

# PACKING LIST:

## Grand Canyon Expeditions



Kim B..

### PACK SMART & LIGHT

#### SUGGESTED clothing

- ☐ waterproof rain jacket and pants  
*see note in trip details*
- ☐ lightweight jacket or sweatshirt  
*usually not needed during summer months but unexpected cool weather does happen*
- ☐ sleepwear/ campwear  
*including bras and underwear*
- ☐ 2 or 3 pairs of ankle socks  
*good sun protection*
- ☐ 1 or 2 swimsuits  
*2 piece for women makes going to the bathroom easier*
- ☐ 1 pair lightweight long pants
- ☐ 3 pair quick dry shorts
- ☐ 3 Shirts  
*at least 1 with long sleeves for sun protection; hooded shirts work great*
- ☐ 2 pairs rubber-soled shoes, multi-sport river sandals and flip flops or lightweight walking shoe  
*See note in trip details*
- ☐ skirt or dress  
*nice in camp- makes changing easier*

#### OTHER items

- ☐ 32 oz (or larger) water bottle  
*an insulated bottle is nice in hot weather as it will help to keep your water cool*
- ☐ Sarong  
*a piece of light weight material that can be used as a cover-up; can be used wet to keep cool and for sun protection; recommended for all genders*
- ☐ towel and washcloth  
*thin ones dry quickly*
- ☐ 2 hats or caps with brim and ties  
*one is for a spare*
- ☐ small backpack  
*can be used on day hikes and/ or for personal day gear*
- ☐ carabiners  
*for clipping water bottles and backpacks to the boat*
- ☐ sunglasses with a retaining strap  
*plus a spare pair*
- ☐ headlamp and spare batteries  
*red light option recommended*
- ☐ 8 zip-loc plastic bags (gallon or quart size)  
*for personal trash, photo supplies, etc. during the day*
- ☐ pocket-sized tissues or a bandana

#### TOILETRIES

- ☐ medications
- ☐ body lotion  
*16 oz. per person.; sun, water and heat dries skin quickly*
- ☐ hand cream or salve  
*we are required to use bleach in our handwash water which contributes to dry hands*
- ☐ toothbrush /paste
- ☐ glasses /contact lenses  
*plus spares*
- ☐ brush or comb
- ☐ hygiene products
- ☐ biodegradable shampoo & soap
- ☐ wet wipes  
*nice for cleaning up*
- ☐ sunscreen  
*generous supply and water resistant*
- ☐ lip balm with sunscreen

#### OPTIONAL

- binoculars
- lightweight gloves  
*for sun protection and hiking over hot rocks*
- Grand Canyon guidebook
- ear plugs /sleep mask
- twin-size cotton sheet  
*for sleeping on top of sleeping bag in hot weather; a sarong also works well for this*
- camera
- extra camera batteries or a charging pack
- electrolyte supply *liquid IV, Vitalyte, Other*
- small camp or travel pillow
- urination device  
*can use it to stand up to pee instead of squatting; P style makes a good one.*
- hair ties
- small mirror
- reading materials/journal
- bandana
- insect repellent *occasionally needed*

#### GCE will provide:

- ☐ sleeping bag & pad / tent
- ☐ cot & ground tarp
- ☐ waterproof bags and/or box
- ☐ camp chair
- ☐ personal flotation device



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Jodey T.

### ADDITIONAL ITEMS FOR spring and fall trips

- ☐ warm jacket
- ☐ Polypropylene Long Underwear (2 Pairs)
- ☐ warm hat
- ☐ gloves
- ☐ wool socks
- ☐ neoprene socks and gloves

*nice for keeping hands and feet warm during the day*

### Motor Trip Bags/ Box provided for you

**Ammo Can:**  
(accessible during the day)  
12" (L) x 7" (D) x 6" (W)

**Clothing Bag:**  
63 Liters  
12" Diameter  
27" Tall



### ADDITIONAL ITEMS FOR dory trips

- ☐ additional 32 oz. water bottle
  - ☐ splash top/ pants work better for keeping you dry while running rapids in dories.
- this is especially important in the spring and fall*

### Dory Trip Bags provided for you

**Day Bag:**  
16 Liters  
8.2" Diameter  
20" Tall

**Clothing Bag:**  
57 Liters  
13" Diameter  
25" Tall



### Where to Purchase:

Items can be purchase at many different outdoor retail stores. Some suggestions are:

- The Store at GCE: [www.gcex.com](http://www.gcex.com)
- NRS: [www.nrs.com](http://www.nrs.com)
- REI: [www.rei.com](http://www.rei.com)
- Cabelas: [www.cabelas.com](http://www.cabelas.com)

### Weight Limit

If you stay within 20 pounds per person, not including camera equipment or beverages, you'll have no problem fitting all these items into your waterproof bag. If you're flying to Las Vegas, bring your river gear as carry on and eliminate luggage delays or loss. You'll be carrying your own gear on and off the raft each day, so travel light and happy!



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