



Packing List: Cedar Mesa and Bears Ears

Thank you for choosing CFI for your adventure! The Colorado Plateau climate is a variable climate with the potential for both extreme heat in the day, and cold nights. Despite being in the desert, rain is always a possibility. Since we may be traveling in remote areas, proper gear and clothing is essential for everyone's safety and comfort. You will be staying in a motel, with access to showers, bathrooms, and a bed, and spending the days driving to trailheads and going on long day hikes.

Clothing Items

- Raincoat
- Rain pants
- Warm overcoat
- Warm layer
 - fleece, sweatshirt, other warm top
- Shirts
 - Hiking time - long sleeve sun shirt
 - Evening time
- Pants and shorts
 - Long pants for hiking
 - Evening time
- Swimwear for hotel hot tub
- Underwear
 - Enough for trip length + extra
- Socks
 - Enough for trip length + extra
- Hats
 - Warm hat
 - Sun hat
- Gloves

Gear Items

- Daypack
- Sunscreen
- Water Bottle, 1 Liter
- Sunglasses
- Room for a packed lunch
- Hiking/Walking shoes
- Comfortable evening shoes
- Toiletries
 - Toothbrush/toothpaste
 - Bug spray
 - Chapstick
 - Personal health items
 - Shampoo, soap, shower items
- Headlamp or flashlight + batteries
- Prescription Medication

- A reading or quote to share with the group

Optional Items

- Binoculars
- Trekking poles
- Journal
- A Book
- Acoustic instruments
- Face covering for sun or dust
- Alcohol, sodas, seltzers, soft drinks

We are excited to see you soon!!