

Alpenglow Adventures

break free.

Packing List

Grand Canyon National Park, AZ, USA
& Havasu Falls Campground, AZ, USA
(Suggested Items)

The maximum weight of all of your gear should not weigh more than 32 lbs (14.5kg). Extra weight can be carried on your back but try to keep your day pack to a maximum of 10-15 lbs (4.5-6.8kg). Extra clothes can be left in the trip vans. If you have any questions about clothing or packing concerns please call: Jim Ebert @ 1-319-621-8008 or Adam Tillinghast @ 1-401-533-3633

Footwear

- For anyone with history of weak ankles or ankle injuries:
1 pair lightweight hiking boots (Gore-tex, cordura, or leather). They should fit comfortably, without constriction, when you are wearing one synthetic liner sock and one heavier weight synthetic sock. **Boots MUST be broken in before this trip.**
- 1 pair comfortable jogging shoes, and a pair of sandals that can get wet, and can breathe well (but they must have a heel strap - no flip-flops)
- 6 pair thin liner socks: silk or synthetic (Capilene, Coolmax, Polypropylene, or Thermastat)
- 6 pair thick socks: wool or synthetic equivalent (Thermax, Ultrex, or Polartec).

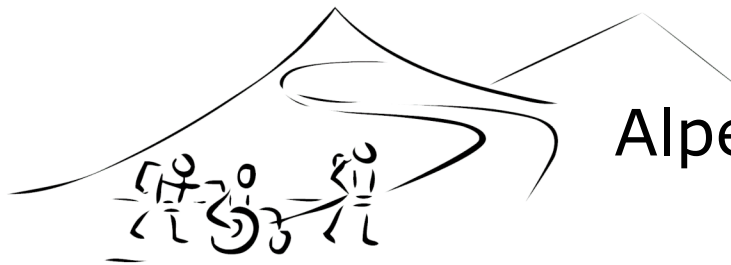
Equipment

- 1 daypack (2100in³ to 3400in³ [34L-56L]) lined with a plastic bag, large enough to carry your water, lunch, raingear, etc. A hip belt will make it much more comfortable to carry.
- 1 sleeping bag; synthetic fill or down fill, warm to 20°F (7°C), with a closeable hood.
- 1 sleeping pad: "closed cell" foam pad. Self-inflating pad, or Ridge Rest-type pad.
- 1 ground cloth: 4' x 8' (1.2m x 1.4m) sturdy plastic or coated nylon. Protects your bag from ground moisture if you choose to sleep outside.
- 3-season tent with rain fly (if taking trip in fall or early spring/late winter) - if you are comfortable shopping at a place like Wal-mart or Bass Pro Shops, you should be able to get a 2-person tent for about 20USD. Quality is not critical for this trip.

Essentials

- Shower supplies and fresh clothes for Las Vegas (if you are flying to meet us)
- Sunscreen and lip block of at least SPF 30.
- Sunglasses (100% UVA & UVB blocking)
- Headlamp (spare batteries and bulb)
- Collapsible ski poles (optional)
- 2 bandanna
- Pocket knife (optional)
- 2 - 2 liter wide-mouthed water bottles (or 4-1 liter)
- 2 heavy duty garbage bags





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Clothing

- 1 pair comfortable, lightweight, synthetic hiking pants (Supplex, or nylon/ polyester/ spandex blend).
- 1 pair lightweight long underwear top and bottoms: silk, or synthetic equivalent (Capilene, Capilene mesh, Thermastat, MTS, Polartec, or polypropylene).
- 1 medium-weight top layer: wool shirt/ pull-over or synthetic equivalent (“expedition-weight” Capilene, MTS, Thermastat, or Polartec).
- 1 medium-weight bottom layer: “expedition-weight” Capilene or other synthetic long underwear, fleese tights.
- 1- 2 pair shorts: nylon shorts with liners are comfortable and easy to wash.
- 2 T-shirts (cotton is okay for this layer).
- 1 wide-brimmed hat for sun, rain, etc.
- 1 rain parka: coated nylon or waterproof/breathable fabric like gore-tex. Rain pants are optional.
- 6-8 underwear.
- Swimsuit and towel (a backpacking towel).
- 1 warm top: Winter-weight fleece or pile jacket.
- Warm synthetic gloves & warm winter hat (not leather and ABSOLUTELY not cotton)

Toiletries (small everything)

- Toothbrush, small toothpaste, dental floss, trial-size biodegradable soap, moist towelettes, sanitary supplies and a zip-lock plastic bag, contact lens supplies, glasses.
- Personal “patch kit”: Band-Aids, 1 safety pin, Moleskin, Mole foam, first aid or cloth athletic tape, foot powder, ibuprofen, personal medications, if any. ****Individuals allergic to insect stings must bring an epi-pen. Please consult your physician and tell your guide.**

Optional

- Small journal and pen.
- Favorite snacks
- Crazy Creek Chair
- Camera and film
- Antibacterial cleaner (such as Purel)
- Compass
- Waterproof bivy-sack
- Compact binoculars
- Wind shirt (Hydrenaline, Supplex, etc. not coated nylon).

