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## **DISCOVERY TREKS® LLC**

*Lifetime Adventures*

### What to bring checklist – North and South Rim Backpacking

This list includes what you will be wearing the first day of the trip. Consider bringing a change of clothes to leave in our vehicle in case you wish to change at the end of your trek.

- 3 (three) liters of water
- Sunglasses
- Wide-brimmed hat
- Lightweight, quick-dry towel
- Compact toiletry/personal items kit
- Personal medical supplies (prescription meds, supplements, other medical related)
- Hiking shoes or boots (be sure to break in before trip)
- Sports sandals or water shoes (some people bring old athletic shoes for the water)
- 3 synthetic or synthetic-wool blend socks
- 1-2 pair of hiking shorts and/or long pants that zip off to shorts
- Changes of underwear (recommend non-cotton, breathable, quick-dry)
- 1-2 short-sleeved shirts (breathable, wicking recommended)
- Sleepwear
- Small flashlight or headlamp
- Rain poncho and/or other rain gear (jacket with hood, nylon shell rain pants, etc.)
- Back-up pair of glasses or contacts
- Camera and film
- Cash for souvenirs, guide gratuity, personal expenses
- At least 1-2 zip lock bags to keep things dry when in water/rain
- Paperback book
- Journal and pen
- Sunscreen

If traveling in cooler months (refer to website for averages and weather forecasts) – keep in mind the North Rim trailhead can be cool even in summer months for Rim to Rim treks

- Fleece jacket
- Gloves
- Wool hat
- Long-underwear layers
- Long-sleeved shirt
- Clothes to layer

All of your gear (except daypack and water) needs to fit into a soft side 24"x12"x12" duffel which will be stored in vehicle. We will transfer your belongings into a backpack we supply. You will be carrying the backpack, camping gear and a share of the food so your pack could weigh 30lbs or more lbs. Bring only essentials!