

Canyoneering Packing List

Any long day of adventure should start with a good night's rest and a hardy breakfast.

Since you will be carrying everything with you throughout the day, pack light in a small, well fitting, secure backpack. Bring lunch/snacks that you can eat on the go, 1-2 liters of water (depending on temperature), a light waterproof jacket/shell, sunscreen and bug repellent. In zip lock bags pack an extra pair of socks, a t-shirt and a beanie. Wear a t-shirt and shorts or hiking pants that are made of wicking materials. You will likely get wet and never dry out if wearing cotton. Wear comfortable, broken in hiking boots (preferably waterproof) or trail shoes and wicking socks. Gloves, with or without fingers are good to have to cut down on friction while rappelling. Anything that shouldn't get wet (phone/camera), should be packed in zip lock bags. Bring a complete change of clothes (can be cotton) and a towel to leave in the car for the ride home.