



## Trip Tips

1. Be ready for adventure. Sometimes the unexpected happens.
2. Have fun!
3. Keep your stuff in your daypack or backpack. On a group trip, it's so easy to lose or misplace items.
4. Bring extra Ziploc's and a sharpie pen.
5. Mark your belongings.
6. Enjoy each other!
7. Pack light. What you bring you will carry for four days.
8. Team first attitudes only on the trip. Think, "how can I contribute to the team's enjoyment and success?!!"
9. Take a lot of hikes (with elevation gain) with your backpack on leading up to the trip. To be ready for a 10-mile hike, you should be able to rip off a 10-mile hike without blinking. We cannot allow fatigue and lack of preparation to be a factor on this adventure. We will be in the middle of nowhere with no alternative but to move forward. The upside is that it's the most beautiful middle of nowhere imaginable. However, to quote Vince Lombardi, "fatigue makes cowards of us all". Because we must stay together through the whole hike, the fatigue of one of us will be a drain on all of us. We must intentionally train and prepare to have the best trip of our lives. Let's go team!
10. Put your stuff away. Clean up after yourself.
11. Remember the law of the trail: Take nothing but pictures, leave nothing but footprints.
12. Remember the second law of the trail: **Delays are inevitable** and patience is always appreciated
13. Bring your favorite "campfire" game or story.
14. Keep track of your own dirty clothes. Keep them with the rest of your stuff. There is no communal dirty clothes bag!
15. Have a separate small daypack with snacks and water bottle for the car trip. We won't plan to unpack and dig into our packs on the drive to and from the Grand Canyon. You can use this same daypack or hydropack for the day hike to the bottom of the Canyon.
16. Have fun!