteries
- Lip balm
- Bandanna
- Insect Repellent
- Knee brace (if you have knee problems)
- Carabiners (2)

*Each person is limited to 10-12 pounds (5kg) for all of the personal equipment listed above.*

**The price of the trip includes all necessary gear; tent, sleeping bag, sleeping pad, backpack, trekking poles, water filtration, bowls, cups, stove, cookware. However, you are more than welcome to use your own backpack, tent, sleeping bag and sleeping pad if you would like, provided they are the appropriate size and weight for the trip.**

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