

Packing for Your GCY Expedition

Grand Canyon - Lower Row

How to Pack

You need **one bag** for this expedition. All of your personal items should be packed into a **backpacking-style backpack**. It should be about 30 to 50 liters in volume. Pack ALL of your belongings into it. GCY will provide a waterproof "dry bag" to pack your belongings in once you get to the river. Remember that you will be carrying everything into Grand Canyon on your back - pack as lightly as possible!

While on the river, GCY will provide a small daypack (school-style pack). You will use it for items you need to access during the day like water bottles, sunscreen, lip balm, any day-time medications, rain gear, etc. Keep in mind that things in your day pack will get wet.



Left: Your backpack with personal items will be packed into a dry bag, then rolled and buckled to ensure the contents stay dry.

Right: A sturdy 30-50 liter pack will work perfectly. Remember to pack light!

**Bags are not to scale*

GCY Will Provide...

A Personal Flotation Device (PFD) and a dry bag, small daypack, sleeping bag, sleeping pad, and ground tarp. Tents are available, but most groups will sleep out under the stars! Other gear coming along includes boats, a full kitchen, an outdoor bathroom ("groover"), all food and snacks, drinking water, first aid supplies, and a kit of games, books, and art supplies.

Borrowing from GCY

Please check with GCY before purchasing any items: we have many items available to borrow at our warehouse, including river shoes and rain gear. We know that kids grow quickly and purchasing outdoor gear can be expensive. Work with your Trip Coordinator to request items, or stop by GCY to try things on.

Do Not Bring

If you do not see an item on the Equipment List, it is because **we have intentionally left it off**. Avoid bringing heavy clothing, towels, jeans, nice shoes, or leather boots. GCY expeditions are intentionally technology-free, so please do not bring any electronics (cell phones, gaming devices, etc.). Anything you bring may get lost or ruined! Also leave behind all money, wallets, and other valuables (if traveling independently, bring enough money for your meals, a post-expedition shower, and incidental expenses). GCY will provide plenty of snacks, so **leave all food and drinks** at home as well.

Medications

Please bring TWO SETS of any prescription medications (inhalers, Epi-pens, daily medications, etc.). One set will stay with you and the other will go with your Trip Coordinator as backup. **Youth must be able to manage and administer their own medications** unless otherwise agreed or documented in a medication communication plan with collaborating organizations. GCY staff does not administer medication except in the event of emergencies.

GCY no longer requires COVID-19 vaccination and testing.

Packing List

Pack in one backpack (you will hike into the Canyon carrying everything in this backpack):

- ☐ **River shoes:** 1 pair of sport sandals with a thick sole and heel strap, such as Tevas, Chacos, or Keens.
- ☐ **Athletic shoes:** 1 pair of running/P.E. shoes with good traction for hiking. Should be well worn-in. Skate shoes and nice sneakers are not recommended.
- ☐ **Camp shoes:** 1 pair of flip flops, crocs, or other lightweight, comfortable shoes to wear at camp. Heel strap not required.
- ☐ **Quick-dry shorts:** They should be made of nylon or fast-drying material (not cotton!). Athletic shorts, swim trunks, or leggings. Bring 3.
- ☐ **Sun shirts/Sun hoodies:** Long-sleeved, lightweight, cotton shirts are ideal for sun protection. Think button-up dress shirts. Wearing shirts is required. Bring 3-4.
- ☐ **Sports Bras:** 2-3 recommended. We recommend sports bras instead of bathing suits for comfort reasons. If you choose to bring a bathing suit, please be sure it does not tie in the back.
- ☐ **Sarong / lightweight cotton pants:** Bring 1 for sun protection and cooling off. Lightweight scarves or hospital scrub bottoms work well.
- ☐ **Socks:** Bring 2-3 pairs.
- ☐ **Underwear:** Bring 5-6 pairs.
- ☐ **Pajamas:** Bring 1-2 sets of a t-shirt and lightweight pants or shorts to sleep in.
- ☐ **Lightweight fleece jacket:** Bring 1.
- ☐ **Rain gear:** 1 Rain jacket (no ponchos) & 1 pair of rain pants.
- ☐ **Bandana:** Bring 1 to wet and tie around your neck, under your hat to keep cool, or as a washcloth.
- ☐ **Sun hat:** With a large brim and chin-strap. Wearing a hat is required.
- ☐ **Sunglasses and retention device (strap):** Chums or Croakies, for example.
- ☐ **Eyeglasses:** If needed. If you wear contacts, bring an extra set and backup glasses, just in case. MUST have a retention device/strap for eyeglasses (Chums or Croakies, for example).
- ☐ **Water bottles:** 2 Nalgene-type screw-top plastic bottles. You need at least 2 liters. Camelbacks or other hydration packs are okay as long as you also bring a spare water bottle.
- ☐ **Carabiners:** 2 metal clips that let you attach your backpack and water bottle to boats. Find them at outdoor shops. They should be at least 3 inches long and locking. Do not need to be climbing grade.
- ☐ **Sunscreen:** At least a 6 oz. bottle with high SPF. Do not bring spray sunscreen.
- ☐ **Lip balm/Chapstick:** must have SPF.
- ☐ **Personal toiletries:** Toothbrush, toothpaste, soap, shampoo, conditioner, period care products (tampons with cardboard or no applicators are suggested), skin lotion (8-16 oz - the desert is dry!) Choose travel-size and biodegradable products when available.
- ☐ **Biodegradable or Castile Soap:** Good for doing laundry while on the river.
- ☐ **Headlamp or small flashlight:** Pack it with a new set of batteries.
- ☐ **Waterproof disposable camera:** (optional) Large or expensive cameras are not recommended.
- ☐ **Small journal and pen or pencil:** (optional).
- ☐ **Pillowcase/Small Travel Pillow:** There is no room for a regular pillow in your bag. We recommend stuffing extra clothes into a pillowcase to create a substitute.
- ☐ **Plastic bags:** (optional) These can separate dirty and clean clothes in your camp bag.
- ☐ **Money (if traveling):** You do not need money while on expedition, but bring enough to cover your meals, a post-expedition shower, and incidental expenses if you are traveling independently.
- ☐ **Personal medications:** Bring 2 sets!

Please arrive wearing items from this packing list. We will meet in Flagstaff for a brief orientation before traveling to the Grand Canyon South Rim to camp.