

# RIM TO RIM

PACKING LIST • GRAND CANYON NATIONAL PARK

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

**OUANTITY: 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.

# 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.

# 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.



# WARM FLEECE HAT OUANTITY: 1

In the mornings, late evenings, or at summits, you may want access to a warm hat or balaclava to keep your head or ears covered from the cold or wind. Either synthetic or wool materials will work fine.

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# **UPPER BODY APPAREL**

MANDATORY GEAR



**SHORT-SLEEVE** 

**HIKING SHIRT** 

**QUANTITY: 1-2** 



**OUANTITY: 1** 

Stay away from the cotton Pack lightweight shortvariety, which traps moisture, sleeve or sleeveless shirts and look for polyproplylene, with moisture-wicking thermalator, or similar properties. You'll wear options. Long-sleeve shirts in these on the hike and these materials will help to layer over them as the regulate your temperature temperatures drop at night while also having moistureor as we go up in altitude. wicking properties.



FLEECE JACKET
OUANTITY: 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, which will help keep you comfortable whether it is warm or cold.

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# 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 books. 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!



# UNDERWEAR

**OUANTITY: 1-2** 

Stick to moisture-wicking materials and stay away from cotton.





### SYNTHETIC WORKOUT BOTTOMS OR HIKING PANTS

**OUANTITY: 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!

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### 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.





# **TOILETRIES & MISCELLANEOUS ITEMS**

### □ SUNSCREEN (1)

Get sunscreen of at least SPF 50. We recommend oil-based, which lasts longer. This is absolutely essential—we are going to be exposed to a ton of sun!

### ☐ LIP BALM WITH SPF (1)

To protect against the UV rays and dry air, you'll want to get lip balm that has sunscreen in it.

### ■ WET WIPES + HAND SANITIZER

These essentials will be as close to clean as you'll get in the canyon. You can typically find small wet wipes (good for face and hands) and large ones (good for a little tent wipe-down at the end of the day) at REI. You'll also want a personal-size, 2 oz. bottle of hand sanitizer!

### ■ NAIL CLIPPERS

Remember to clip your toenails before you head to Arizona! This is a common rookie mistake that you do not want to make...

### ■ MASKS (2)

Be ready to pack a few masks as we may need to still be socially distanced and masked for the upcoming trip and hike.

### ■ CONTACT LENSES AND GLASSES

If you wear glasses, it's wise to bring a spare pair. If you wear contact lenses, it's wise to bring extra dailies, saline solution, and eye drops—it gets dry and dusty on the mountain!

#### OPTIONAL BUT SUGGESTED PERSONAL FIRST AID AND MEDICATION

- Aspirin or Ibuprofen
- Antacids and anti-diarrhea medicine
- Bandages or moleskin (blister treatment) could come in handy during the 2-day hike

