



Backpacking For Beginners

Grand Canyon NP

Your Essential Packing List

This trip is designed to transform you from a nervous beginner into a confident, self-sufficient backpacker! You will be carrying and preparing your own gear and food. Use this checklist to build your setup.

For a complete list of recommendations, please see page 3 of this document.

The Big 3:

Backpack

- Backpack: Appropriate for trip length.
- Rain cover: Essential for keeping your gear dry.
- Dry bags/stuff sacks: To organize and waterproof smaller items within your pack.
- Container for trash: Be prepared to pack out everything you bring in.

Shelter & Sleep System

- Tent: Lightweight and waterproof, suitable for the number of people.
- Sleeping bag: Rated for the coldest expected temperatures.
- Sleeping bag liner: Adds extra warmth, keeps your sleeping bag clean, and can be used on its own if the canyon night stays warm!
- Sleeping pad: For insulation and comfort.

Clothing:

Layering is crucial for adapting to changing weather.

- **Hiking sneakers:** Broken-in, comfortable and with good traction.
- **Socks:** Moisture-wicking wool or synthetic (a couple pairs).
- **Hiking Pants/Shorts:** Quick-drying material.
- **Layers:** In the summer heat, cotton is king! During cooler months, moisture-wicking is recommended.
- **Mid Layer:** Long sleeved hoodie or insulated vest.
- **Outer Layer:** Waterproof / windproof jacket.
- **Hat and Sunglasses:** For sun protection.
- **Gloves:** If cold weather is expected.
- **Camp Shoes (completely optional):** Lightweight sandals or flip-flops for camp.



Kitchen & Food:

Cooking:

- **Backpacking Stove & Fuel:** Lightweight and reliable.
- **Cook Pot & Utensils:** Spork or spoon.
- **Mug:** For hot drinks.
- **Biodegradable Soap & Sponge:** For cleaning.
- **Water Bottles/Reservoir:** Sufficient capacity for all of your needs.

Food:

- **Non-perishable meals:** Dehydrated or freeze-dried options are ideal.
- **Snacks:** High-energy bars, nuts, dried fruit, jerky.
- **Electrolytes:** For replenishing salts lost thru sweat.
- **Trash:** A bag or container for everything. We pack it all out.

Navigation & Safety:

- **Map & Compass:** Know how to use them!
- **GPS Device/Smartphone with offline maps:** As a backup.
- **First-Aid Kit:** Comprehensive and tailored to your needs.
- **Headlamp/Flashlight:** With extra batteries.
- **Sunscreen & Insect Repellent:** Protect yourself from the elements.
- **Knife or Multi-tool:** Versatile for many tasks.
- **Whistle:** For signaling in emergencies.
- **Fire Starter:** Waterproof matches or lighter.

Personal Hygiene:

- **Toiletries:** Toothbrush, biodegradable toothpaste, small amount of soap in a travel bottle.
- **Toilet Paper:** In a waterproof (ziploc) bag.
- **Hand Sanitizer:** For quick clean-ups.
- **Quick-dry Towel:** Small and lightweight.
- **Medications:** Any personal prescriptions.
- **Identification & Emergency Contact Information:** Keep it accessible.



Miscellaneous Important Extras:

- **Trekking Poles:** Help with stability and reduce strain on the joints.
- **Book/Journal (optional):** For downtime.
- **Duct Tape (optional):** Can be useful for quick repairs and many various tasks.
- **Cordage/Rope (optional):** Can be useful for various tasks.

GUIDE RECOMMENDED GEAR:

- **PACK | A pack with a carrying capacity between 40 - 65L for multi-day trips.**
- **TENT | As lightweight as possible. Recommended for a single person is 3# or less.**
 - Coming with a friend? Bring a 2-person and split the weight between the two of you (5# or less).
 - Don't mind cowboy camping? Ditch the tent and spend the night under the stars in your sleeping bag.
 - Always wanted to try a hammock? Bring yours and we can help you set it up!
- **SLEEPING BAG/PAD | A lightweight synthetic bag and sleeping pad of your choice.**
 - **Spring and Fall Trips** (Mar - May and Sept - Nov) - 20 degree rated sleeping bag
 - **Winter Trips** (Dec - Feb) - 0 degree rated sleeping bag
 - **Summer Trips** (Jun - Aug) - 40 degree rated sleeping bag, or liner only
- **COOKING ITEMS**
 - **Camp Stove** - the most efficient, lightweight and space saving is the tried and tested pocket rocket.
 - **Camp Mug / Cookpot / Utensils** - hands down the most lightweight and durable cookpot is the GSI Halulite Minimalist. For utensils, a long handled spoon comes in clutch!
- **FOOD**
 - **Meals Ready Eat** - most efficient with the most replenishing calories. MREs come in many flavors and hit all of the food preferences (vegetarian, vegan, etc.)
- **FIRST AID KIT**
 - **Essentials** - Blister care (moleskin, band-aids), sanitizer, antibiotic cream and ibuprofen.



WHAT IF I DON'T HAVE GEAR AND I DON'T WANT TO BUY IT???

Our primary goal is a light pack and a safe hike. If you are missing any of the gear listed above, and aren't sure about purchasing, TLC has you covered.

We rent equipment at a very reasonable price. Please reach out directly to us if you are interested in renting items for this trek so we can reserve your gear!