



Mini/High Adventures Backpacking Equipment List Desert Trips



MAJOR EQUIPMENT *****

- _____ Pack (Must be large enough to hold personal gear AND your share of crew gear, about the size of a basketball. Must have padded shoulder straps and waist belt. Check all grommets, straps, and buckles before the trip.)
- _____ Sleeping Bag _____ Foam pad (Closed cell foam or ThermoRest)
- _____ Accessory Straps (used to attach sleeping bag and pad to pack. Do not use belts, bungee cords, or rope)
- _____ Tent (preferred over bivy) – (make arrangements to bring or share a tent. We have had winter conditions and heavy rains on desert trips. You can always make a trailhead decision whether to take it or not.)

CLOTHING ***** Be prepared to dress in layers - we have had rain and snow on desert trips!

- _____ Rain Jacket - waterproof, not water resistant. (Rain jacket MUCH preferred over poncho)
- _____ Wind layer type jacket (can double as rain jacket listed above if waterproof)
- _____ Fleece or other light jacket for warmth. May use an extra long sleeve shirt.
- _____ Hiking Shorts (2 pair - zip-off's preferred) _____ Long pants (zip-off synthetics recommended - 2 pair)
- _____ Shirt (1 long sleeve synthetic. Extra set long underwear ok) _____ Shirt (2 short sleeve)
- _____ Underwear (4 pair) _____ Socks (3 pair lightweight synthetic - no cotton)
- _____ Camp Shoes (tennis shoes/Teva/etc. – no Croc's) _____ Socks (3 pair heavier wool socks for warmth)
- _____ Hiking Boots (lightweight. Nylon - Will get soaked!) _____ Ski cap (lightweight wool or synthetic) **** REQUIRED**
- _____ Gloves (lightweight, synthetic liners or light wool is the best) **** REQUIRED**
- _____ Neoprene wet suit socks (OPTIONAL - used only on Paria and a few others. See trip leader for details)
- _____ Polypro long underwear Top and Bottom (2 pair can count for one of the long sleeve shirts above. (great for crossing pools and dries quick) **** REQUIRED**

EATING GEAR *****

- _____ Bowl - plastic (Don't bring the entire kit!)
- _____ Water bottle (2 wide mouth liter minimum)
- _____ Drink mixes for personal water bottles (5 day supply of small containers)



TOILET ARTICLES *****

- _____ Soap (small piece in a plastic bag)
- _____ Toothbrush
- _____ ChapStick (or other lip salve - SPF rated is best)
- _____ Sunscreen (**IMPORTANT and REQUIRED**)
- _____ Toilet paper (partial roll w/o cardboard core, in double Ziploc bag to carry out used paper)
- _____ Toothpaste (small travel size only)
- _____ Deodorant (non-aerosol, small travel size)
- _____ Skin lotion (important for Paria rash)

MISC. ITEMS *****

- _____ Matches (in waterproof container) **** REQUIRED**
- _____ Pocketknife or multi-tool
- _____ Insect repellent (small bottle, non-aerosol. Towelettes ok)
- _____ Nylon camping cord (50 ft, small diameter)
- _____ Money (for stops along the way)
- _____ Needle, thread, and safety pins
- _____ Healthy munchies (Be reasonable)
- _____ Headlamp (preferred) or small flashlight (AA or AAA size - with fresh alkaline or lithium batteries)
- _____ Personal first aid supplies (Band-Aids, moleskin, Tylenol, etc.)
- _____ Prescription or non-prescription medications (give the trip leader a duplicate of important medications)
- _____ Dry bags and/or heavy duty trash bags (6) depending on the trip. (2 to line your frame pack, 2 for sleeping bag and 2 extras. Use Hefty Steel Sak or equivalent - No cheap bags!) **NOTE: NOT ALL DESERT TRIPS REQUIRE DRY BAGS or TRASH BAGS. CHECK WITH TRIP LEADER.**
- _____ Small daypack **** Not needed for Paria**
- _____ Compass (important outside the canyon)
- _____ Hat (wide brim style, or other for sun protection)
- _____ Sun glasses (**IMPORTANT and REQUIRED**)
- _____ Camera (optional - the desert is tough on cameras)
- _____ Extra batteries (AA or AAA alkaline depending on your headlamp/flashlight)

PACKING – Be sure to pack all items in small stuff sacks or one gallon ZipLock Freezer bags inside your pack. Clothes should not be loose in your pack. Pack like things together!

EXTRA CLOTHES - PACK IN A SMALL GYM DUFFLE or EQUIVALENT

On long trips, you need to have a change of clothes that you leave in the car for the trip home. Also have soap, shampoo, and a small towel in the car for a shower stop after we return to civilization! We will be able to shower when we get out of the canyon.

- _____ Swimming suit for the trip home
- _____ Extra shirts, pants, underwear, shampoo, etc.
- _____ Electronics for travel (label everything) Not for use while backpacking or at campsites! Car Charger?

REMEMBER

It is best to pack your gear in separate ZipLock Freezer type plastic bags inside your pack. Some desert trips require you to float the packs over pools of water in the canyon. Bring 2 garbage bags to line your backpack, 2 bags to cover your sleeping bags and 2 extra. Pack these bags in your pack, we will put them to use when we arrive at the trailhead. If you pack in them now, they will get holes in them while traveling. Please use high quality bags such as Hefty, not generic.

COLD WEATHER GEAR - REQUIRED

Even though it is spring in the desert, the polypro long underwear, wool or polypro gloves listed above are required. They are useful in preventing hypothermia after pool crossings.