



## Artists as Ambassadors Packing List

Grand Canyon National Park provides tents, ground tarps, sleeping bags, sleeping pads, cooking equipment, food, and snacks.

*Keep in mind that your clothes will get dirty, don't bring something you'll be sad to lose or have broken.*

- Water bottles**– 2 non-disposable one liter water bottles (preferably with a loop of some kind.)  
Camelbacks are not permitted. They frequently break in the canyon.
- 2 Carbineers** – To attach water bottles to the river boats
- Duffle**– Pack all your stuff in here.
- Small collapsible day pack** – For day hikes and daily use. School backpacks will work.
- Hiking shoes** – Lightweight hiking boots or athletic shoes with good traction on dirt and rock. Make sure these are worn-in!
- River Shoes** – Water shoes or sturdy sandals with a heel strap (Chacos, Tevas or Keens are great)
- Hat** – Sunhat with strap or Ball cap
- Winter Hat** – A beanie
- Rain Gear**– Rain jacket. Ponchos are not ideal.
- Shirts** – Light in Color. 5 t-shirts, 2 long sleeves or light button-up tops to protect your skin from the sun. Dark colored clothing will not be permitted into the canyon. Cotton shirts are great for canyon hiking.
- Hiking Pants** – 2 pair (NO JEANS for hiking- they will make you miserable)
- Shorts** – 3 pairs
- Socks**– 7 pairs
- Underwear** – 9 pairs
- Warm mid-layer** – 1 fleece jacket or similar layer to wear at night
- Pajamas** – warm fleece pants recommended.
- Swimsuit** –At least one. No bikinis – Sports bra and board shorts or running shorts.
- Bandana** – 1
- Sarong** – 1 one of the most useful things you can bring. Great for guys and girls: can be used to protect yourself from the sun; can be gotten wet to stay cool; used as a blanket at night when its hot; and way more.
- Towel** – for showering on the rim.
- Sunglasses** – 1-2 pairs
- Eyeglasses** (if you wear them)/contact lenses, bring extra set of glasses even if you wear contacts.
- Eyewear Retainer** – (1 Chums or Croakies) a must for glasses wearers.
- Toiletries**– toothbrush, toothpaste, floss, lotion (optional), small containers of biodegradable soap & shampoo (Dr. Bronner's is great), feminine hygiene supplies (girls: please pack these regardless)
- Medication** – Bring 4 weeks' worth. Make sure you filled out details on your medical form.
- Sunscreen** – At least 30 SPF and Waterproof. This is a must.
- Lip Balm** – 1
- Flashlight or headlamp** – 1 Headlamps are preferable. We can provide headlamps.
- Money for showers** - \$2.00
- Any additional money for souvenirs**

### Optional Gear (this gear will be provided and does not need to be purchased)

- Water proof Disposable/ Digital Camera** – Group camera will be available for use.
- Personal art supplies** – We will have all the art supplies you need but you are welcome to bring your favorites.

### Please Leave These Items at Home:

- Candy and snacks. (Leaving candy or snacks in your packs invites ravens, mice and critters to chew through your pack!)

- Tablets, cellphones, gaming devices, mp3s. (These things are okay for traveling to/ from here but will not be permitted during the program. We will collect them for the duration of the program.)