

## **Client Checklist for 3 Day Trek**

**Subject to change prior to trip depending on weather forecast.**

### **-Spring Season (March - Mid May)**

- 1) Waterproof Breathable Shell(coat)
- 2) Fleece Jacket
- 3) 2 t-shirts (no cotton, moisture transferring materials only)
- 4) 1 Thermal Undershirts
- 5) 1 change underwear for each day of trek
- 6) 1 change socks for each day of trek
- 7) Winter hat and gloves
- 8) Hiking Boots or Trail Sneakers (broken in boots only!!!)
- 9) 1 pair of long pants (no denim or cotton)
- 10) 1 pair of shorts
- 11) 1 pair of camp shoes (sandals with heel strap work best) Teva, Chaco, Keen all make a nice product

### **-Summer Season (Mid May - Sept)**

- 1) Lightweight Waterproof Breathable Raincoat
- 2) 2 t-shirts (light colored, loose fitting cotton)
- 3) 1 Thermal Undershirt
- 4) 1 change underwear for each day of trek
- 5) 1 change socks for each day of trek
- 6) Hat to block the sun
- 7) Hiking Boots or Trail Sneakers (broken in boots only!!!)
- 8) 1 pair of shorts and 1 pair of long pants (no denim) or 2 pairs of shorts
- 9) 1 pair of camp shoes (sandals with heel strap work best) Teva, Chaco, Keen all make a nice product

### **-Fall Season (Oct - Nov)**

- 1) Waterproof Breathable Shell(coat)
- 2) Fleece Jacket
- 3) 2 t-shirts (no cotton, moisture transferring materials only)
- 4) 1 Thermal Undershirts
- 5) 1 change underwear for each day of trek
- 6) 1 change socks for each day of trek
- 7) Winter hat and gloves
- 8) Hiking Boots or Trail Sneakers (broken in boots only!!!)
- 9) 1 pair of long pants and 1 pair of shorts (no denim or cotton) or 2 pair long pants

### **-Winter Season (Dec - Feb)**

- 1) Waterproof Breathable Shell(coat)

- 2) Fleece Jacket
- 3) 2 t-shirts (no cotton, moisture transferring materials only)
- 4) 2 Thermal Undershirts and 1 thermal underpants
- 5) 1 change underwear for each day of trek
- 6) 1 change socks for each day of trek
- 7) Winter hat and gloves
- 8) Hiking Boots or Trail Sneakers (broken in boots only!!!)
- 9) 2 pair of long pants (no denim or cotton)

## **Personnal Hygiene**

-what to bring?

- 1) All prescription and/or necessary medication!
- 2) Small travel size toothpaste and toothbrush
- 3) Feminine Hygiene products
- 4) Sunglasses and prescription eye wear
- 5) Don't forget your camera!!
- 6) Other necessary items (these are things you will need to carry so no unnecessary items)
- 7) Pygmy Guides provide an extensive first aid kit, and individual toilet kits

## **Trip Preperation**

- 1) Both cardiovascular and resistance training is necessary to ensure you are able to enjoy your Grand Canyon experience. Hike in areas with as much elevation change as possible carrying a load of 30lbs. You can also try walking stairs with the same amount of weight if hiking if trails are not accessible to you.
- 2) Drink plenty of water to be sure you're hydrated when you arrive in this desert enviroment. Pre-hydrating does work.
- 3) Eat a well balanced diet, and make sure you have eaten a good meal before you start your hike.
- 4) Be sure to break in your foot wear well before your hike (you'll be glad)!!
- 5) Your backpack, for all overnight trips except Supai, will weigh 30lbs or less depending on the season. This includes your tent, sleeping bag, sleeping pad, clothing, and water(the bulk of the weight). Food, stoves, kitchen, water filtration systems, first aid supplies, and all other necessary gear will be carried by your guide.

## **HAVASU FALLS**

You will carry water and your own personal items. Duffles to carry personal items can be arranged.

Mule Riders must wear long pants.