

Grand Canyon Day Hiking

Recommended Clothing & Gear List



The non-backpacking day hikes that GCAFI leads are designed to introduce individuals and families to the rich interpretive themes of Grand Canyon National Park. In the company of your instructor/guide, you will embark on one or more moderate-intensity hikes along the rim and down one or more of the canyon's scenic trails. The instructor/guide will do his or her best to make sure the level of physical challenge is within the comfort level of **everyone** in the group. How far or fast the group hikes will depend heavily upon the fitness level of the individual participants.

Training The best way to prepare for the physical challenges of day hiking in the canyon is to focus on cardiovascular exercises such as bicycling, brisk walking, and stair climbing. As with any exercise regimen it is always a good idea to consult your doctor before beginning. *It is imperative* that you alert your instructor/guide during orientation to any medical conditions, allergies you suffer from, or medications that you are taking.

Weather The weather in Grand Canyon is notoriously fickle. With an average elevation of 7,000 feet above sea level on the rim we receive a variety of weather patterns throughout the year. Summers are hot (90s day; 50s night; dry with scattered afternoon showers). Winters are cool (40s day, teens night; frequent snow & rain). Spring and Fall are moderate (70s day, 30s night; occasional rain & snow). During your class we will take our cues from the weather when determining what activities to include on any given day.

Clothing & Equipment Bringing the appropriate clothing and equipment is as important as your training. Dress in layers, and be sure to bring a rain jacket or poncho. Footwear is probably the most critical item. Hiking boots or "cross-trainers" and true hiking socks are critical pieces of gear. Cotton socks as they are inappropriate for Grand Canyon hiking.

Please consult the list below as you plan:

- Cloth Face Cover**
- Hand Sanitizer**
- Sack lunch** including salty snacks (you may purchase a box lunch – min. 24 hours ahead of time - at the Maswik Lodge in Grand Canyon Village by calling (928) 638-2631), or visit the Grand Canyon Village Market grocery store to buy items.
- Sturdy hiking shoes (winter) or sneakers (summer)** which are well broken in (buy them ½ to one-size larger than your street shoes to allow for swelling and thick socks). Footwear must have a good treaded sole suitable for hiking on steep, rocky and seasonally muddy/icy/snowy conditions. If trails are icy/snowy your instructor will have traction devices for your shoes.
- Brimmed hat**
- T-shirt** and long-sleeved shirt for protection from the sun
- Shorts**
- Long pants** such as leggings or lightweight trousers (no jeans) to block sun and give warmth
- Warm top** such as a sweater, fleece jacket and/or down jacket (**Oct to May**)
- Hiking socks** such as Thor-Lo® or similar padded socks (wearing thin liner sock under your hiking socks is highly recommended. Thin polypropylene socks are one type). *No cotton socks!*
- Rain shell**, Goretex® jacket or equivalent (**esp. Oct to May**)
- Day pack**
- Water bottles** (two liter capacity per person)
- Sunglasses, Sunscreen & lip balm**
- Warm hat and gloves (Oct to May)**
- Binoculars, camera**
- Hiking Sticks** (optional)