



# Inverted Expeditions

## BACKPACKING CHECKLIST

We will provide all of the major backpacking gear items for you at no additional cost. These items include a quality pack, trekking poles, tent, backpacking air mattress, sleeping bag, and plates/bowls/cups/eating utensils. Below is a list of recommended clothing and personal gear to bring with you from home. We will contact you with additional recommendations for cold weather trips.

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| <input type="checkbox"/> <b>Hiking Shoes or Boots</b><br>Mid-weight to light-weight and broken in. ½ to full size larger than your everyday shoe size recommended. | <input type="checkbox"/> <b>Hiking Shirt</b><br>One non-cotton hiking shirt. We recommend a lightweight long-sleeve sun hoodie. Many great brands including Patagonia, REI, FreeFly, OR.                          |
| <input type="checkbox"/> <b>Camp Shoes</b><br>Sandals or lightweight shoe(crocs or similar) to wear at camp after hiking.  | <input type="checkbox"/> <b>Warm Top or Lightweight puffy</b><br>Light to mid-weight non-cotton insulating layer or puffy. Often not even necessary in hotter months of Grand Canyon, especially if you run warm. |
| <input type="checkbox"/> <b>Socks/Underwear</b><br>One pair for every two days and an extra pair to sleep in. We recommend Darn Tuff, Smartwool or similar.        | <input type="checkbox"/> <b>Hiking Pants or Shorts or Both</b><br>We often just bring one pair of shorts. But bring pants if you like or both. Some folks like convertible pants.                                 |
| <input type="checkbox"/> <b>Sun hat</b><br>Wide brimmed hat or baseball cap. If baseball cap sun hoodie or bandana also recommended.                               | <input type="checkbox"/> <b>Rain Jacket</b><br>Breathable type with pit zips or similar recommended.  |
| <input type="checkbox"/> <b>Cotton T-Shirts</b><br>One or two lightweight cotton T-Shirts. Cotton is comfortable great for the hot weather months in Grand canyon. | <input type="checkbox"/> <b>Hydration System</b><br>3 liter capacity. Either water bottles or hydration bladder and a bottle combo recommended.   |

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**Headlamp**

With red light function.

**Prescription Medications**

Please inform your guide of any medications you are taking.

**Glasses and Contacts if Applicable**

If using contacts bring a pair of glasses just in case.

**Toiletries/ToothBrush/Toothpaste**

Minimal needed. Baby wipes recommended instead of toilet paper. Zip-lock to pack out used wipes/TP.

**Sunscreen and Lip Balm**

This is a sunny, dry, and windy place!