



# Havasu Falls Backpacking List

## Essential + Accessible Gear

- 48L backpack, lightweight
- 1 daypack, lightweight
- 1 backpacking tent, 3-season 2-person with rainfly
- 1 sleeping bag, -10°
- 1 sleeping pad, compressible
- Trail Map, printed or app
- Sunscreen with 30+ SPF
- Lip balm with 30+ SPF
- 1 wide-brimmed hat
- 2 bandanas
- 2 sunglasses
- 1 headlamp
- 1 LED flashlight
- Extra batteries
- 1 battery pack
- Cords for electronics
- 100 feet paracord
- 1 tarp, medium
- Snacks for the trail
- Water for the trail
- 1 set of hiking poles
- 8 carabiners
- Duct Tape, wrapped around hiking poles
- 1 Safety Kit
- 1 Pepper Spray



# Havasu Falls Backpacking List

## Cooking

- 1 Jetboil + adapter piece
- 2 Jetboil propane tanks, small
- 1 cooking pot
- 1 plate/bowl/utensil set
- 2 knives, 1 serrated/1 hammer function
- 2 water bottles
- 1 mug with lid
- 3 mini sponges, soaked/dried with dish soap in a ziploc bag
- 1 rat sack, mesh, large
- 1 odor-proof bag, large
- 6 large ziplock bags
- 3 garbage bags
- 2 lighters in a ziploc bag
- 1 water jug, 5-gallon, compressible





# Havasu Falls Backpacking List

## Food

- Breakfast at the Hualapai Lodge
- Fresh fruit
- Dried fruit
- Mixed nuts
- 1 Fry Bread with powdered sugar (in Supai, if open)
- 1 home-made pasta dish, vacuum-sealed/frozen
- ½ parmesan brick
- 3 oatmeals
- 3 energy bars
- 2 Indian food packets
- 1 packet Nutritional Yeast
- 2 rice packets
- 2 instant potato packets
- 2 noodle soup packages
- 3 peanut butter packets
- 3 chocolate bars
- 10 packets of liquid hydrators
- 1 jar of instant coffee
- Sugar packets
- Creamer packets
- Salt & Pepper mix



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## Clothing

- 1 digital watch
- 1 goose-down jacket with hoodie, compressible
- 1 wool hoodie
- 1 poncho
- 1 long sleeved, dry wicking shirt
- 1 long sleeved, thermal shirt
- 3 sleeveless shirts
- 1 thermal pants
- 1 fur-lined leggings
- 1 dry wicking cargo pants
- 1 bicycle shorts
- 2 pairs gloves, fingerless/fleece-lined
- 1 pair of hiking boots
- 1 pair of water sandals
- 6 pairs of socks, wool recommended
- 4 sports bras
- 4 undergarments
- 2 beanies
- 1 scarf



# Havasu Falls Backpacking List

## Toiletries

- Baby wipes
- Hand sanitizer
- Lotion
- Facial lotion SPF 30+
- Deodorant
- Toothbrush
- Toothpaste
- Eye drops
- Hairbrush
- Hair ties
- 1 dry wicking towel, large





# Havasu Falls Backpacking List

## Miscellaneous

- 1 LumiAid light, solar powered, compressible
- 3 sets of hand/foot warmers
- 1 waterproof bag, medium
- 2 emergency blankets
- 18oz flask, Tequila
- 3 limes
- 1 deck of playing cards
- 1 Orbital
- 1 harmonica
- 1 Nikon DSLR
- Extra batteries
- 1 tripod, small

