



Beyond the Map

PA GRAND CANYON

➤ Guide 101





BACKPACKING INFORMATION

Day one: Meet @ 7 AM at northern parking lot. Begin hike around 8 AM. Full day hiking.

Day two: Full day hiking

Day three: Full day hiking, shuttle back to town, optional group dinner and departure.

Daily mileage: ~ 10 miles/day

Total mileage: 30.5 miles

Elevation

Ascent: 4,060'

Descent: -4,373'

High: 2,043'

Low: 876'

Grade

Avg Grade: 5% (3°)

Max Grade: 26% (14°)

Other Notes: Hikers will be responsible for carrying their own food, water and gear.

TRIP DETAILS



Cost: \$225

Dates: Oct 18-20, 2019

Price Includes

All expenses outlined in itinerary, including:

- Pre-trip research, planning & logistics
- Shuttle services from end of trail to parked cars
- 2 backpacking dinners (while on trail)
- Camp stove, fuel and first aid
- Personal BTM guide (CPR/Lifeguard/First Aid certified)
- A beautiful weekend in nature!

Price Does Not Include

- Breakfast, lunch and snacks
- Items on the packing list
- Transportation to trailhead

Participant Abilities

Fitness level: moderate to high. We will be in remote sections of wilderness while hiking for extended periods of time. Hikers should be able to carry a weighted pack for several hours while hiking. While no technical experience is necessary, participants should be okay with exposure to the elements and sleeping outside- an adventurous spirit is the only requirement. Feel free to contact us with any questions or concerns.

PACKING LIST

PACK SMART, NOT MORE



IMPORTANT NOTES

We totally get it, the uncertainty of a new place can make packing difficult- you want to be prepared but you also want the ease of less stuff. Lucky for you, we've perfected this packing list and advise you to avoid packing anything not listed here. That being said, we're each different and so are our needs and willingness to go without something. If there's something not listed that you're considering, simply send us a quick message and we can provide more insight. If you are not sure what any of the gear items are, please ask us or your nearest outdoor retailer. For the sake of your own comfort and safety, we want you to be as prepared as possible for your trip!

PACKING YOUR BAGS

As a backpacking trip, you will be required to carry a weighted backpack including food, water and general gear. Depending on your comfort level, we suggest a pack weight between 30-40 lbs with water. We will be carrying extra gear as well for backup or general group use as well. If this is your first backpack trip, we are available to assist you with planning and packing properly. While you want to be prepared, overpacking is often the cause for backpacking difficulties when first starting out- we're here to help!

GEAR RENTAL

Items marked with an asterisk (*) are available for rent from us. If you would like to rent any of these items, please request them at least four weeks in advance. Available until supplies lasts.

PACKING LIST

PACK SMART, NOT MORE

GEAR LIST: ESSENTIAL ITEMS

- *Backpack** (35-70 litre backpack)
- *Waterproof bag cover** (to keep your bag dry during rain)
- *Tent/hammock & tarp** (backpacking tents recommended for smaller footprint)
- *Sleeping bag** (depending on the season, forecast and personal preference, we recommend a 3 season sleeping bag rating of 0°F - 32°F)
- *Sleeping pad** (for insulation from the ground)
- Waterproof raincoat**
- Hiking boots/trail runners** (shoes vary greatly depending on preference and comfort. If buying new, please wear them ahead of time to break them in and assess the comfort)
- Hiking socks** (2 sets of long, non-cotton cold weather socks)
- Hiking clothes** (1 or 2 sets. Non-cotton shirts, lightweight shorts/pants)
- Down/fleece jacket** (useful in the evenings when it cools down)
- *Water Filtration** (tablets at minimum but a filter is recommended- we will also have backups)
- *Water bladder/water bottle** (1-2 litres capacity is good)
- *Headlamp & spare batteries**
- Ball cap** (for sun)
- Sunglasses** (we also use **croakies** with our glasses for convenience)
- Travel towel** (or small packable towel)
- Sunscreen & insect repellent** (clothing is always the best protection)
- Personal toiletries** (toilet paper, toothbrush/paste, soap, hand sanitizer, anti-chafing cream, etc)
- Plastic bags/stuff sacs** (handy for keeping dirty/wet clothes separate)
- Return Trip Outfit** (for the drive home)
- Evening/sleeping clothes** (something warm for around camp and to sleep in)
- Casual footwear** (crocs, sandals, tevas- something light to wear around camp)
- Documents** (ID, medical forms and trip waiver)

PACKING LIST

PACK SMART, NOT MORE

GEAR LIST: OPTIONAL ITEMS

- *Dry Bag** (for electronics and important documents)
- Energy snacks & drinks** (some snacks will be provided, but we recommend bringing any energy supplements. We recommend Nuun for your water and Cliff/Stinger energy gel packets)
- *Camp pillow** (nice lux item but we recommend a stuff sack full of clothes instead)
- *Trekking poles** (1 or 2 trekking poles makes a HUGE difference to save your knees and energy)
- iPod/mp3 Player** (we recommend enjoying the sights and sounds without electronics but it is also nice to listen to music or a podcast during long stretches of hiking or before bed)
- Ear plugs** (useful for light sleepers)
- Rain pants** (we usually avoid these and opt to get wet and dry shorts later but some prefer these)
- Mileage/mapping App** (we recommend Relive)
- Bandana/Buff** (all around purpose to have)
- Carabiner** (1 or 2 for strapping camp shoes etc to backpack)
- Camera, memory cards, and batteries or charger**
- Personal first aid** (we carry one as well but if you prefer to have your own we recommend including blister treatment (leuko tape/mole skin), pain meds, anti-chafing cream)



We encourage supporting local communities. Because of that, each person on this trip is awarded a \$10 credit at 3 Rivers Outdoor Company. Simply visit the store, give them your name and enjoy! Expires after trip dates.

NOTES FOR YOURSELF: