



# Grand Canyon Lightweight

## PACKING LIST

### Let's Get Packing!

Whether this is your first expedition or you are a seasoned adventurer, having the right gear for your course can make all the difference, and we're here to get you 100% ready to go! There is no need to buy all new equipment for your first trip! Follow these money saving tips below to have what you need without breaking the bank.

### Money saving tips to get what you need:

#### 1. Use What You Have or Borrow It

We recommend you start with looking over the packing list and seeing what you already have. Don't have it? See if you can borrow it from an outdoorsy friend!

#### 2. Rent It

SRM has a variety of items that you can rent at an affordable rate. We strongly recommend this for big ticket items like a backpack. Advance notice is required.

#### 3. Shop the Sales

Don't wait until the last minute to purchase equipment! At the end of the packing list we have provided a list of retailers you can check out to find great deals.

#### 4. Purchase It

Often, you get what you pay for in terms of quality, but that doesn't mean you need the nicest items. Think about how much use you would like to get out of the gear you purchase, and that can help you determine how much you want to invest in an item.

### Using This Packing List

Our packing lists are detailed to help equip participants with functioning gear that has been successful on SRM courses for over 40 years! Trust us when we say that the items listed as **Required** are non-negotiable. You must have items listed as required. **Recommended** items you may greatly appreciate having while on course, but they are not required. **Optional** items are things you might appreciate having depending on your preferences.

All items we have available to rent are listed with a price under the rental column. Our rental and equipment policies can be located after the packing list.

### Questions?

If you have questions about gear, feel free to connect with our Customer Support staff by emailing [support@srm.org](mailto:support@srm.org) or calling 307.755.0642. We look forward to helping you prepare!

## Personal Gear

| Level of Necessity                              | Qty | Item                              | Description & Examples                                                                                                                                                           | Rental Price                    |
|-------------------------------------------------|-----|-----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| <b>Required</b>                                 | 1   | Internal frame backpack           | Expedition-quality, minimum 50 L, recommend 55-70 L. Recommend Osprey, Gregory, Hyperlite brands. DO NOT bring Kelty, Jansport, or Amazon brand packs.                           | \$15.00                         |
| <b>Required</b>                                 | 1   | Rain cover for pack               | Pack cover must be large enough to cover your pack fully.                                                                                                                        | Included in backpack rental     |
| <b>Required</b>                                 | 1   | Sleeping bag                      | Mummy bag ranging from 20 - 30 °F degrees. Lightweight, down or synthetic.                                                                                                       | \$10.00                         |
| <b>Required</b>                                 | 1   | Compression stuff sack            | Medium size stuff sack with compression straps. Must fit your sleeping bag.                                                                                                      | Included in sleeping bag rental |
| Optional                                        | 1   | Sleeping bag liner                | Lightweight liner to help keep your sleeping bag cleaner.                                                                                                                        | X                               |
| <b>Required</b>                                 | 1   | Sleeping pad                      | Full-length closed cell foam pad or lightweight inflatable pad.                                                                                                                  | \$ 5.00                         |
| <b>Required</b><br>(If bringing inflatable pad) | 1   | Sleeping pad repair kit           | Repair kit for if you pop a hole in your inflatable sleeping pad.                                                                                                                | X                               |
| Recommended                                     | 1   | Camp Pillow                       | Small, lightweight, packable, inflatable camp pillow                                                                                                                             | X                               |
| <b>Required</b>                                 | 1   | Trekking poles                    | Trekking poles that are lightweight and collapsible. Black Diamond highly recommended.                                                                                           | \$10.00                         |
| <b>Required</b>                                 | 1   | Headlamp (with fresh batteries)   | Lightweight and durable LED headlamp.                                                                                                                                            | X                               |
| Recommended                                     | 1   | Camp chair (or Foam Seat)         | Recommend Crazy Creek Hexalite chair style: simple, lightweight chair for comfort during lessons and meals.                                                                      | \$5.00                          |
| <b>Required</b>                                 | 1   | Camp bowl with lid                | Lightweight, sturdy plastic or silicone bowl with secure lid recommended, such as GSI Fairshare Mug.                                                                             | X                               |
| <b>Required</b>                                 | 1   | Personal spoon                    | Durable and lightweight. Recommend long-handled.                                                                                                                                 | X                               |
| Optional                                        | 1   | GSI Pot Scraper                   | Great for keeping your dishes clean in the backcountry!                                                                                                                          | X                               |
| <b>Required</b>                                 | 1   | Drink mug                         | Lightweight mug with a lid for hot drinks.                                                                                                                                       | X                               |
| <b>Required</b>                                 |     | Nalgene(s) and/or Water Bladder   | Students must be able to carry at least 3 liters of water at a time. Recommend carrying one 2 Liter water bladder and one Nalgene.                                               | X                               |
| Optional                                        |     | Water filtration                  | Many methods available - Sawyer Squeeze mini for use on end of water bladder hose is convenient. Not required as <u>SROM will provide Aquamira drops for water purification.</u> | X                               |
| <b>Required</b>                                 | 1   | Wrist watch                       | Waterproof watch <b>with an alarm</b> . Please know how to set the alarm on your watch.                                                                                          | x                               |
| Recommended                                     | 1   | Pocket knife <b>or</b> multi-tool | Simple, lightweight, collapsible blade (2-3 inches blade length).                                                                                                                | x                               |

|             |   |                   |                                                                                       |   |
|-------------|---|-------------------|---------------------------------------------------------------------------------------|---|
| Recommended | 1 | Emergency whistle | Small, light, loud whistle. Must be separate from a whistle attached to a pack strap. | x |
|-------------|---|-------------------|---------------------------------------------------------------------------------------|---|

| Personal Clothing  |        |                                  |                                                                                       |              |
|--------------------|--------|----------------------------------|---------------------------------------------------------------------------------------|--------------|
| Level of Necessity | Qty    | Item                             | Description & Examples                                                                | Rental Price |
| <b>Required</b>    | 1      | Long sleeve sunshirt             | Lightweight wool or synthetic fabric for sun protection.                              | X            |
| Optional           | 1      | Long sleeve base layer           | Light-weight base layer.                                                              | X            |
| Recommended        | 1      | Short sleeve base layer          | Short sleeve wicking shirt.                                                           | X            |
| Recommended        | 1      | Long Sleeve Insulating Pull-over | Mid to light-weight fleece                                                            | X            |
| <b>Required</b>    | 1      | Down or synthetic "puffy" jacket | Light long sleeve insulated (down or synthetic) jacket, hooded preferable.            | \$15.00      |
| <b>Required</b>    | 1      | Rain jacket                      | Waterproof, lightweight, packable jacket with a hood.                                 | \$15.00      |
| Optional           | 1      | Rain pants                       | Waterproof, lightweight, packable; side zippers highly recommended.                   | X            |
| <b>Required</b>    | 1      | Hiking pants                     | Lightweight, synthetic hiking pants; convertible pants optional but not necessary.    | X            |
| Optional           | 1      | Quick-dry shorts                 | Lightweight, synthetic hiking shorts or athletic shorts for hiking in or sleeping in. | X            |
| Optional           | 1      | T-shirt                          | 1 cotton t-shirt for sleeping.                                                        | X            |
| <b>Required</b>    | 2      | Underwear                        | Synthetic or cotton.                                                                  | X            |
| <b>Required</b>    | 2 pair | Hiking socks                     | Medium weight wool or synthetic blend hiking socks.                                   | X            |
| Optional           | 1 pair | Liner socks                      | Lightweight wool or synthetic blend liner socks.                                      | X            |
| Recommended        | 1      | Insulating hat                   | Warm wool or synthetic hat                                                            | X            |
| <b>Required</b>    | 1      | Ball cap/visor/sun hat           | Lightweight, quick-drying hat for sun protection for face and neck                    | X            |
| Optional           | 1      | Thin gloves                      | In case of cool evenings                                                              | X            |

**Clothing** should be lightweight and designed for backpacking. Cotton is not allowed other than for a sleeping shirt. Nylon pants and quick-dry shirts will be the clothes you spend most of your time in.

| Footwear & Protection |     |                       |                                                                                                             |
|-----------------------|-----|-----------------------|-------------------------------------------------------------------------------------------------------------|
| Level of Necessity    | Qty | Item                  | Description & Examples                                                                                      |
| <b>Required</b>       | 1   | Hiking Shoes or Boots | Sturdy, quality hiking shoes or boots such as Merrell Moab 3, Salomon, La Sportiva Wildcat, Hoka Speedgoat. |
| Recommended           | 1   | Camp shoes            | Lightweight, fast-drying, closed-toed, shoes for use around camp and/or in water.                           |

|                 |   |                           |                                                                                                                                                                                                    |
|-----------------|---|---------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                 |   |                           | Absolutely no Chaco sandals, flip flops, FiveFingers, or Crocs.<br>Astral Loyak Water Shoes work very well and weigh very little. Old lightweight running shoes with good traction also work well. |
| <b>Required</b> | 1 | Personal blister care kit | Small roll of athletic tape and 1-2 sheets of moleskin (recommend pre-cut)                                                                                                                         |

### Shoe Selection

Please arrive for your course with a quality pair of hiking boots or shoes. These should have a sturdy sole and will provide stability and security for you while hiking. Foot care cannot be taken lightly in the backcountry; protecting your feet is vital to safety and success. Boots may provide additional ankle security compared to shoes. In general, more expensive boots and shoes will perform better and have a longer lifespan than less expensive ones. We will be checking in with you before your course regarding your shoe selection, and we are happy to assist you in making a selection that works well for you.

## Personal Toiletries

| Level of Necessity | Qty | Item                                            | Description & Examples                                                                                                                                                                           |
|--------------------|-----|-------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Required</b>    | 1   | Sun screen                                      | Minimum SPF 30; 2 oz bottle                                                                                                                                                                      |
| <b>Required</b>    | 1   | Lip balm                                        | Chapstick with SPF                                                                                                                                                                               |
| <b>Required</b>    | 1   | Toothbrush                                      | Travel toothbrush (with a cover for bristles) is ideal.                                                                                                                                          |
| <b>Required</b>    | 1   | Toothpaste                                      | Travel size (1oz) tube                                                                                                                                                                           |
| <b>Required</b>    | 1   | Hand sanitizer                                  | Travel size (1-2 oz) bottle                                                                                                                                                                      |
| <b>Required</b>    | 1   | Wet wipes                                       | ~2 wipes per day in small package                                                                                                                                                                |
| Recommended        |     | Toilet Paper                                    | At each campsite, you will be required to use the pit toilet available; however, there is typically no toilet paper provided. Recommend to remove some from a roll and bring in a ziploc baggie. |
| <b>Required</b>    | 1   | Personal waste disposal bag                     | Quart size Ziploc bag to pack out wet wipes, toilet paper, feminine hygiene products, etc. (You may bring a dog waste bag to put the ziploc inside of to cover)                                  |
| Optional           | 1   | Biodegradable soap                              | There will be a group bottle available. Optional to bring a personal bottle. Bring travel size bottle.                                                                                           |
| Recommended        | 1   | Bag for toiletries                              | Small, lightweight bag or Ziploc for keeping personal toiletries organized                                                                                                                       |
| As needed          | 1   | Personal medications, glasses, and/or contacts. | SRM instructors carry many OTC medications in the first aid kits. If you regularly take an OTC med, bring your own supply. Bring your own prescriptions.                                         |

### Personal Medication

Adults are responsible for holding and taking any personal OTC or prescription medication. If you are bringing prescriptions, we need full disclosure of the medications you are bringing on your course Medical Form. Additionally, all prescriptions must be under your name and in their original containers.

| Personal Items     |     |                                                                         |                                                                                                                                                                                                                               |
|--------------------|-----|-------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Level of Necessity | Qty | Item                                                                    | Description & Examples                                                                                                                                                                                                        |
| <b>Required</b>    | 1   | Sunglasses                                                              | 100% UV protection.                                                                                                                                                                                                           |
| Recommended        | 1-2 | Buff or Bandanas                                                        | Helpful for sun protection, cooking, cleaning.                                                                                                                                                                                |
| <b>Required</b>    | 1   | Notebook/Journal and Pens (1-2 pens recommended)                        | Small notebook to take notes during lessons and devos and for journaling. Compact and lightweight.                                                                                                                            |
| <b>Required</b>    | 1   | Bible                                                                   | Lightweight travel size, includes both Old and New Testaments.                                                                                                                                                                |
| Recommended        |     | Personal snacks                                                         | SRM provides all the food you will need. If there are snacks you would like to have (Clif bars, gummies, jerky, dried fruit, etc.), we recommend not bringing more than 1 Sandwich size ziploc worth with you into the field. |
| Optional           |     | *Coffee or other hot beverage                                           | SRM provides hot tea and hot cocoa <b>but no coffee</b> . If desired, bring your own and a way to brew it. See below "Drinks."                                                                                                |
| Recommended        |     | Electrolytes                                                            | ~1/day powdered electrolyte packs - many good brands available, recommend LMNT, Propel, Nuun, etc                                                                                                                             |
| <b>Required</b>    |     | Extra cash or Credit Card                                               | \$20-\$30 of spending money for meal at the end of the course                                                                                                                                                                 |
| Optional           | 1   | Camera                                                                  | Small, lightweight camera with durable case. <b>Students may not use cell phones for cameras.</b>                                                                                                                             |
| <b>Required</b>    | 1-2 | Extra change of clothes for use at the beginning and end of the course. |                                                                                                                                                                                                                               |

## Start Preparing

We know you probably own many of the items on this gear list already, but please start reviewing it now rather than waiting until the last minute. It will be difficult and stressful to try and cram all of your shopping and packing into the last minute before your course. If you start now you will have more time to find exactly what you need at the most reasonable price.

We recommend looking online for discounted prices. Doing a quick Google Shopping search will often yield helpful results with a good idea of a reasonable price range. Additionally, we've listed a few websites that often offer good discounts on equipment:

- Sierra ([www.sierra.com](http://www.sierra.com))
- REI Outlet ([www.rei.com/outlet](http://www.rei.com/outlet))
- Steep and Cheap ([www.steepandcheap.com](http://www.steepandcheap.com))
- BackCountry ([www.backcountry.com](http://www.backcountry.com))
- MooseJaw ([www.moosejaw.com](http://www.moosejaw.com))
- Gear Trade ([www.geartrade.com](http://www.geartrade.com))

## SRM Equipment Policy

SROM equipment selection and the outfitting of each student are critical to the success of each course. Proper equipment drastically affects the course in terms of safety and comfort. At the beginning of each course, students check out group gear. During this gear check-out time, students inspect equipment and note any pre-existing wear or damage. When students return gear, SROM staff inspect it as it is checked in. Any gear damage observed at check-in that was not previously noted at the time of check-out becomes the financial responsibility of the students. Lost or damaged group gear will be charged on a pro-rata basis to all members of the group that were using the gear. Students will be informed of all charges related to damaged or lost gear, and those itemized charges will be added to their invoice.

## Rental Items

Once you know what you need to rent, please email [support@srom.org](mailto:support@srom.org) with a list of what you need to rent. Advance notice of at least two weeks is required as your instructors will be bringing these items with them from Laramie to your starting location. These items will be added to your invoice, and payment in full is due upon receipt of your updated invoice. As with the group gear, you are responsible for any damage while using these items on course.

## Other Useful Things to Know for Packing

### Gluten-Free Information

SROM provides high-quality backcountry food, and teaches students how to successfully cook gourmet meals from a ration system. We also seek to accommodate food allergies as much as possible. However, due to the increased cost of providing a gluten-free ration, any student requesting to eat gluten-free (whether due to medical necessity or personal dietary preference) will be charged an additional \$60.00. Thank you for understanding this policy.

### Hot Drinks

SROM provides teas (caffeinated and non-caffeinated) and hot cocoa in the food rations but **not** coffee. Students who crave a cup of coffee will need to bring their own coffee and supplies. In the SROM Store, we sell the MSR MugMate coffee/tea infusers which are a great way to brew coffee in the backcountry. Instant coffee is another good option! If you have questions or need suggestions for “brewing up” in the backcountry, feel free to reach out. We’d love to help!