



## BACKPACKING GEAR LIST

*Canyon Tough is looking forward to sharing with you the splendor of the outdoors. If you have any questions after reviewing this information, please do not hesitate to contact us.*

### CLOTHING

- Sturdy hiking boots or trail shoes well broken in (buy them ½ to one-size larger than your street shoes to allow for swelling and thick socks)
- Brimmed hat, and bandanna
- T-shirt and long-sleeved shirt for protection from the sun
- Shorts or hiking pants that allow the legs to be zipped off
- Long pants such as leggings or lightweight trousers (no jeans) to block sun and give warmth
- Warm top such as a sweater or fleece jacket
- Hiking socks such as Smartwool®, Thor-Los® or similar padded socks (wearing a thin liner sock under your hiking socks is highly recommended. Thin polypropylene socks are one type). *No cotton socks*
- Rain shell, waterproof jacket (especially for the cooler months)
- Warm hat and gloves

### EQUIPMENT

- Backpack with waist belt and shoulder straps (beware of borrowing a pack from someone not your size)
- Tubed hydration bladders (such as the Camelback®) or Water bottles
- Lightweight sleeping bag
- Lightweight self-inflating mattress (such as Therm-a-Rest®) to insulate you from the ground and give you a comfortable night's sleep
- Tent\* of the lightweight backpacking variety
- Hip pack or lightweight day pack for trips with side hikes
- Lightweight backpacking stove\*, fuel (one container is usually sufficient), lighter/matches
- Cooking Pot\*, Plastic cup, bowl, and utensils. You may not need a knife as you will be carrying a pocketknife. Depending on your meals, your cooking pot can also serve as your bowl and your cup.
- Stuff sacks for keeping gear organized
- Plastic bags for carrying trash, dirty clothes, and for keeping gear dry
- Toilet articles and washcloth (bandanna can double as towel and/or washcloth)
- Sunscreen, lip balm and sunglasses
- Personal First-aid kit\* or at least the following items:
  - Prescription medicine (please inform guide of any medications you are taking)
  - Advil®, or other anti-inflammatory drug to help with inflamed joints
  - Ace bandage
  - Dr. Scholls brand Moleskin®, a self-stick pad which can be cut to size to prevent blisters
  - Duct tape/Sports tape to affix moleskin and cover hot spots
  - Anti-bacterial hand sanitizer
- Trekking poles or Walking stick (strongly recommended), knee brace if needed
- Headlamp or flashlight (small, lightweight, using AA or AAA batteries)
- Pocketknife such as a Swiss Army knife (with scissors)
- Map (optional, your guide will have one)

*\* Items that may be shared with others to reduce total weight*