

Grand Canyon Packing List

Your trip with Four Season Guides is sure to be one you'll never forget, but a big part of having lots of fun is being well prepared! Even though we provide the equipment essentials, there are a few things we want to be sure you don't forget. Our season runs year round, please keep in mind the season of your trip when packing, not all of this list will apply to your trip.

Personal Clothing (Year Round):

- Hiking boots – well broken in!! Mid-weight boots with ankle support are best.
- Sport sandals – consider Keen®, Teva® or Chaco® brands. These are for camp comfort as well as walking/hiking through water.
- Lightweight long pants/trousers – for sun protection and warmth during cooler parts of the day.
- 1 or 2 pairs of shorts (nylon, quick drying)
- Underwear
- 2 tee shirts – cotton is great for warm weather hiking, nylon/synthetic is best for cooler months
- 2 pairs of hiking socks – consider Smartwool®, Fox River® or similar. NO cotton socks! Synthetic or wool is best.
- Bathing Suit – optional for most hikes, highly recommended for Havasu Falls
- Lightweight jacket or sweater – for warmth. Fleece or down is excellent and lightweight!
- Rain shell – lightweight & breathable
- Wide brim hat
- Sunglasses

Spring/Fall/Winter (Mid October to April):

- Warm hat & gloves
- Down jacket or additional fleece
- 1 long sleeve synthetic or wool shirt – baselayer insulation (midweight)
- 1 pair of midweight long underwear – wool or synthetic
- Waterproof pants/trousers

Spring, fall and winter temperatures vary greatly from day to night and from sun to shade. The day time temperatures can be warm with the night temperatures dropping near or below freezing. It's best to be prepared for both mild days and cool nights. Dressing in layers is the key to warmth and comfort.

Personal Items:

- Toothbrush and toothpaste (travel size)
- A small packet of tissues
- Sunblock cream (SPF 30 or higher)
- Personal medication (ibuprofen, antihistamine, antacid, etc). If you suffer from severe allergic reactions, you MUST bring an Epi Pen!

Mandatory Gear:

- Capacity to carry 3 liters of water (we recommend a 2 liter hydration pack plus a one liter water bottle)
- Flashlight or headlamp

Additional Items:

- Camera – extra batteries
- Lip balm
- Bandana
- Knee brace (if you have knee problems)
- Money- for purchases during transport to trailhead or at Phantom Ranch & for guide gratuity (consider 10-15% of your trip cost or at your discretion)

The price of the trip includes all necessary gear: tent, sleeping bag, sleeping pad, backpack, trekking poles, water filtration, bowls, cups, stove, cookware. However, you are more than welcome to use your own backpack, tent, sleeping bag and sleeping pad if you would like, provided they are the appropriate size and weight for the trip.