

EQUIPMENT RECOMMENDATIONS

Canyon de Chelly

July 3-7, 2009

Equipment

- _____ Small daypack
- _____ Sleeping bag (three-season)
- _____ Pad (closed cell or thermarest type)
- _____ Waterproof ground cloth or tarp
- _____ Lightweight tent with rain fly
- _____ Waterbottles or canteens: two or three quarts total capacity

Footwear

- _____ Running or cross-training shoes, walking shoes, or lightweight hiking boots
- _____ Socks: several pairs for hiking; several synthetic or wool pairs for warmth
- _____ Spare pair of running shoes or equivalent (dry footwear for camp)

Clothing

- _____ Rain gear: jacket and pants, or poncho
- _____ Fleece, wool, or down Jacket, or warm sweater and vest
- _____ Long underwear (thermax, capilene, etc)
- _____ Hat/cap (brimmed, comfortable sun shade)
- _____ Shirt/T-shirt: a bunch, mixed short and long-sleeved (loose, light-colored cotton is ideal)
- _____ Long pants (loose-fitting)
- _____ Hiking shorts

Other

- _____ Bandanas
- _____ Lightweight flashlight with fresh batteries (AA size ideal)
- _____ Cup (your favorite for camp; other utensils will be provided)
- _____ Pocketknife
- _____ Bandaids/Moleskin/Secondskin
- _____ Sunscreen/skin cream/lip balm
- _____ Personal toiletries
- _____ Mosquito repellent

Other Recommendations:

- _____ Journal/pencil/pen
- _____ Sunglasses
- _____ Extra batteries
- _____ Camera/film
- _____ Binoculars or monocular
- _____ Camp chair (folding)

Please limit personal gear if convenient to one duffel bag size per person (exclusive of your tent, pad, sleeping bag, chair)