



# Grand Canyon Backpacking Checklist

For packing tips, get more information at: <https://tsxchallenge.com/backpacking-gear/>

<p style="text-align: center;"><b>pack</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> external or internal frame pack with belt; 60 - 70L capacity recommended *</li><li><input type="checkbox"/> pack cover or large garbage bag, <math>\geq</math> 33 gal</li></ul> <p style="text-align: center;"><b>shelter</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> sleeping bag + stuff sack *</li><li><input type="checkbox"/> sleeping pad *</li><li><input type="checkbox"/> tent with rain fly *</li></ul> <p style="text-align: center;"><b>clothing</b></p> <p>(depending on personal temperature requirements, you may need more or less than listed)</p> <ul style="list-style-type: none"><li><input type="checkbox"/> short sleeve shirts (pack 1, wear 1)</li><li><input type="checkbox"/> long sleeve shirt</li><li><input type="checkbox"/> warm jacket (fleece or puffy)</li><li><input type="checkbox"/> underwear (pack 2, wear 1 suggested)</li><li><input type="checkbox"/> hiking pants/leggings (not jeans)</li></ul> <p style="text-align: center;"><i>weather dependent</i> (bring to Canyon, guide will advise if required)</p> <ul style="list-style-type: none"><li><input type="checkbox"/> long underwear / thermal top</li><li><input type="checkbox"/> long underwear bottoms</li><li><input type="checkbox"/> beanie/tuque/knit cap</li><li><input type="checkbox"/> gloves or mittens</li></ul> <p style="text-align: center;"><b>accessories</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> bandanna</li><li><input type="checkbox"/> cap or hat with brim</li><li><input type="checkbox"/> headlamp (preferred) or small flashlight</li><li><input type="checkbox"/> hiking poles*</li><li><input type="checkbox"/> poncho or rain gear (jacket)</li><li><input type="checkbox"/> sunglasses (100% UV protection)</li><li><input type="checkbox"/> sunscreen (rated at least 30 SPF)</li><li><input type="checkbox"/> toothbrush, toothpaste</li><li><input type="checkbox"/> toilet paper and small hand sanitizer</li><li><input type="checkbox"/> water bottles (2) or bladder (all participants should have at least 3 liters capacity)</li><li><input type="checkbox"/> ziplock bag (for used TP)</li></ul>	<p style="text-align: center;"><b>footwear</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> mid or lightweight socks (pack 1, wear 1)</li><li><input type="checkbox"/> hiking shoes (comfortable and broken in)</li><li><input type="checkbox"/> light weight camp shoes</li><li><input type="checkbox"/> moleskin (1 package, wrapper removed)</li><li><input checked="" type="checkbox"/> instep crampons (as conditions warrant)</li></ul> <p style="text-align: center;"><b>kitchen</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> plastic bowl (<math>\geq</math> 6 inches)</li><li><input type="checkbox"/> plastic cup (<math>\geq</math> 8 oz)</li><li><input type="checkbox"/> spoon or spork (soup size)</li></ul> <p style="text-align: center;"><b>optional</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> hair brush</li><li><input type="checkbox"/> chapstick (recommended)</li><li><input type="checkbox"/> camera or smartphone (for pictures)</li><li><input type="checkbox"/> hiking shorts</li><li><input type="checkbox"/> money (for souvenirs or guide gratuity)</li><li><input type="checkbox"/> menstrual products</li><li><input type="checkbox"/> pajamas top/bottoms (sleep wear)</li><li><input type="checkbox"/> pen and paper</li><li><input type="checkbox"/> personal 1<sup>st</sup> aid items</li><li><input type="checkbox"/> pocket knife</li><li><input type="checkbox"/> reading material</li><li><input type="checkbox"/> sports bra</li><li><input type="checkbox"/> swimsuit</li></ul> <p style="text-align: center;"><b>group equipment</b></p> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> cleaning pad and soap</li><li><input checked="" type="checkbox"/> cooking utensils</li><li><input checked="" type="checkbox"/> first aid kit</li><li><input checked="" type="checkbox"/> fuel bottles and fuel</li><li><input checked="" type="checkbox"/> large cooking pots</li><li><input checked="" type="checkbox"/> lighters and matches</li><li><input checked="" type="checkbox"/> small shovel</li><li><input checked="" type="checkbox"/> stoves</li><li><input checked="" type="checkbox"/> water carriers</li><li><input checked="" type="checkbox"/> water filters and purification tablets</li><li><input checked="" type="checkbox"/> wire mesh food storage bags</li></ul>
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\*Pack, tent, sleeping bag/pad and poles provided at no additional charge on request.  
✓ Provided by TSX.