

The ABCD's of Backpacking



Summit Mt Albert 14,433ft



Amy

Priscilla

At the Treeline on Mt Albert



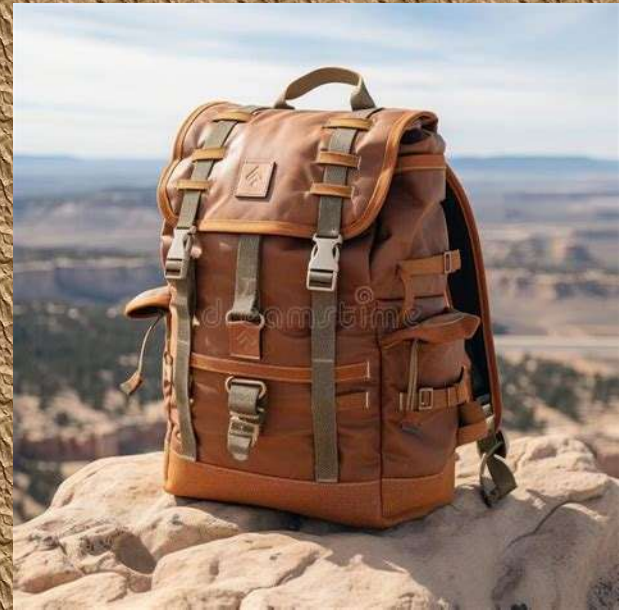
Lay of the Land



- **ABCD's of backpacking**
- **Why I chose to bring these items & what I would bring next time**
- **My 23.5mi trek from N to S rims & stats on the Grand Canyon**

ABCD's

- **Accessible**
- **Balanced**
- **Compact**
- **Dry**



Backpack Supply List



- **First-aid kit & Hiking poles**
- **Survival kit & compass**
- **Sunglasses, Brimmed hat, beanie, gloves, & hankerchief**
- **Food giving you energy & strength**
- **2 Camelbacks of water & electrolyte**
- **Leatherman multitool**
- **Headlamp & extra batteries**
- **Extra change of clothing & socks**
- **Windbreaker with fleece lining**

Note: Cell Phone use on the Trail

- Turn it on “Airplane” mode, to prevent wasting battery on roaming for a signal
- Track my steps & milage
- Use camera for photography & view distant object up close



Items to Add



- External battery for cell phone
- Mini notepad
- Pen, pencil, sharpie, highlighter
- Hand & toe warmers
- Small infinity scarf & vest
- Radio/squawk box
- Small toiletry pouch
- Collapsible cup
- Micro fiber towel/Sanitizer
- Bear bell

The Journey

**Foundation for Blind
Children Canyon
Crawlers 23.5mi trek
from North rim to
South rim in on
10-10-10**



Hiking Buddy Louren & I



My Canyon Crawlers Pod



- Martin
- Patty
- Louren
- Amy

DREAMS COME TRUE!



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GRAND CANYON STATS

- Of the 5 million visitors a year, less than 1% hiked from rim to rim

<https://www.nationalparks.org/connect/blog/grand-canyon-rim-rim-hike>

- Average depth of 1 mi.
- N rim at 8,000 ft. high
- S rim at 7,000 ft. high

<https://www.nps.gov/grca/learn/management/statistics.htm>



Louren & I at Indian Gardens



GRAND CANYON AT SUNSET



GRAND GANYON NEAR DUSK



The End!



Review Lay of the Land



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Remember ABCD

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Q/A Session

