

**Luggage-** check (1) big duffel type bag. Make sure all items have identification. Our back pack should be the carry on item.

(1 check in -50 lbs. limit 62 inches =L+W+H, 1 carry on)

**Equipment Needs:**

Personal items: 3 changes of clothes (2-3 pair of walking shorts)

- Sleeping bag and pad (temps. 30's at night)

- water bottles/ canteens – **2 quarts of water must be carried at all times**

- 1 towel

- **sport drink powder mix**

- 5- T-shirts

- hat & stocking cap

- sunglasses

- bandanna

- sunscreen at least spf 15

-small flash light

- swimsuit (girls-one piece)

- jacket or sweatshirt

- jeans or sweats

- toiletries

- trash bag

- own Advil or Aspirin

- snack (trail mix) for Canyon hike - pens for journal

- sandals (w/ straps)

- **good socks\*(not cotton)**

- rain poncho

-Camera- inexpensive disposable types will suffice

- **Hiking Boots/ Sturdy hiking shoes-** Important that they are ***BROKEN IN*** and comfortable. Ankle support?

- **Extra \$** we will stop for food 5-6 times on the way there and back.

Money will also be needed for any souvenirs they may want to buy. Showers are available at the canyon and we will use them on Tues. and Wed. evenings. They cost \$2.00