

The Paria Canyon Tammy-Wackin' Backpackin' Packin' List

General Information: Thank you for your interest in this project, we look forward to working with you!

We will be backpacking 35 miles round trip into the Paria Canyon over a seven day period, and as much as 7-10 miles a day with the added strenuous work of sawing down trees by hand. Remember, everything you pack in you will have to carry for the whole week, so try to **pack light**. In addition to your personal gear, you will be carrying your tools, some group gear (kitchen supplies etc.) and food. Expect to carry a pack weighing roughly **50 pounds**. Please, try to leave space in your pack to carry **15-20 pounds** of crew food and equipment. We will distribute goods at the trailhead the night before the trip.

Work Gear: We will provide work gloves, tools and safety glasses. *You are responsible to bring:*

- Work Pants (long and strong enough to kneel a bunch and they won't rip)
- Closed Toed Shoes or Hiking Boots (we will be hiking in rocky terrain through a stream)
- Long Sleeve Work Shirt (light, summer-cotton, light colored button downs work well)
- Rain Gear

Personal Equipment: It is a good idea to pack your clothes, etc. in a trash bag or zip locks in case of rainy weather. Bring as few items as you can: 1 work outfit, 1 hiking outfit, and 1 camp/night outfit. Simplify and you'll carry less!

- Sun hat with wide brim
- Sunglasses
- Sunscreen and lip balm with SPF
- Socks (3 pair usually suffices)
- Bandana
- 1 gallon H2O Carrying Capacity (Nalgene, dromedaries or Camelbacks are great!)
- Neoprene socks (we have some in assorted sizes so check with us first)
- Warm hat (fleece is nice)
- Fleece jacket or a coat with synthetic or down insulation (nice for the shoulder seasons)
- Warm socks
- Warm gloves
- Comfy camp pants (long underwear bottoms are good)
- 1 synthetic, quick drying, long-sleeved shirt
- 1 pair quick drying shorts and pants (the combo ones are great!)

Camping Gear:

- Backpack
- Sleeping Bag
- Sleeping Pad
- Tent/Bivy and/or Tarp (lightweight and small)
- Camp Shoes (sandals)
- Headlamp w/extra batteries

Eating Supplies: We will provide **all food, stoves and cookware**. *You will need to bring:*

- Bowl
- Insulated Mug
- Knife (Swiss Army, etc)
- Stuff Sack for Food
- Spoon

Personal Stuff:

- Toothbrush - Medications - Feminine hygiene products
- Toothpaste - Chapstick (spf 15) - Other Toiletries (wet wipes are nice!)

Extras:

- Camera - Small games/entertainment - Small carabiner
- Journal/Pen - Book

Toilet: We will be doing a Leave-No-Trace human waste removal system. We will provide toilet paper, ziplocks and hand sanitizer for the group and orient you to this great system that keeps Paria Canyon a beautiful place.

***If you are in need of items, please contact us as there are some things you can borrow for the trip.**