

Equipment Checklist

Grand Canyon: Late Spring/Summer May through Mid-September

Gear Provided by Just Roughin' It Adventure Company

X 3 Person Tent (double occupancy)	X Sleeping Bag (45 degree F), sleeping pad and liner sheet	X Emergency poncho
X 2 Liter Bladder (H2O Reservoir)	X Backpack (Rucksack)	X Mess Kit (eating utensils)
X Trekking Poles	X Headlamp	X Day Pack – when applicable
X Cooking Equipment	X Meals and Snacks	X Group First Aid Kit

Recommended Gear Not Provided

*Denotes the things you will not want to leave home without!

() Anti-bacterial gel *	() Sun Block – SPF 15 or higher *	() Pack pillow
() Bandanas - 2 to 3 *	() Sunglasses *	() Pack towel
() Camera, case, xtra batteries *	() Tissues, small roll TP *	() Stuff sack, straps
() Hat or visor *	() Comb, brush	() Toothbrush, toothpaste (trial size)
() I.D., money, medic alert *	() Feminine Hygiene products	() Xtra water bottle
() Lip Balm with SPF *	() Moist Towelettes, bio-degradable soap	() Ziploc bags (for storage and trash)

() Personal First Aid Kit – should include NSAIDs, ibuprofen, personal medications including prescription, Mole skin or Glide, bug spray and Band-Aids *

Clothing Essentials Not Provided

() Sturdy, broken in hiking boots or shoes, light to mid weight, aggressive tread. Trail runners are ok.
() Camp shoes such as Crocs or flip flops, also consider watersport shoes such as Keen or Texas.
() Hiking socks-recommend Smart Wool, Fox River, Patagonia or Thorlos.
() Short sleeved shirts that are lightweight, light colored and breathable – cotton is best in the DRY heat in order to stay cool, avoid wicking material. Tank tops are not recommended when carrying a backpack.
() Hiking or running shorts–lightweight, comfortable and that dries quickly to avoid chaffing – no denim!
() Lightweight pants–hiking pants that convert to shorts are ideal when saving space and weight.
() Lightweight long sleeved shirt for cooler evenings.
() Sleepwear.
() Rain Gear –weather permitting and rarely needed.

- Check local weather forecasts before your trip (see the resource section of our website) to help you determine what to wear.
- Please remember to always pack essential items such as your passport, money, eyewear, a change of clothing (including your hiking boots) and medications in your carry-on baggage, in case your luggage is delayed.
- Cotton is wonderful in warm/hot weather. It takes longer to dry, keeping your body cooler longer. Avoid wicking materials.
- Although temperatures are warm to hot for AZ summer hiking, light layering may still be essential, especially in the Grand Canyon. Always test your layers before a trip. Your outer layer should fit easily over the inside ones without binding and bunching up.
- Make sure your boots are broken in. Bring Moleskin for foot treatment. Thin liner socks worn under regular hiking socks may minimize the risk of blisters. The liner sock should be synthetic, not cotton. Test your sock combination before you go on the trip. Also try GLIDE. You can get GLIDE at most running or sporting good stores. It is used to minimize chafing – great for feet, thighs, arms, etc.
- Stuff sacks are great for sorting and compressing gear, but not essential. Use different sizes/colors to differentiate contents.
- Snacks: Plenty of food and snacks will be available at all times during the trip. If you have any personal favorites; bring them.
- Biodegradable soap cannot be used in the creeks at Grand Canyon National Park or at Havasupai, but can be used in wash basins, sinks or away from water sources.
- Bandanas keep gear light and are multi-use: washcloth, towel, napkin, tissue, sun protection, headband, accessorizing, etc.

**This checklist is generalized based on season and does not take into account drastic changes in temperature (hot or cold). Shoulder seasons (May to early June) present varying degrees of weather – late and early season cold or warm fronts. JRI recommends you overpack for the trip so you are prepared for any last minute change in weather. Any items you do not ultimately need for the trip can be left behind in the vehicle.