

Packing List – Paria Canyon

Your trip with Four Season Guides is guaranteed to be unforgettable. How much fun you have on our trips is directly related to how much time you spend preparing. Although we provide you with the best outdoor essentials there are a few things to remember.

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.

Personal clothing should include:

- Comfortable footwear for the trail, such as water sandals or a lightweight-hiking shoe. (Should be light, supportive and have a good lugged sole). Leather hiking boots do not work well in wet canyons because it is impossible to keep your feet dry. Lightweight hiking boots work well in these conditions. Do not spend a lot of money on them, because the water destroys them after several trips. High-top boots are recommended to help keep sand and pebbles out. Expect many stream crossings on all trips. Teva and Salomon both make good “Canyoneering” shoes. Ideal for this situation.
- Camp shoes (something very light and comfortable for around camp when your hiking boots are wet: could be sandals, flip-flops or tennis shoes)
- Lightweight long pants (Convertible zip-offs) for hiking through brushy areas, or avoiding insect bites
- One pair of “thin” neoprene socks
- 2 pairs of shorts (quick dry)
- 2 T-shirts (preferably synthetic, but can be cotton)
- Good synthetic or wool socks (i.e. Smartwool®, Fox River®)
- Pack Towel – small lightweight face cloth
- Warm jacket or light weight fleece (year round)
- Rain jacket or poncho
- Wide brim hat
- Sunglasses

We recommend that your clothing be made from wicking materials such as; Under Armour®, Smartwool® and/or Coolmax. Some cotton clothing (except socks) OK May-September

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.

Personal toiletries:

- Toothbrush and paste (travel size)
- A small thing of Tissue or Toilet paper (not a full roll-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. (at least 2, a lot of times one is not enough)

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

Optional Items

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

The total weight of the items listed above should not exceed 12lbs. (5kgs)!!

BE IN SHAPE!!!!!!

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.

Last Update 01/14/2010