



**Probable Trip Temperatures (F)** High: 95-100 Low: 60-70 High elevation = drink more water

### **Packing List**

- Backpack (\*)
- Sleeping bag (\*)
- Sleeping pad (\*)
- Tent (share with someone?) (\*)
- Ground cloth for under tent
- Wet wipes
- Rain poncho
- Flip flops (optional)
- Clothes (remember, layers are good)
- Hiking boots (already broken in, not brand new)
- 2-3 liter Hydropack or water bottles (3L) per person
- Water purifier (we only need 2 or 3 for entire group. Aaron has one)
- Toothbrush/tooth paste/toiletries/toilet paper
- First aid supplies (Aaron will have some)
- Medication, supplements, pain meds.
- Sunscreen/ sunburn ointment
- Bug spray/chapstick
- Hat/bandana/sunglasses
- Headlamp (best) or small flashlight, extra batteries/small knife
- Stove/fuel/matches (we need a stove for every 2-3 people)
- Bowl/spoon
- Car phone charger
- Camera
- Daypack or Hydropack for Saturday day hike to Colorado River

### **Food**

Remember you are completely responsible for all meals and snacks. We will plan to eat lunch on the trail without cooking. Breakfast and dinner we can use stoves. Below are some ideas to start your thinking process.

*You will need to pack 3 breakfasts, 4 lunches and 3 dinners*

- Oatmeal
- Apples
- Beef jerky
- Trail mix
- Hot chocolate
- Bagels/tuna or chicken in foil pack
- Cream cheese (in small mini-packets are best)
- Peanut butter
- Snacks
- Extra Ziplocs and sharpie pen
- Dinner packets (just add boiling water)

(\*) – These items can be rented by clicking on the links below:

- Backpack, sleeping bag, sleeping pad, tent, food and gear – [REI](#)
- Backpack, sleeping bag, sleeping pad, tent, food and gear – [Adventure 16](#)
- Purchase lightly used tents, backpacks and other equipment - Call Henry (619) 857-9076