

TRIP PREPARATION



- 1) Stay hydrated (drink plenty of water)
- 2) Eat balanced meals
- 3) Cardio, Cardio, Cardio!
- 4) The Best way to train is to hike carrying the same amount of weight you'll be carrying on your trek. Hiking on rugged trails with elevation change is ideal, but the canyon is like a giant Stairmaster... if you have access to a gym and hiking trails are not available.

WHAT TO BRING?

Items for Every Season

- 1) All prescription and/or necessary medication!
- 2) Feminine hygiene products
- 3) Small travel size toothpaste and toothbrush
- 4) Sunglasses and prescription eyewear
- 5) Your camera! (But remember, tripods, SLR's & video are heavy.)
- 6) Other personal items (These are things you will need to carry, so no unnecessary items.)
- 7) We provide an extensive first aid kit, individual toilet kits and snacks

Summer Season (Mid May - Sept)

- 1) 1 Thermal Undershirt
- 2) 2 t-shirts (cotton only, no dark colors)
- 3) 1 pair of shorts and 1 pair of long pants (no denim), or 2 pairs of shorts
- 4) 1 change of underwear for each day of the hike
- 5) 1 change of socks for each day of the hike
- 6) Lightweight, Waterproof, Breathable Raincoat
- 7) Hat to block the sun
- 8) Hiking Boots or Trail Sneakers (Break in your boots, or pay the piper)
- 9) 1 pair of camp shoes (lightweight sandals like Teva or Chaco)

Fall Season (Oct - Nov)

- 1) 1 Thermal Undershirt
- 2) 2 t-shirts (no cotton, wicking material only)
- 3) 1 pair of long pants and 1 pair of shorts (no denim or cotton)
- 4) 1 change of underwear for each day of the hike
- 5) 1 change of socks for each day of the hike
- 6) Fleece Jacket
- 7) Waterproof, Breathable Shell (Jacket)
- 8) Winter Hat and Gloves
- 9) Hiking Boots or Trail Sneakers (Break in your boots, or pay the piper)

Winter Season (Dec - Feb)

- 1) 2 Thermal Undershirts and 1 pair Thermal Underpants
- 2) 2 t-shirts (no cotton, wicking material only)
- 3) 2 pairs of long pants (no denim or cotton)
- 4) 1 change of underwear for each day of the hike
- 5) 1 change of socks for each day of the hike
- 6) Fleece Jacket
- 7) Waterproof, Breathable Shell (Jacket)
- 8) Winter Hat and Gloves
- 9) Hiking Boots or Trail Sneakers (Break in your boots, or pay the piper)

Spring Season (March - Mid May)

- 1) 1 Thermal Undershirt
- 2) 2 t-shirts (no cotton, wicking material only)
- 3) 1 pair of shorts and 1 pair of long pants (no denim or cotton)
- 4) 1 change of underwear for each day of the hike
- 5) 1 change of socks for each day of the hike
- 6) Fleece Jacket
- 7) Waterproof, Breathable Shell (Jacket)
- 8) Winter hat and gloves
- 9) Hiking Boots or Trail Sneakers (Break in your boots, or pay the piper)
- 9) 1 pair of camp shoes (lightweight sandals like Teva or Chaco)