



Grand Canyon Trust Backpacking Gear Packing List

General Information: Remember, everything you pack in you will have to carry for the whole week, so try to *pack light*. In addition to your personal gear, you will be carrying fieldwork tools, possibly some group gear (kitchen supplies, etc.) and food. Expect to carry a pack weighing roughly *50 pounds*. Please, try to leave space in your pack to carry additional fieldwork equipment.

Work Gear: We will provide fieldwork/research gear. *You are responsible to bring:*

- Work Pants (long and strong enough to work in without ripping, and to provide sun protection)
- Closed Toed Shoes or Hiking Boots
- Long Sleeve Work Shirt (lightweight, light colored – collared button-downs work well)
- Rain Gear

Personal Equipment: It is a good idea to pack your gear. in a trash bag or zip locks in case of rain. Bring as few items as you can: 1 work outfit, 1 hiking outfit, and 1 camp/night outfit. Simplify!

- Sun hat with wide brim
- Sunglasses
- Sunscreen and lip balm with SPF
- Socks (3 pair usually suffices)
- Bandana
- 1 gallon H2O Carrying Capacity (Nalgens, dromedaries or Camelbacks are great!)
- Warm hat (fleece is nice)
- Fleece jacket or a coat with synthetic or down insulation (nice for the shoulder seasons)
- Warm socks
- Warm gloves
- Comfy camp pants (long underwear bottoms are good)
- 1 synthetic, quick drying, long-sleeved shirt
- 1 pair quick drying shorts and pants (the combo ones are great!)

Camping Gear:

- Backpack
- Sleeping Bag
- Sleeping Pad
- Tent/Bivy and/or Tarp (lightweight and small)
- Camp Shoes (sandals)
- Headlamp w/extra batteries

Cooking and Eating Supplies:

- Food for the entire trip
- Backpacking stove
- Stove fuel for the entire trip



- Cookware
- Bowl
- Insulated Mug
- Knife (Swiss Army, etc)
- Stuff Sack for Food
- Spoon

Personal Stuff:

- Toothbrush
- Toothpaste
- Medications
- Chapstick (spf 15)
- Other Toiletries (wet wipes are nice!)
- Feminine hygiene products

Extras:

- Camera
- Journal/Pen
- Book
- Small games/entertainment
- Small carabiner

Toilet: We will be doing Leave-No-Trace human waste disposal via the cat hole method (depositing human waste in 6"-8" deep, hand-dug holes). Please bring the following:

- A small trowel (the plastic lawn and garden kind work fine)
- Toilet paper
- Hand sanitizer/soap
- Zip lock bags to pack out used toilet paper

*** If you are in need of items, please contact us. We may be able to loan you some things for the trip.**