

Client Checklist for 3 Day Trip

Checklist is subject to alteration depending on the weather forecast prior to your trip. Check current weather at http://www.pygmyguides.com/html/helpful_info.html

Grand Canyon weather can be extremely unpredictable. Due to elevation changes and the desert climate of the area, storms can move in quickly and temperature differences between night and day can be drastic. Because of these changes, it is important to be prepared to bring all items on the checklist, so you can be comfortable in all possible weather conditions.

Spring Season – March through Mid May

- Waterproof breathable shell (coat)
- Waterproof breathable rain pants
- Fleece Jacket
- 2 t-shirts, synthetic materials not cotton
- Thermal long sleeve shirt
- Daily changes of underwear
- Daily changes of socks, wool or synthetic material socks recommended
- Warm winter hat and gloves
- Hiking boots or hiking shoes, previously broken in
- 1-2 pairs of shorts
- Pair of pants, no jeans
- Sandals with heel straps (Teva, Chaco, and Keen are good brands)
- Personal Hygiene Kit (PHK), see description below
- Handkerchief
- Camera

Summer Season – Mid may through September

- Lightweight waterproof breathable raincoat
- 2 t-shirts – light, loose fitting cotton
- Daily change of underwear
- Daily change of socks, wool or synthetic material socks recommended
- Sun/Shade hat, Sunscreen, Sunglasses
- Hiking boots or hiking shoes, previously broken in
- 2 pair shorts, or 1 pair shorts and 1 pair summer pants, no jeans
- Sandals with heel straps, (Teva, Chaco, Keen are good brands)
- Personal Hygiene Kit (PHK), see description below
- Handkerchief
- Camera

Fall Season – October through November

- Waterproof breathable shell (coat)
- Fleece Jacket
- 2 t-shirts, synthetic materials, no cotton
- Thermal undershirt
- 1 pair shorts and 1 pair pants, no denim or 2 pair pants
- Daily change of underwear
- Daily change of socks, wool or synthetic material socks recommended
- Warm winter hat and gloves
- Hiking boots or hiking shoes, previously broken in
- Sandals with heel strap, (Teva, Chaco, Keen are good brands)
- Personal Hygiene Kit (PHK), see description below
- Handkerchief
- Camera

Winter Season – December through February

- Waterproof breathable shell (coat)
- Fleece Jacket
- 2 t-shirts, synthetic material, no cotton
- 2 thermal shirts
- Thermal underpants
- Daily change of underwear
- Daily change of socks, wool or synthetic material socks recommended
- Warm winter had and gloves
- Hiking boots or hiking shoes, previously broken in
- 2 pair long pants, no denim or cotton
- Personal Hygiene Kit (PHK), see description below
- Handkerchief
- Camera

Personal Hygiene Kit (PHK)

- Any prescribed medications or daily vitamins
- Small travel size toothbrush and toothpaste

- Feminine hygiene products
- Sunglasses
- Prescription eyewear
- Sunscreen
- **NO** shampoos or soaps
- Handy or Baby wipes are OK
- Pygmy Guides provides first aid kits and toilet kits.

Trip Preparation

- Cardiovascular and resistance training are both necessary to ensure an enjoyable Grand Canyon experience. Hiking in areas with large elevation changes or going up and down stairs with a weighted backpack are two good ways to accomplish this.
- Pre-hydrate – Start drinking **at least** two liters of water a day several days before your trip to ensure you are properly hydrated and feeling well for your hike in desert environment.
- Eat – You will be using lots of calories and energy on your hike so make sure to eat a good dinner the night before your trip. It is also important to eat a healthy, well balanced diet the weeks prior to the trip in order to feel healthy and have energy reserves for your trip.
- Break in your boots or shoes – To mitigate getting blisters on the trail wear your shoes before your trip as often as possible.
- Clip your toenails – Hiking downhill pushes your toes to the front of your boot so well groomed toenails are a must for comfort in Grand Canyon hiking.
- **Grand Canyon National Park Overnights** - Your backpack will be provided. Also provided in your backpack will be a tent (2 person occupancy, weight can be divided), sleeping bag, sleeping pad, water, dining set and headlamp. We will also provide trekking poles for each participant. You will provide your own clothing and personal items(toothbrush, sunblock, etc...) which will also go in your backpack.
- **Havasu Falls** – You will carry a pack, which is provided, with water, a towel and your personal items. This will include your sandals, swimming suit, sunglasses, shade hat, etc.
- **If you are riding a mule make sure to bring long pants.**