

Example Grand Canyon Trek Personal Equipment List

Hiking System:

- Pack
- Backcountry permit attached to pack
- Rain cover for pack, and extra trash bags
- Camelback, water bottles (for hiking and for in camp)
- Boots, gaiters (if needed)
- Trekking poles (and gloves if needed)
- Instep crampons (as needed)
- Chair or pad (for lunches and evenings, and meditation)
- Day pack (if needed in addition to main pack)
- Extra cord, bear bag or stuff sack, extra straps, etc.
- Clothes to hike in (shirt, pants, underwear, socks, hanky – see Hotel Bag)
- Rain gear (see Clothing System)

Navigation System:

- Compass, GPS, maps, route descriptions, contingency plans

Shelter, Sleeping and Lighting System:

- Tent, fly, footprint, stakes, poles
- Extra tarp or ground cloth
- Sleeping bag, compression sack, silk liner (if needed), pillow or pillow case, ear plugs
- Sleeping pad
- Headlamp and extra batteries, and/or extra headlamp
- Pee bottle
- Clock

Clothing System:

- Rain coat and pants
- Hats (baseball and winter), gloves, neck gaiter
- Down jacket or vest
- Nylon shirt or additional jacket
- Polartec sweatshirt or sweater
- Camp pants, extra shirt
- Underwear, extra hiking socks, camp socks
- Sleeping clothes
- Long underwear
- Camp shoes and/or water shoes as needed
- Swim suit if needed

First Aid, Repair, and Hygiene System:

- First aid kit
- Repair kit: duct tape, moleskin, wire, sewing kit, etc.
- Toiletries (TP, toothbrush, wash cloth, soap, lotion, Purell)
- Plastic ziplock bags for packing out used TP
- Sunscreen, sun glasses, lotion, bug repellent
- Towel and wash cloth
- Reading glasses

Communication System:

- Signal mirror, whistle
- Two-way radio(s)

Fire System:

- Knife, multitool, fire starter, lighter/matches, etc.
- Stove and fuel
- Cooking pots

Nutrition System:

- Water filter (and large empty bottle if needed)
- Spoon, fork, cup (bowl or plate if needed)
- Medicines
- Energy bars and hiking snacks (ginger, chocolate, nuts, trail mix, etc.)
- Breakfasts
- Lunches
- Dinners (group food), and soup
- Desserts (group food)
- Camp snacks, cookies, libations, etc.
- Tea and other drinks

Hotel Bag:

- Toiletries
- Medicines
- Sleeping clothes
- Towel, soap/shampoo, and quarters for shower at Rim (if needed)
- Hiking clothes (shirt, pants, socks, underwear, hanky)
- Clean clothes for way home
- Warm jacket
- Paperwork (reservations, etc.)
- Money
- Camera
- Paper and pen

- Snacks and drinks for the car