



**Grand Canyon  
Rim to Rim Hike  
Packing List**

**Mandatory Items:**

- 1 daypack: Maximum capacity of 25 liters with waist belt strongly recommended.
- 1 pair of trekking poles: Adjustable shaft recommended, no folding poles.
- 2 (1-Liter) Nalgene water bottles or Camelback that holds at least 2-3 liters of water.

**Feet:**

- 1 pair waterproof low to mid rise hiking shoes/boots
- 2 pairs of lightweight hiking socks, preferably wool

**Legs:**

- 1 pair of long hiking pants or hiking shorts

**Torso:**

- 1 short sleeve non-cotton t-shirt
- 1 long sleeve non-cotton t-shirt
- 1 medium weight long-sleeve fleece or jacket

**Head:**

- 1 wide-brimmed hat or visor
- 1 headlamp or small flashlight with batteries
- 1 pair of sunglasses, recommend side protection

**Hands:**

- 1 pair of glove liners or lightweight gloves

**Other Important Items to Bring:**

- Electrolytes 4-6 servings (strongly recommended)
- Gu Shots or Shot Blocks
- Salt tablets
- Snacks 4-6 servings
- Sunscreen
- 1 lip balm with sunscreen
- Gaiters

### **Optional Items to Bring**

- 1 warm beanie cap
- 1 buff or scarf
- 1 windproof/waterproof rain jacket (check weather)
- 1 pair windproof/waterproof rain pants (check weather)
- 1 small personal first aid kit/blister kit to include personal medications
- 1 pack of tissues or 1 roll of toilet paper
- 2 small Ziploc (plastic) bags
- 2-3 ft. Duct tape. Wrap around your trekking poles.
- Hand sanitizer or small pack of disinfectant wipes
- Music
- Cell Phone
- Camera

### **Important:**

- Label the water bottles with your name
- You will have the opportunity to purchase food for the hike or supplies you are missing prior to arriving the North Rim.

### **Resources:**

Check your local outdoor recreational store for all gear and supplies.

Popular resources for researching or purchasing gear and supplies online are:

[www.blackdiamondequipment.com](http://www.blackdiamondequipment.com)

[www.sierratradingpost.com](http://www.sierratradingpost.com)

[www.rei.com](http://www.rei.com)

[www.backcountry.com](http://www.backcountry.com)

[www.moosejaw.com](http://www.moosejaw.com)

[www.northface.com](http://www.northface.com)

[www.mountainhardwear.com](http://www.mountainhardwear.com)

[www.marmot.com](http://www.marmot.com)

[www.leki.com](http://www.leki.com)