



## Grade 9: Grand Gulch Equipment List

### Clothing

- wicking base layers** (*synthetic or wool*)
  - upper-body base layers** (1-2)
  - lower-body base layer**
- insulating layers** (*down, fleece or wool*)
  - upper-body insulating layers** (2)
- outer layers**
  - waterproof rain jacket** (*with hood*)
  - quick drying long pants**
- t-shirts** (*2-3, synthetic or wool*)
- shorts** (*1-2 prs*)
- underwear**
- wool or synthetic socks** (*4-5 pairs*)
- hiking boots**
- sandals** (*no flip-flops*)
- gloves or mittens**
- wool or fleece hat**
- brimmed hat**

**\* Avoid cotton fabrics.** When it gets wet, cotton is a very poor insulator and can significantly accelerate the onset of hypothermia. Additionally, wicking base layers, which transport moisture away from the body, can help the body stay cool in hot weather.

### Equipment

- backpacking pack** (*at least 65 liter capacity*)
- sleeping bag** (*"Mummy style" sleeping bags work best and should be rated to 30 degrees Fahrenheit. Down bags are light weight and compress well, but must be kept dry. Synthetic bags stay warmer if they get wet but can be heavier and take up more space in a backpack. Both down and synthetic sleeping bags are acceptable.*)
- sleeping pad** (*Closed-cell foam "Ridgerest" styles, or inflatable "Thermarest" styles work best*)
- 1-liter water bottles** (2)
- sunglasses**
- headlamp** (*Check the batteries and bring extras.*)
- personal toiletries** (*toothbrush/paste, sunscreen, chapstick, lotion, personal medications...*)
- cup**
- bowl**
- fork and spoon**

### Recommended / Optional

- hiking poles** (*Hiking poles help with balance and reduce impact on ankles, knees and back*)
- sun shirt** (*long-sleeved, light-colored, button-up sun protection*)

### Travel items

- comfortable travel clothes** (*1-2 sets of pants/shirts to be left in the trailhead vehicles*)
- towel**
- \$30-\$40** (*for dinner in Moab on Monday, lunch in Moab on Saturday, and incidental road snacks/souvenirs*)