



Grand Canyon *Sherpa* Packing Checklist

Sherpa Sam's MUST HAVES for a day-hike

- Sunscreen/lip balm, a hat and water
- A light day pack, a camelbak or a fanny pack
- Hard candy, high calorie energy bars, salty snacks and/or beef jerky
- Blister care, bandaid, small first aid kit
- A Swiss army knife
- A GPS app and a back-up map
- A whistle, a signal mirror, a cellphone and a portable power bank
- A scarf or a multi-purpose snood (neck warmer)
- Sunglasses
- Broken-in hiking shoes with good, solid soles
- A flashlight or a headlamp with spare batteries
- Hiking poles if necessary
- Toilet paper and/or wet wipes (and a plastic bag to collect your used wipes)

Sherpa Sam's MUST HAVES for an overnight stay

For an overnight stay in the canyon, whether you want to camp at Indian Garden or at the Bright Angel Campground, we have put together a list of useful items we recommend adding to the 1-day packing list (see above)

- A lightweight frame backpack
- A water bottle, some utensils, a knife, a mini stove and a metal cup
- A water filter or purifying tablets
- Food: instant oatmeal packets, cups of soup, hot chocolate and instant noodles. Dont bring canned goods or soda cans
- A tent or a lightweight tarp (tarpaulin) 6 x 10'
- Personal toiletries and prescription medication
- A sleeping bag
- Matches or a lighter
- Socks: 4 pairs for a one-night stay

