

The Tammy-Wackin' Backpackin' Pack-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 divvy up the 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)
- Raingear

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, one hiking outfit, and one camp/night outfit. Simplify and you'll carry less!

- Sunhat
- Sunglasses
- Sunscreen and lip balm with SPF
- Socks (3 pair usually suffices)
- Bandana
- 1 gallon H₂O Carrying Capacity (nalgens, 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 Capiline, 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 carabineer
- Journal and Pen
- Book

Toilet: We will be doing a leave no trace group 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 the Paria a beautiful place.

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