

2017 GRAND CANYON CAMPING CHECKLIST

Consider:

- Travel days are incorporated into the date span; **discuss timing before purchasing airline tickets.**
- **PENDING A PERMIT**, we anticipate ending the retreat Friday night so you can travel on Saturday the 24th.
- Camping is available from Sat. the 17th to Sun. morning the 25nd (8 nights, 9 days)
- **PENDING A PERMIT**: a 2-day portion will be spent backpacking with as little as possible
- Please consider that up to 12 people will be in the van (pack minimalistically)
- Temps will vary from 40 (North Rim at night) to 100+ (Inner Canyon in daytime)!!! Bring clothing that can be LAYERED over each other; warmer layers should fit over each other /you should be able to wear them all at once.

Task List:

- Registration, Health, & Liability forms filled out and returned to **Into the Deep** with payment
- Get your muscles moving ☺...the Grand Canyon is difficult because of the constant incline, both up and down; if you train, do inclines as opposed to stairs.
- Break in your hiking boots!!! (call for tips if you need help shopping for a pair)
- Hydrate yourself well before the trip: at least ½ your body weight in ounces per day, more with exertion
- Have a one-on-one conversation with Jen about how to pack/ prepare for this particular combination of conditions
- Call if equipment is needed: a few sleeping pads are available for rent (\$10)
- Call to coordinate arrivals at the Phoenix Airport for **Saturday the 17th**
- Consider food or snacks needed prior to arrival at camp
- Medications (original containers but only as much as needed) in Ziplocs (we have a group First Aid kit)
- Please carry your medical insurance card and driver's license!
- Set up "out of office" replies for cell phone & email: expectation of no electronics (only for emergency)
- Money for souvenirs, gifts, or extra snacks on the road
- Collect quarters – the showers are coin operated at Mather Campground
- Organize a daypack to have with you in the van and for hikes: *see bottom of checklist for list of contents*
- KEEP ANY FOOD SEPARATE from clothes and out of tents!!! (the North Rim does have bears)

Checklist: these are not optional unless they say 'optional' ☺

- Good raincoat (wind & moisture repellency necessary!)...*please avoid plastic ponchos* (this may sound unnecessary but it *can* rain & it serves as a warmer layer for evening)
- Optional: rain pants (again, can serve as warmer layer; full zipper up sides is most convenient)
- Light hat & gloves, long underwear tops & bottoms – esp. helpful if you tend to get cold at night or your sleeping bag is thin
- Hiking boots or shoes suitable for hiking on rocky terrain
- Comfortable sandals for around camp & driving (optional: flip-flops can be helpful for shower)
- Wool socks for hiking (no cotton; your feet need to be cared for & the crazy range of temps calls for wool)
- Optional/personal preference: thin pair socks for under heavier socks to avoid blisters (not cotton)
- Couple pair synthetic underwear (for longer hikes, will wick moisture & prevent chaffing)
- Long pants - light-colored "quick-dry" material (zip-off legs handy!); serves as evening layer or daytime "sunblock"
- Shorts (cotton or synthetic)
- 2-3 warm layers: sweatshirt, fleece jacket, vest, etc. that can fit over each other
- Long sleeve shirt(s) - light-colored "quick-dry" material or cotton; serves as evening layer or daytime "sunblock"
- T-shirts (in this climate cotton shirts are good; they hold moisture & will keep you cool!)
- Versatile, modest sleepwear (hot & cool)
- Optional: travel pillow (or can roll up a fleece)
- Sleeping bag (suitable for approx. 40-50 degrees)
- "Sleep sack" to line sleeping bag or use by itself when hot: this will be our backpacking sleeping bag
>**Make your own**: use a cotton or flannel (thin/light) double flat sheet folded in half & sewn across the bottom + 1/3 up the side
- Thermarest (or other type of closed cell) sleeping pad (can rent from I.D. for \$10)
- Towel: compact/medium size for shower (*no showers in Demotte campground; quarter operated in Mather*)
- Personal Toiletries (sample size & aim for unscented, put in ziplock)
- Optional: lip balm, sunscreen, lotion (sample size & unscented please, in ziplock)

- Optional: BodyGlide (anti-chaffing balm)
- Sunglasses (high UV protection & polarized helpful)
- Wide-brim hat to protect from sun
- Bandana (serves as a washcloth, to cover head, to keep neck cool, etc.)
- Small flashlight / headlamp + batteries
- Optional emergency stash: pocket knife, compass, whistle
- Thermal mug (12 oz)** for breakfast foods & hot drinks... put your name on it!
- Water bottles or bladders (no less than 4 liters)**... put your name on them!
- Optional: camera/batteries/memory card (group camera is available).
- If you have one: breviary
- Optional: rosary, journal, pen, bible,
- Optional: book, travel games, cards, etc. (please plan on non-electronic versions!)
- Musical instruments welcome!
- Optional: camp chair (must be compact due to van space)
- Optional: walking poles for balance
- Optional: your favorite electrolyte & energy snacks (some provided)

- ORGANIZE your DAYPACK** to have with you in the van and for hikes (can double as overnight pack)
 - 4 Liters of water
 - rain jacket
 - one warmer layer
 - wide brimmed hat
 - bandana
 - headlamp
 - sunglasses
 - Optional sunscreen in Ziploc
 - medicine, etc.
 - Optional camera (group camera is available)
 - Optional Ziploc of your favorite energy/electrolyte snacks (Clif Bars & salty snacks provided)
 - Optional prayer items
 - Optional: strap walking poles to the outside

- ORGANIZE your OVERNIGHT BACKPACK:** small but a waist belt is helpful (can double as your daypack)
 - Wear: synthetic underwear, shorts or pants with zip-off legs, cotton t-shirt or long sleeve light shirt, wool socks
 - 4 Liters of water
 - rain jacket
 - fleece (doubles as a pillow)
 - wide brimmed hat
 - bandana
 - extra pair of wool socks
 - sleep sack
 - Thermarest/sleeping pad (can be strapped to the outside of pack)
 - Minimal toiletries in Ziploc, including optional sunscreen
 - headlamp
 - sunglasses
 - medicine, etc.
 - Optional camera (group camera is available)
 - Optional Ziploc of your favorite energy/electrolyte snacks (Clif Bars & salty snacks provided)
 - You will carry a portion of food provided by I.D.
 - Optional prayer items/book (we will have down time)
 - Optional: strap walking poles to the outside