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 H20 Carrying Capacity (Nalgenes, 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.