



RIM TO RIM

GRAND CANYON NATIONAL PARK • PACKING LIST

A World Vision U.S. National Park Series

BAGS + POLES + HEAD ACCESSORIES

MANDATORY GEAR



DAYPACK

QUANTITY: 1

We recommend an 18–35-liter hiking daypack, which you'll use to carry your daily items such as your water bladders, snacks, sunscreen, and extra layers. Hiking daypacks are created to ergonomically distribute weight, so we suggest one over a Jansen-style backpack. Even better, get a daypack that can hold a bladder/hydration pack!



DARK SUNGLASSES

QUANTITY: 1

Protect against harsh UV rays with dark sunglasses. Our staff team recommends a \$25 pair of Goodr glasses, which are polarized, stylish, and made for running so they don't slip down your face!

PRO TIP

Be sure you are comfortable with polarized or non-polarized, hiking with them ahead of time. Hiking with a brand new pair of glasses that you're not used to can cause nausea!

INCENTIVE

We now have Goodr glasses for you if you hit LEGACY (10 Sponsorships) with our team!



PAIR OF TREKKING POLES

QUANTITY: 1

Lightweight and collapsible poles are preferred so they easily can be packed in your luggage. Poles are important for bracing the impact going down the canyon as well as climbing back up.



HEADLAMP

QUANTITY: 1

A headlamp is essential for hiking pre-dawn and, very likely, after the sun sets as well. LED headlamps are great. Remember to pack it with fresh batteries.



SUN HAT OR BASEBALL CAP

QUANTITY: 1

Give yourself some added sun protection. Pack the hat you'll receive when you get two kids sponsored.

UPPER BODY APPAREL

MANDATORY GEAR



SHORT-SLEEVE SYNTHETIC HIKING SHIRT

QUANTITY: 1-2

Pack lightweight short-sleeve or sleeveless shirts with moisture-wicking properties. You'll wear these on the hike and layer over them as the temperatures drop at night or as we go up in altitude.



LONG-SLEEVE SYNTHETIC HIKING SHIRT

QUANTITY: 1

Stay away from the cotton variety, which traps moisture, and look for polypropylene, thermalator, or similar options. Long-sleeve shirts in these materials will help to regulate your temperature while also having moisture-wicking properties.



FLEECE JACKET

QUANTITY: 1

Spend the cheddar on a nice fleece. You'll probably wear this every evening on the trip, and layered over your base layers at night. Patagonia, The North Face, and REI make great options.



LIGHTWEIGHT DOWN JACKET OR WIND JACKET (OPTIONAL)

QUANTITY: 1

The key is to dress in layers. You will likely not need more than 3 layers on the hike. Pick your layers depending on whether you run cold or warm. A wind jacket is a good option to layer over a fleece and keep the wind out pre-dawn and after sunset. Bring a down jacket instead if you tend to get cold easily.



TWV JERSEY QUANTITY: 1

Bring your TWV jersey for a team photo! When you get ten kids sponsored we'll also send you our platinum Legacy jersey to celebrate your impact!



SPORTS BRAS

QUANTITY: 1-2

Stick to moisture-wicking options.

LOWER BODY APPAREL + FOOTWEAR

MANDATORY GEAR



GORE-TEX® HIKING BOOTS

QUANTITY: 1

This is the most important item on your list. Happy feet = happy climb. Make a visit to REI or a local backpacking shop to get fitted for hiking boots. Good boots can run up to \$200, but they'll keep your feet dry and comfortable and your body well supported.

IMPORTANT

Wear your running shoes on training runs, but you'll want to make sure your hiking boots are well worn in. Wear them around the house, on walks, and during training hikes with your socks to make sure they're comfortable and don't cause blisters.



WOOL SOCKS

QUANTITY: 1

Choose between wool or synthetic—whatever your preference is—but stay away from cotton. A comfortable pair will go a long way to wick moisture and keep your feet dry and blister-free!



SYNTHETIC WORKOUT BOTTOMS OR HIKING PANTS

QUANTITY: 1

You'll want to wear hiking pants or workout bottoms that have 'wicking' properties. Choose between shorts, cropped pants, or full-length pants—whatever you prefer!

FOOD + WATER + MISCELLANEOUS ITEMS

☐ HYDRATION: BLADDERS + BOTTLES

We recommend carrying no more than 2-3 liters of water at a time. We recommend having two different water containers. Here are some guidelines and recommendations:

- Bottles must be reusable.
- A bladder is useful for drinking on the move.
- If you use a bladder, we recommend to also bring a Nalgene bottle for electrolyte drinks, while keeping the bladder for water only.

☐ ELECTROLYTES (1)

Electrolytes give you necessary nutrients and added hydration. There are tons of different resources you can use—tablets, liquids, salts, gummies, and more—but the important thing here is that you try them out beforehand. Test out different options during training and figure out what your body responds to best. Our TWV staff likes Nuun Sport tablets, which dissolve easily into water, taste great, and pack easily. If you tend to lose a lot of salt, consider also packing BASE salt or salt tablets.

☐ TRAIL FOOD (1)

Bring along your favorite trail snacks, such as granola bars, dried fruit, nuts, and chocolate. You'll want a variety of sweet and savory snacks since you'll crave different things at various points on the trail. Pro Tip: Bring a few extra snacks to share/exchange with fellow teammates!

☐ GALLON ZIPLOC BAGS (1)

Bring 1-2 resealable bags to store and pack out any trash. They also come in handy for storing and splitting up snacks.

NOTES + TO-DO LISTS



