



Pack Check and Trek Orientation

Introductions

- Begin with setting a welcoming tone for the trek! Give participants an intro prompt (usually name, where they've traveled from, something they are looking forward to in this upcoming experience), and then introduce yourself (include relevant experience and something you are looking forward to as well!)
- Share a little bit of background about the TSX story, what makes us unique, what kind of experience we hope to provide.

Health & Safety

- Brief LNT introduction
- Hygiene, how to poop in the woods
- What hazards to expect on this route/wildlife/weather
- Answer any general questions

Pack Check

- Address the whole group first and talk through what you plan to wear and bring. Some common pitfalls backpacking are excessive toiletry kits, 100 pack of wipes, one outfit/day etc.
- Give people space to spread out their gear and talk through any questions they have. Talk about layering, using one item for multiple purposes (how to use extra layer for pillow), cutting excessive weight wherever possible.
- Give pack-packing pointers if needed!

Route Overview

- Pull out a map and get people excited to engage with it! Talk about the difference between Grand Canyon miles and miles on a treadmill. Help folks mentally prepare to be walking for most of the day for several days.
- Day 1 logistics and pickup time
- Trail conditions
- Weather, water access

Building a Team

- Talk about team mentality, that there will be moments that we all support each other. Sometimes that looks like helping carry additional weight, or checking in on each other, or everyday camp tasks like setting up a tent after a long day.
- Set a tone for casual efficiency. We don't need to stress people out with strict time constraints but should work to get into a rhythm where we are mindful of each other's time.



Additional Items

- Talk about how important self-care is on these treks. Make sure to eat and drink plenty, pay attention to how you're feeling, speak up if something is uncomfortable (feet, pack, exposure)
- Staying within sight or sound while on the trek (for general safety but also permit requirement)
- Answer any questions!



Grand Canyon Backpacking Checklist

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

<p style="text-align: center;">pack</p> <ul style="list-style-type: none"><input type="checkbox"/> external or internal frame pack with belt; 60L capacity or larger recommended *<input type="checkbox"/> pack cover or large garbage bag, \geq 33 gal <p style="text-align: center;">shelter</p> <ul style="list-style-type: none"><input type="checkbox"/> sleeping bag + stuff sack *<input type="checkbox"/> sleeping pad *<input type="checkbox"/> tent with rain fly * <p style="text-align: center;">clothing</p> <p>(depending on personal temperature requirements, you may need more or less than listed)</p> <ul style="list-style-type: none"><input type="checkbox"/> short sleeve shirts (pack 1, wear 1)<input type="checkbox"/> long sleeve shirt<input type="checkbox"/> warm jacket (fleece or puffy)<input type="checkbox"/> underwear (pack 2, wear 1 suggested)<input type="checkbox"/> hiking pants/leggings (not jeans) <p style="text-align: center;">weather dependent</p> <p>(bring to Canyon, guide will advise if required)</p> <ul style="list-style-type: none"><input type="checkbox"/> long underwear / thermal top<input type="checkbox"/> long underwear bottoms<input type="checkbox"/> beanie/tuque/knit cap<input type="checkbox"/> gloves or mittens <p style="text-align: center;">accessories</p> <ul style="list-style-type: none"><input type="checkbox"/> bandanna<input type="checkbox"/> cap or hat with brim<input type="checkbox"/> chapstick<input type="checkbox"/> headlamp (preferred) or small flashlight<input type="checkbox"/> hiking poles *<input type="checkbox"/> poncho or rain gear (jacket)<input type="checkbox"/> sunglasses (100% UV protection)<input type="checkbox"/> sunscreen (rated at least 30 SPF)<input type="checkbox"/> toothbrush, toothpaste<input type="checkbox"/> toilet paper and small hand sanitizer<input type="checkbox"/> water bottles (2) or bladder (all participants should have at least 3 quarts/liters capacity)<input type="checkbox"/> ziplock bag (for used TP)	<p style="text-align: center;">footwear</p> <ul style="list-style-type: none"><input type="checkbox"/> mid or lightweight socks (pack 1, wear 1)<input type="checkbox"/> hiking shoes (comfortable and broken in)<input type="checkbox"/> light weight camp shoes<input type="checkbox"/> moleskin (1 package, wrapper removed)<input checked="" type="checkbox"/> instep crampons (as conditions warrant) <p style="text-align: center;">kitchen</p> <ul style="list-style-type: none"><input type="checkbox"/> plastic bowl (\geq 6 inches)<input type="checkbox"/> plastic cup (\geq 8 oz)<input type="checkbox"/> spoon or spork (soup size) <p style="text-align: center;">optional</p> <ul style="list-style-type: none"><input type="checkbox"/> hair brush<input type="checkbox"/> camera or smartphone (for pictures)<input type="checkbox"/> hiking shorts<input type="checkbox"/> money (for souvenirs or guide gratuity)<input type="checkbox"/> menstrual products<input type="checkbox"/> pajamas top/bottoms (sleep wear)<input type="checkbox"/> pen and paper<input type="checkbox"/> personal 1st aid items<input type="checkbox"/> pocket knife<input type="checkbox"/> reading material<input type="checkbox"/> sports bra<input type="checkbox"/> swimsuit <p style="text-align: center;">group equipment</p> <ul style="list-style-type: none"><input checked="" type="checkbox"/> cleaning pad and soap<input checked="" type="checkbox"/> cooking utensils<input checked="" type="checkbox"/> first aid kit<input checked="" type="checkbox"/> fuel bottles and fuel<input checked="" type="checkbox"/> large cooking pots<input checked="" type="checkbox"/> lighters and matches<input checked="" type="checkbox"/> small shovel<input checked="" type="checkbox"/> stoves<input checked="" type="checkbox"/> water carriers<input checked="" type="checkbox"/> water filters and purification tablets<input checked="" type="checkbox"/> wire mesh food storage bags
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*Pack, tent, sleeping bag/pad and poles provided at no additional charge on request.



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