

Grand Canyon Helpful Hints

Things we really want you to do or remember (in no particular order of importance): Trust us on these items – they have been culled from the cumulative miseries of those who have gone before you.

- 1 As soon as you feel a hot spot – STOP! Use duct tape or moleskin.
- 2 Always fill water bottles before we go to any trailhead
- 3 Clip your toenails so they do not protrude over your toes - as short as possible.
- 4 Have some socks with you that are thinner than you think you might need. Feet can swell!
- 5 Muscle pain will not kill you. Ibuprofen and a good nights rest works wonders. The next day something different will hurt.
- 6 If you wear contacts bring your regular glasses – Canyons can be hot, dry, dusty and windy.
- 7 The luggage you bring on tour remains locked in the van (or trailer) while we go to Phantom Ranch (i.e. we only carry day packs)

What to take to Phantom Ranch (less is best!)

- 1 Rain shell
- 2 One extra pair of socks
- 3 One long sleeve shirt or a light second layer – it can get cool at night
- 4 A sleeping t-shirt; an exclusive Phantom Ranch t-shirt can be purchased at the Ranch
- 5 Toiletries. Soap is available at Phantom Ranch
- 6 Sun glasses, sunscreen and a hat
- 7 Small first aid kit and any medications you might need
- 8 A book to read (optional)
- 9 Flashlight or headlamp
- 10 If you have a National Parks Pass, bring it along for entry to the park

General Information

It might seem cool to cold on both rims at night and early morning. It will get hot as we descend to the canyon floor. It is often 20 degrees warmer on the canyon floor.

Bring extra plastic baggies. We have to pack out everything that we pack in to Phantom Ranch (even our dead lunches and any toilet paper used on the trail).

There is one pay phone at Phantom Ranch. There is no cell service.

There is electricity for charging your phone.