



# Grand Canyon Expeditions Trip Pack List

## Suggested Clothing & Other Equipment:

- Two-piece rain suit\* (see note on Page 4)
- Lightweight fleece jacket or sweatshirt (you probably won't need it during the summer months but unexpected cool weather does happen)
- Sleepwear/ Camp wear (including bras and underwear)
- 2 or 3 pair of ankle socks (good sun protection)
- 1 or 2 swimsuits (2-piece swimsuit or sports bra and nylon shorts are recommended for women)
- 1 pair lightweight long pants
- 3 pair nylon quick dry shorts
- 3 shirts (1 with long sleeves\* for sun protection, hooded sun shirts work great)
- 2 pairs rubber- soled shoes, multi-sport river sandals and flip flops or lightweight walking shoe (see note on page 4 of trip details)
- Personal toiletry products
- Brush or comb
- Shampoo and soap\*
- Towel and washcloth (thin ones dry quickly)
- 2 hats or caps\* with brim and ties (1 is for a spare)
- Sun screen\* (generous supply and water resistant)
- Hand and Body Lotion (16 Oz. per person. Sun, water and heat dries skin quickly)
- Lip Balm with Sunscreen\*
- Small flashlight or headlamp\* with extra batteries (red light is nice but not necessary)
- Pocket-sized packages of Kleenex (or a bandana that can be washed and reused)
- 8 Zip-Loc plastic bags, gallon and/or quart size (for personal trash, photo supplies, etc. during the day)



- 1 Water Bottle\* per person (32 oz. minimum). An insulated bottle is nice in hot weather as it will help to keep your water cool.
- Sarong\* (a piece of light weight material that can be used as a cover-up. Can also be used wet to keep cool and for sun protection). Recommended for all genders.
- Photo ID, Credit card, Insurance card (in case of medical evacuation)
- Small backpack or fanny pack (can be used on day hikes and/or for personal day gear)
- Carabiners\* (for clipping water bottles and back packs to the boat)
- Sunglasses with a retaining strap (a spare pair is a good idea also)
- Prescription medications



## Optional Items

- Camera, film or extra memory cards, extra batteries and padding for camera case
- Extra pair of prescription glasses if you wear them
- Bandanna\* or scarf
- Insect repellent (rarely needed)
- Cotton sheet (for sleeping on top of sleeping bag in hot weather. A sarong also works well for this!)
- Small inflatable pillow or small airline pillow
- Gloves (lightweight cotton for sun protection and hiking over hot rocks)
- Wet Wipes or baby wipes (nice for cleaning up)
- Earplugs if you are a light sleeper
- Small container of hand cream or salve\*
- Female urination device (can use it to stand up to pee instead of squatting- P Style makes a good one. You can get it [www.thepstyle.com](http://www.thepstyle.com))
- Binoculars
- Skirt/ Dress (can be nice in camp- make it easier to change)

\* Available for purchase at our pre-trip orientation meeting



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## Additional Items for Dory Trips

- Additional 32 oz. water bottle
- Splash top/ pants work better for keeping you dry while running rapids in dories. This is especially important in the spring and fall.

## Additional Items for Spring and Fall Trips

- Warm jacket
- Polypropylene long underwear (2 pairs)
- Warm hat or a hood
- gloves
- wool socks
- Neoprene socks and gloves can also be very nice during the day.

## Dory Trip Bags (Provided for You)



### **Day Bag:**

16 Liters  
8.2" Diameter  
20" Tall



### **Clothing Bag:**

57.35 Liters  
13" Diameter  
25" Tall

## Motor Trip Box/ Bag (Provided for You)



### **Ammo Can (Accessible during day):**

12 (L) x 7 (D) x 6 (W)



### **Clothing Bag:**

63 Liters  
12" Diameter  
27" Tall

In the above photo the tan bag is the clothing bag. You will also receive a gray bag with the following items: sleeping bag, sleeping pad and ground tarp.

\* Available for purchase at our pre-trip orientation meeting