



# 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

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.



### WARM FLEECE HAT

QUANTITY: 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.

# 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, which will help keep you comfortable whether it is warm or cold.



# 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!



### UNDERWEAR

QUANTITY: 1-2

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



### 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!



