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.

Canyonlands Field Institute
Packing List:
Cedar Mesa and Bears Ears

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!!