

# Grand Canyon Backpacking

**PRE-TRIP MEETING:** \_\_\_\_\_ @ 6 PM in the Peak Adventures office (PeakAdventures.org for map)

**TRIP:** Meet at Peak Adventures office on \_\_\_\_\_ at 3:30 AM .

Returning on \_\_\_\_\_ at approximately 6:00PM .

Location: \_\_\_\_\_ Havasupai Indian Reservation .

\*This trip requires a higher level of fitness. Training in advance will make your trip more enjoyable.

Peak Adventures will provide group equipment such as: tents, backpacks, sleeping bags, sleeping pads, ground tarps, stoves and fuel, cooking utensils, water filters, and first aid kits.

You may use personal outdoor equipment at the discretion of the trip leader such as:

- Backpack (internal or external frame pack with at least 65 liters of capacity)
- Sleeping bag (appropriate for climate)
- Insulated ground pad
- Tent

## Personal Items

- Day pack
- Water (at least 2 liters) in a hydration bladder and/or reusable water bottle(s)
- Personal utensils: bowl, insulated cup, spoon/fork
- Headlamp (strongly recommended) or flashlight with extra batteries
- Personal hygiene products (travel size tooth paste, tooth brush, bio soap)
- Medications
- Sunscreen and lip balm
- Insect repellent
- Camera (optional) with batteries
- Sunglasses
- Bandana
- Pocket knife
- Plastic bags for trash

## Clothing

\* The best performing outdoor materials are synthetic (rayon, polyester, nylon, fleece, spandex), wool and silk.

- 1-2 pairs long underwear tops and bottoms
- 2-3 synthetic/athletic shirts
- 1-2 pairs shorts
- Warm pants (fleece or wool)
- Wool sweater or fleece jacket
- Rain gear (tops and bottoms)
- Hats (one for warmth, one for shade)
- Synthetic or wool socks (2-4 pair)
- Hiking boots or sturdy, supportive broken in sneakers
- Comfortable shoes to wear in camp
- Shoes to be wear in water
- Swimsuit and towel
- Gloves
- REMEMBER: NO COTTON, NO JEANS

**Packing tips and examples of food are on the next page**

**Alcohol and illegal drugs are prohibited on all Peak Adventures trips.**

## Food

Peak Adventures will provide all meals for your camping trip starting from the time we arrive at camp and until we leave camp. You are responsible for your own meals on the drive. Feel free to bring any snacks that you would like.

If there are foods that you are allergic to or will not eat, please be sure to let us know ahead of time.

## Packing Tips

- It helps to compartmentalize your pack by using colored stuff sacks for different categories (i.e. blue for clothing, red for food, green for misc., etc.)
- Aim to keep equal weight distribution throughout your pack. It helps to try the pack on during packing to ensure proper weight balance.

## Do NOT Bring

- Electronics
- Valuables

## Refund Policy:

- Cancellations made less than two weeks (14 days) prior to the event are not refundable.
- There is a \$10.00 fee for all cancellations and transfers.
- Should Peak Adventures cancel a trip or a class, we will issue a credit or full refund. Reasons may include severe weather, road conditions, instructor illness, and participant numbers.