



BACKPACKING GEAR LIST

Canyon Tough is looking forward to sharing with you the splendor of the outdoors. If you have any questions after reviewing this information, please do not hesitate to contact us.

CLOTHING

- Sturdy hiking boots or trail shoes well broken in (buy them ½ to one-size larger than your street shoes to allow for swelling and thick socks)
- Brimmed hat, and bandanna
- T-shirt and long-sleeved shirt for protection from the sun
- Shorts or hiking pants that allow the legs to be zipped off
- Long pants such as leggings or lightweight trousers (no jeans) to block sun and give warmth
- Warm top such as a sweater or fleece jacket
- Hiking socks such as Smartwool®, Thor-Los® or similar padded socks (wearing a thin liner sock under your hiking socks is highly recommended. Thin polypropylene socks are one type). *No cotton socks*
- Rain shell, waterproof jacket (especially for the cooler months)
- Warm hat and gloves

EQUIPMENT

- Backpack with waist belt and shoulder straps (beware of borrowing a pack from someone not your size)
- Tubed hydration bladders (such as the Camelback®) or Water bottles
- Lightweight sleeping bag
- Lightweight self-inflating mattress (such as Therm-a-Rest®) to insulate you from the ground and give you a comfortable night's sleep
- Tent* of the lightweight backpacking variety
- Hip pack or lightweight day pack for trips with side hikes
- Lightweight backpacking stove*, fuel (one container is usually sufficient), lighter/matches
- Cooking Pot*, Plastic cup, bowl, and utensils. You may not need a knife as you will be carrying a pocketknife. Depending on your meals, your cooking pot can also serve as your bowl and your cup.
- Stuff sacks for keeping gear organized
- Plastic bags for carrying trash, dirty clothes, and for keeping gear dry
- Toilet articles and washcloth (bandanna can double as towel and/or washcloth)
- Sunscreen, lip balm and sunglasses
- Personal First-aid kit* or at least the following items:
 - Prescription medicine (please inform guide of any medications you are taking)
 - Advil®, or other anti-inflammatory drug to help with inflamed joints
 - Ace bandage
 - Dr. Scholls brand Moleskin®, a self-stick pad which can be cut to size to prevent blisters
 - Duct tape/Sports tape to affix moleskin and cover hot spots
 - Anti-bacterial hand sanitizer
- Trekking poles or Walking stick (strongly recommended), knee brace if needed
- Headlamp or flashlight (small, lightweight, using AA or AAA batteries)
- Pocketknife such as a Swiss Army knife (with scissors)
- Map (optional, your guide will have one)

** Items that may be shared with others to reduce total weight*