

SUGGESTED PACKING

- Appropriate clothing for time of year you are traveling
- Outdoor Hiking shoes (A MUST!) need to have good traction for slippery rock
I have these:



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- Socks that are appropriate/thick enough for a [hiking boot/shoe](#)... otherwise you will blister! Be Smart!
- [Camelbak Hydration Backpack](#) (I personally chose one that holds 3L of water)
This [bag](#) I am obsessed with and even fit my DSLR in a separate compartment in the front so I didn't have to bring a separate camera bag:



Purchase The Camelback Lobo [HERE](#) on [AMAZON!](#)

- If you don't get a Hydration Back Pack then bring a backpack big enough to hold enough water bottles for your hikes

- **Cooler Bag!** Each morning I filled with a bag of ice and put water/to-go lunches in for our days at the national parks. Dumped the bag each night and it was dry by morning.

Purchase this bag at Trader Joes or [HERE](#) on [AMAZON!](#)



- Snacks/Bars/Trail Mixes
- For 3 girls we had 6 large water bottles from Costco and 1 case of normal size water bottles (each night we stocked the mini fridge to have cold water to hike)
- CASH! At least \$100 in cash. And have all bills! Some places don't have change and only take cash and ATM's can be hard to come by or have high fees
- Flashlight
- Sunglasses
- Hand Sanitizer, Lysol Cleaning Wipes, Febreze, and hand wipes for the car
- Blankets and pillows for car ride
- Sunscreen, lotion, and bug spray (didn't use/need bug spray this time of the year)
- Aloe in case you burn... you may be surprised!
- Box of kleenex, roll of toilet paper, and roll of paper towel in the car
- Car Chargers, Auxiliary cables, anything else you need to charge devices in the car
- CD's! Always have back up! Pandora rarely worked and we got sick of the songs on my phone! And radio....um no channels in the middle of nowhere! Having some podcasts on your phone is a good idea too!
- spare tire
- Mini ice-scraper (crazy for October right? but one night in Utah my car windows froze over
- Selfie stick, disposable camera, DSLR, Tripod, chargers, 1 laptop or device to backup all images and footage each night, 64gB SD card for DSLR or appropriate memory card depending on camera
- Power strips for charging things and extension cord
- Dirty Laundry Bag. I have this one from [AMAZON!](#)



- Pepper Spray/pocket knife/protection of some sort
- Plastic grocery bags for dirty/wet shoes and little baggies/ziploc bags for little snacks, trail mixes, soaps, whatever!
- Handful of garbage bags (we ended up using these for wet clothes, dirty shoes, garbage, etc.)
- Garbage bags to cover backpacks/belongings you don't want getting wet like for hiking the Narrows. Personally I clipped this [waterproof bag](#) to my [backpack](#) and put all our phones and DSLR in it:



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- Extra phone chargers (if anything breaks or gets left alone there may not be anything close to get a new one!)
- Gloves, ear warmer headband, warm socks, layers of clothes, hats, hot hands packets
- Umbrella/poncho

- Jackets (thickness depending on weather)
- First Aid Kit (fully stocked... neosporin, pair of scissors, tylenol, Tums, Bayer, etc.)
- Jumper Cables and/or jumper box
- Optional (tank of gas) We did not do this. I was very on it when it came to filling up whenever I saw a gas station! Just be SMART! Never let your gas get below half a tank, that is my rule of thumb!
- Cute Travel Journal/pens. I used this [journal](#) and absolutely loved it! I am so happy I did too otherwise I would not have remember a lot of useful information!



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- Binder with all travel information: printed out maps, hotel confirmations, itinerary (THIS ENDED UP BEING THE ROAD TRIP BIBLE!!!)
 - Inserts inside binder or folder for receipts, brochures, important documents you don't want to lose
- Helpful print-outs including: how to change a flat tire picture guide and how to jump a car picture guide