

Trip Checklist

(updated 06/05/06)

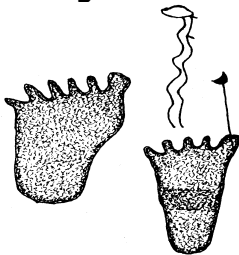
A note about this list: Our season runs from March to October. Please keep in mind the season of your trip when packing, not all of this list will apply to your trip. Also, I have suggested a few brands that we feel are tried and true.

The big stuff:

- sleeping bag
- day pack (or borrow one)
- water bottles or bladders (3 liters capacity recommended, we use & sell Camelbak bladders)
- headlamp/flashlight (we use & sell Petzl headlamps)
- extra batteries (lamp & camera)

Clothing:

- long pants
- long sleeved shirt
- sweater or fleece layers
- wind breaker
- long underwear
- shorts
- tee shirts
- bathing suit
- socks (wool blend)
- rain gear
- jacket
- hat with visor
- warm hat & gloves



Shoes & Foot Care:

- shoes for wading: low tech

options = Converse canvas high tops or old sneakers, high tech options = Canyoneer by Five Ten or any other amphibious shoe. Also, Chaco sandals are fine in the spring and fall when we don't wade that much or anytime if they are well worn & you're comfortable in them. **Sandals & Keens are not suitable for wading on the Glen Canyon One trip.**

- lightweight hiking boots (well worn & comfortable)
- toe nail clippers (or trim them well before the trip. On slopes, sliding boots can jam toe nails.)

Miscellaneous:

- towel
- toothbrush and paste
- soap
- shampoo
- sunglasses
- sunscreen & lip stuff
- insect repellent
- camera & film
- medication
- alcoholic beverages (optional)
- hiking poles (optional)

What else? (customize this list)

- 1.
- 2.
- 3.

- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

ECO Provides:

- duffle bag (24"X12") for gear; it does not have to fit your sleeping bag!
- tent (Kelty)
- sleeping pad (Thermarest Prolite 4)
- all meals from lunch day one to last day
- transportation from Boulder to trailhead
- kitchen facilities
- camp facilities (chairs, serving tables, etc.)
- guides
- permit fee
- showers (seasonal)
- day pack*
- water bottle*
- *let us know in advance if you need these last two items

Available to borrow:

- sleeping bag (advance notice needed, \$25.00 cleaning fee)