

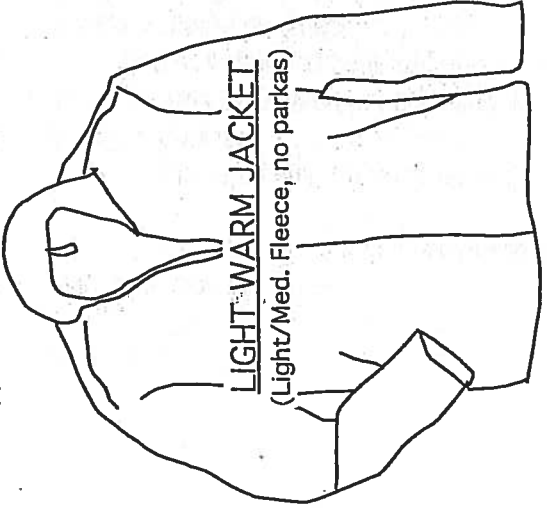
# CANYONLANDS GEAR LIST

**Personal Items:** (in ziplock),  
 Toothbrush, 1 oz mini-toothpaste  
 Hairbrush/Comb (optional),  
 Bandanna,  
 Sunglasses,  
 Flashlight or headlamp (w/ new batteries),  
 Small towel or wash cloth  
 Handi-wipes 10-12

Large heavy duty Garbage Bag (waterproof barrier in backpack)

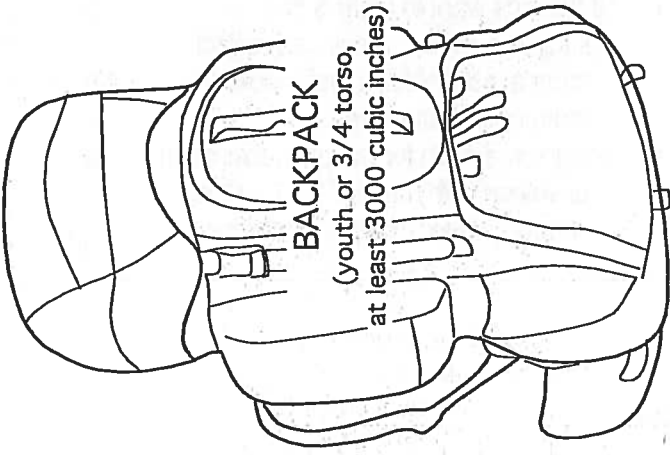


**Hiking Boots** (ankle high for support and w/ thick soles)



**LIGHT WARM JACKET**  
 (Light/Med. Fleece, no parkas)

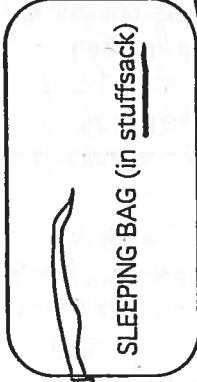
**Helpful hints:**  
 Use large zip lock bags, or clear plastic bags to organize your gear inside of the backpack (freezer grade the best)  
 Write name on everything w/ permanent marker



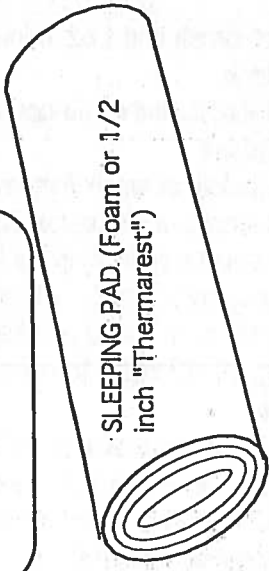
## BACKPACK

(youth or 3/4 torso, at least 3000 cubic inches)

Note: if you have a small light weight daypack (without any padding or structure,) this can be the stuffsack for your sleeping bag or cloths and be used for day hikes from camp



**SLEEPING BAG** (in stuffsack)



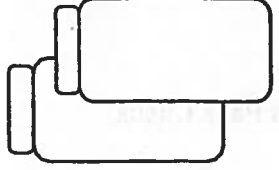
**SLEEPING PAD.** (Foam or 1/2 inch "Thermarest")

**KITCHEN:** Drinking Cup w/ lid, bowl, fork, spoon, (plastic best), w/ name written on ea. w/ perm. marker



**Personal "First Aid Kit":**  
 Band-aids, Capstick, Sunblock (spray works best),  
 Bug Spray 1-2 oz.  
 - all a in zip-lock

Whistle (on a string) -> able to bring with you on day hike.



2 - 1 qt/ltr water bottles (screw on lid, Nalgine best)  
 1 - 2 carabiners

3 Emergency Power/Energy Bars (no caffeine, protein best, in ziplock bag)

**CLOTHING:** (packed in several large zip locks)

**Sun and Cold Gear:**  
 1 Warm Hat, 1 pair Light Gloves,  
 1 Sun hat w/ brim,  
 Sunglasses

**Top Layers:**

2 tee-shirts (light colors best, no strapless or tank tops)  
 1 long sleeve top (t-neck, crew neck, fleece)  
 Rain Jacket (No winter coats or ponchos [risk of tripping])

**Bottom Layers:**

1 quick-dry shorts (for warm days while hiking)  
 1 pair ~~dry~~ rain pants  
 1 pair light weight wind or rain pants (for around camp at night)(no cotton sweats)

**Underclothing:**

2 pair underwear.  
 2 pair socks

**Footwear:**

Hiking Boots (see diagram)

CRACKS or other close-toed camp shoe  
 arrive

**Departure Day Stuff:**

(BRING / WEAR THESE THINGS ON TUESDAY)  
 CRACKS or other close-toed camp shoe.  
 tee shirt, shorts or zip off pants  
 long sleeve shirt, or fleece  
 Bring a sack lunch w/ snacks for day of departure  
 Travel Cash (\$10 - 15 for lunch on Friday)