



Spring Grand Canyon

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

SROM 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 in order for SROM instructors to bring items to the starting location.

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 SROM 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@srom.org or calling 307.755.0642. We look forward to helping you prepare!

Personal Gear

Level of Necessity	Qty	Item	Description & Examples	Available for rent?
Required	1	Internal frame backpack	Expedition-quality, minimum 50-55 L. Recommend 60-70 L. DO NOT bring Kelty, Jansport, or Amazon brand packs. Recommend Osprey, Gregory, Hyperlite brands.	Yes
Required	1	Rain cover for pack	Pack cover must be large enough to cover your pack fully.	Included in backpack rental
Required	1	Sleeping bag	Mummy bag ranging from 20 - 30 degrees. Down or synthetic.	Yes
Required	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
Required	1	Sleeping pad	Full-length closed cell foam pad or lightweight inflatable pad.	Yes
Required (If bringing inflatable pad)	1	Sleeping pad repair kit	Repair kit for if you pop a hole in your inflatable sleeping pad.	Included in sleeping pad rental
Recommended	1	Camp Pillow	Small, lightweight, packable, inflatable camp pillow	X
Required	1	Trekking poles	Trekking poles that are lightweight and collapsible. Black Diamond highly recommended.	Yes
Required	1	Headlamp (with fresh batteries)	Lightweight and durable LED headlamp.	X
Recommended	1	Camp chair (or Foam pad)	Crazy Creek Hexalite chair style: simple, lightweight chair for comfort during lessons and meals. Bring a foam pad at minimum if not wanting to bring a chair.	Yes
Required	1	Camp Bowl with Lid	Lightweight bowl (~32oz) with secure lid. GSI Fairshare highly recommended.	X
Required	1	Personal spoon	Durable and lightweight. Recommend long-handled.	X
Required	1	GSI Pot Scraper	Great for keeping your dishes clean in the backcountry!	X
Recommended	1	Drink mug	Lightweight mug with a lid for hot drinks.	X
Recommended	1	Personal Water Filtration	Sawyer Mini or equivalent, may attach to end of water bladder. SRM will provide Aquamira water treatment drops.	X
Required		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
Required	1	Wrist watch	Waterproof watch with an alarm . Please know how to set the alarm on your watch.	x
Recommended	1	Pocket knife or 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
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Backpacks should be at least 60-70 liters. A 50-55 liter pack may work if your personal gear and clothing is very lightweight and succinct. Internal frame packs are required. If you are purchasing a pack at a store, please discuss sizing and fit with an outdoor salesperson and ask them for help choosing the best pack for you. Be sure to specify that you are going on a multi-day backpacking expedition. We recommend Gregory®, Osprey®, Deuter®, and REI® as they provide high quality packs and have helpful websites. We do not recommend Jansport®, Kelty®, or Coleman®, and if you already have a pack from one of these brands, you must speak with SROM Customer Support before bringing your pack.

Personal Clothing

Level of Necessity	Qty	Item	Description & Examples	Rental Price
Recommended	1	Long sleeve sunshirt	Lightweight wool or synthetic fabric for sun protection.	X
Optional	1	Long sleeve base layer	Light-weight base layer.	X
Required	1	Short sleeve base layer	Short sleeve wicking shirt or modest tank top.	X
Required	1	Long Sleeve Insulating Pull-over	Mid to light-weight fleece	X
Required	1	Down or synthetic "puffy" jacket	Light long sleeve insulated (down or synthetic) jacket, hooded preferable.	Yes
Required	1	Rain jacket	Waterproof, lightweight, packable jacket with a hood.	Yes
Optional	1	Rain pants	Waterproof, lightweight, packable; side zippers highly recommended.	X
Required	1	Long nylon pants	Long hiking pants; convertible pants optional but not necessary.	X
Optional	1	Quick-dry shorts	Optional; highly recommended if your hiking pants are not convertible.	X
Optional	1	T-shirt	1 cotton t-shirt for sleeping.	X
Required	2	Underwear	Synthetic or cotton.	X
Required	1	Sports bra	Synthetic, quick drying.	X
Required	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
Required	1	Insulating hat	Warm wool or synthetic hat	X
Required	1	Ball cap/visor/sun hat	Lightweight, quick drying for sun protection for face and neck	X
Optional	1	Insulating glove liners	Warm, lightweight glove liners	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
Required	1	Hiking shoes or Boots	Sturdy hiking shoes or boots meant for backpacking and mixed terrain.
Required	1	Camp shoes	Lightweight, fast-drying, closed-toed, shoes for use around camp and possibly getting feet wet in creeks or the river. Absolutely no Chaco sandals, flip flops, FiveFingers, or Crocs. Astral Loyak Water Shoes work very well and weigh very little. Old lightweight running shoes with good traction also work well.
Required		Personal blister care kit	1/2 roll of athletic tape and 2 sheets of moleskin (recommend pre-cut)

Boot/Shoe Selection

Your shoes or boots are one of the most important pieces of equipment that you will bring for your course. Foot care cannot be taken lightly in the backcountry; ensuring your shoes provide enough support and fit your feet well is vital to safety and success. Waterproof shoes are not necessary.

Please consider how much support you may need when choosing shoes or boots. A lighter weight boot may be appropriate for some, while some may need more structure and support in their boot.

We recommend quality brands (such as those that you could find at REI). Do not purchase boots from Walmart, Target, etc.

Please speak with SROM Customer Support if you need help in making a selection.

Personal Toiletries

Level of Necessity	Qty	Item	Description & Examples
Required	1	Sun screen	Minimum SPF 30; 1 - 3 oz bottle
Required	1	Lip balm	Chapstick with SPF 30
Required	1	Toothbrush	Travel toothbrush (with a cover for bristles) is ideal.
Required	1	Toothpaste	Travel size (1oz) tube
Required	1	Hand sanitizer	Travel size (1-2 oz) bottle
Required	1	Wet wipes	1-2 wipes per day in small package
Recommended		Toilet paper	Some campsites provide pit toilets but do not provide TP; recommend to bring ~½ a roll in a ziploc bag.
Required	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.
Required	As needed	Feminine hygiene products	Enough tampons or pads for 1 cycle; extra wet wipes.
Recommended	1	Bag for toiletries	Small, lightweight bag or Ziploc for keeping personal toiletries organized
As needed	1	Personal medications, glasses, and/or contacts.	SROM 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
Required	1	Sunglasses	100% UV protection.
Recommended	1	Buff or Bandanas	Helpful for personal hygiene, cooking, and cleaning.
Required	1	Notebook/Journal and Pens (1-2 pens recommended)	Small notebook to take notes during lessons and devos and for journaling. Compact and lightweight.
Required	1	Bible	Lightweight travel size, includes both Old and New Testaments.
Recommended		Personal snacks	SROM 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.
Recommended		Electrolytes	~1/day powdered electrolyte packs - many good brands available, recommend LMNT, Propel, Nuun, etc
Optional		*Coffee or other hot beverage	SROM provides hot tea and hot cocoa but no coffee . If desired, bring your own and a way to brew it. See below "Drinks."
Required		Extra cash or Credit Card	\$20-\$30 of spending money for a meal at the end of the course
Required	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)
- REI Outlet (www.rei.com/outlet)
- Steep and Cheap (www.steepandcheap.com)
- BackCountry (www.backcountry.com)
- MooseJaw (www.moosejaw.com)
- Gear Trade (www.geartrade.com)

SROM 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 will be issued group gear. Lost or damaged group gear will be charged on a pro-rata basis to all members of the group that were using the gear.

Rental Items

Once you know what you need to rent, please email 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. As with the group gear, you are responsible for any damage while using these items on course.