

# Paria Canyon Backpacking Expedition, Summer 2010

## Packing List

Please adhere as closely as possible to this list. Personal clothing and gear items (without water, sleeping bag, pad, tent, or poop tube, your backpack should weight 12 lbs.). We suggest to bring mostly synthetic clothes. Synthetic is non-cotton material like wool, quick-dry clothing, or Underarmor®. You can follow the links to see examples (most items can also be found at Big 5 or Walmart). Please call if you have any questions.

### Personal Clothing

Lightweight hiking boots (leather does not work well in water) or sturdy trail runner type tennis shoes (absolutely no skate or converse shoes)

Camp shoes (something light to wear around camp when your hiking boots get wet - could be 2nd pair of tennis shoes or sandals)

Lightweight/quick dry long pants (Convertible zip-offs are great)

[http://www.campmor.com/outdoor/gear/Product\\_73574](http://www.campmor.com/outdoor/gear/Product_73574)

3 pairs of good quality synthetic or wool socks (e.g. Smartwool®, Fox River®). Cheap wool socks will lead to major blisters. You will appreciate a couple pairs of quality wool or synthetic socks.

[http://www.campmor.com/outdoor/gear/Product\\_19840](http://www.campmor.com/outdoor/gear/Product_19840)

2 pairs of synthetic sock liners

[http://www.campmor.com/outdoor/gear/Product\\_01095](http://www.campmor.com/outdoor/gear/Product_01095)

1 pair of quick dry shorts (hiking or basket ball style is ok - no cotton)

2 T-shirts (preferably synthetic, but can be cotton)

1 long-sleeve, light-weight shirt (preferably synthetic, but can be cotton)

2-3 bandanas

Light jacket or hoodie

light rain jacket or poncho

wide brim hat (brim goes all the way around)

[http://www.campmor.com/outdoor/gear/Product\\_35813](http://www.campmor.com/outdoor/gear/Product_35813)

sunglasses w/strap

### Personal Gear

capacity to carry 3 qrts of water (1 quart must be a hard plastic water bottle, the other 2 may be a water bladder like a camelback or MSR)\*

[Hard Plastic Bottle: http://www.campmor.com/outdoor/gear/Product\\_98226](http://www.campmor.com/outdoor/gear/Product_98226)

[Water Bladder: http://www.campmor.com/outdoor/gear/Product\\_12321](http://www.campmor.com/outdoor/gear/Product_12321)

headlamp with spare batteries

bowl + utensil (e.g. Tupperware with lid is great)

finger nail clippers

pocket knife or multitool

small amount of toilet paper in a zip lock bag

10 baby wipes in zip lock bag (2 for each day)  
toothbrush/toothpaste (compact travel style)  
sunscreen (small tube of +35 spf)  
lighter+matches in zip lock bag  
chap stick  
extra zip lock bags  
1 roll of doggy duty bags (bags you use to pick up dog poop during a walk)  
small zip lock of kitty litter  
personal medication (ibuprofen, Tylenol, Benadryl, prescriptions)  
personal 1st aid kit (thick mole skin, athletic tape, tweezers)  
Poop tube\* (HD Supply has everything you need, total cost ~ \$6.50)  
    \*2 feet of 3 inch solvent weld pipe, cap, female threaded adapter, threaded plug, and 3 inch O-  
    ring  
Backpack\*\* (greater than 2500 cubic inch capacity)  
sleeping pad\*\*  
tent\*\* (can be shared)  
    \*\*we have extras to lend out, call Meckenzie at (928) 532-4047

### **Optional**

camera (don't forget extra batteries)  
journal and pen  
good book

### **Provided Gear**

backpacking stove  
fuel in bottles  
fuel  
cooking pot  
scrubbing sponge  
water filter

Note: youth will be divided into cooking groups and responsible for carrying and cooking their own food