

EQUIPMENT RECOMMENDATIONS

Canyon de Chelly ~ September 10-14, 2007

*Please limit gear, as convenient, to one duffel bag/person
~Exclusive of tent, pad, sleeping bag, chair~*

- Sleeping bag (three-season)
- Pad (closed cell or thermarest type)
- Waterproof ground cloth or tarp
- Lightweight tent with rain fly

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

- Rain gear: jacket and pants, or poncho
- Fleece, wool, or down Jacket, or warm sweater and vest
- Cap (warm fleece)
- 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

- Waterbottles or canteens: two or three quarts total capacity
- 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)