

For packing tips, view our video at: <https://youtu.be/04L0juuGqIQ>

Pack

- 60L+ external or internal frame pack with belt (provided if needed)*
- rain cover (large garbage bag)

Shelter

- sleeping bag + stuff sack (provided if needed)*
- sleeping pad (provided if needed)*
- tent with rain fly (provided if needed)*

Clothing

(depending on personal temperature requirements, you may need more or less than listed)

- tee or short sleeve shirts (pack 1, wear 1)
- long sleeve shirt
- warm jacket or fleece parka (200 weight)
- underwear
- hiking pants (light weight/sweats, not jeans)
- hiking shorts (optional)
- pajamas top/bottoms (optional sleep wear)

Weather dependent

(bring to Canyon, guide will advise if required at your pack check the evening before departure)

- long underwear / thermal top
- long underwear bottoms
- beanie/tuque/knit cap
- gloves or mittens

Accessories

- bandanna
- cap or hat with brim
- flashlight (small)
- poncho or rain gear (jacket)
- sunglasses (100% UV protection)
- sunscreen (rated at least 30 SPF)
- toothbrush and paste
- toilet paper (white, unscented)
- hand sanitizer
- ziplock bag (for used TP)

Footwear

- mid or lightweight socks (pack 1, wear 1)
- hiking shoes (comfortable and broken in)
- light weight camp shoes
- moleskin (1 package, wrapper removed)

Kitchen

- plastic bowl (≥ 6 inches)
- plastic cup (≥ 8 oz)
- spoon or spork (soup size)
- water bottles (2) or bladder (all participants should have at least 3 quarts/liters capacity)

Optional

- hiking poles (recommended)
- chapstick (recommended)
- camera or smartphone (for pictures)
- cards or small games
- extra batteries for flashlight
- money (for souvenirs or guide gratuity)
- pen and paper
- personal 1st aid items
- pocket knife
- rain pants
- reading material
- swimsuit
- thin liner socks

Group Equipment

- ✓ cleaning pad and soap
- ✓ cooking utensils
- ✓ first aid kit
- ✓ fuel bottles and fuel
- ✓ large cooking pots
- ✓ lighters and matches
- ✓ small shovel
- ✓ stoves
- ✓ water carriers
- ✓ water filters and purification tablets
- ✓ wire mesh food storage bags

✓ Provided by TSX

*Pack, tent and sleeping bag/pad provided at no additional charge on request.