

Equipment Checklist Aravaipa and Paria Canyons

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!

<input type="checkbox"/> Anti-bacterial gel *	<input type="checkbox"/> Sun Block – SPF 15 or higher *	<input type="checkbox"/> Pack pillow
<input type="checkbox"/> Bandanas - 2 to 3 *	<input type="checkbox"/> Sunglasses *	<input type="checkbox"/> Pack towel
<input type="checkbox"/> Camera, case, xtra batteries *	<input type="checkbox"/> Tissues, small roll TP *	<input type="checkbox"/> Dry bag, compression straps
<input type="checkbox"/> Hat or visor *	<input type="checkbox"/> Comb, brush	<input type="checkbox"/> Toothbrush, toothpaste (trial size)
<input type="checkbox"/> I.D., money, medic alert *	<input type="checkbox"/> Feminine Hygiene products	<input type="checkbox"/> Xtra water bottle
<input type="checkbox"/> Lip Balm with SPF *	<input type="checkbox"/> Moist Towelettes, bio-degradable soap	<input type="checkbox"/> Ziploc bags (for storage, waterproofing 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 but light, closed-toe water hiking shoes. Choose shoes that drain easily. Trail runners are ok.
- Dry camp shoes such as Crocs or flip flops.
- Hiking socks -recommend Smart Wool, Fox River, Patagonia or Thorlos.
- Short sleeved shirts that are lightweight, light colored and breathable – cotton is best during the **DRY** summer months, wicking materials recommended any other time. Tank tops are not recommended.
- 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 fleece for cooler evenings.
- Extra set of clothing if need something dry for end of each hiking day.
- Sleepwear, knit cap for colder nights.
- 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.
- Although temperatures are warm to hot for AZ summer hiking, light layering may still be essential. 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 river, creek or springs at Aravaipa or Paria Canyons, but can be used in wash basins 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 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.