


Grand Canyon Self-Support Kayak Trip Pack List

Summarized by: Jenny Zhang, May 29, 2025

Video:  Packing for Grand Canyon Kayak Self-Support 10 Day Trip, May 2025

Packlist

Camping

- 2-person tent
- sleep bag
- sleep pad
- inflatable pillow
- camp chair

Kitchen

- camp stove
- fuel can
- sealable bowl
- spoon fork
- collapsible knife
- collapsible cup for coffee
- dish wash and sponge
- strainer for dishwash
- water filter
- nalgene bottle * 2
 - good for taking bath too, if you don't want to jump into cold water. you can use water bottle to pour water over yourself

Hygiene & Skin Care

- moisture lip balm
- hand soap
- hand lotion
- face lotion
- sun screen
- spare sunglasses
- sun-shielding hat
- tooth brush + tooth paste
- face wash + small towel

Toilet

- groover (PVC poop tube)
- toilet paper
- hand sanitizer
- wag bags
 - dog poop bags + ziploc is better choice, cheaper and take less space

Clothes & Shoes

- underwear * 4
- socks * 4
- swim/sport bra * 3
- bath towel
- rain jacket
- down jacket
- hiking sun protection long-sleeve shirts * 2
- hiking pants (can convert to shorts) * 2
- T-shirts * 2
- hiking shoes (must have, most injuries happen during side hikes instead of whitewater)
- camp sandals (not necessary)

Electronics

- iPhone
- GoPro
- GoPro Extra Battery*2, Charger
- Insta 360
- SD cards (512G, 128G*3)
- power bank (20000 mAh) * 2 + power Bank (10000 mAh)
- rechargeable headlamp
- spare waterproof headlamp + battery
- solar lantern
- charging cables

Dry Bags & Packing Bags

- IKEA blue tarp bags * 2 (to carry gear between kayak and campsite)
- mesh bags: big * 2, small * 3
 - to put gear/food together which don't need dry bags, for example: tent poles and camp chair legs, and then put them behind the seat, so you don't lose them if capsize
 - for kitchenware, like bowl, spoon, etc
- yellow 13L (Sea to Summit Lightweight Dry Bag) - tent
- blue 13L (Sea to Summit Lightweight Dry Bag) - sleeping bag
- red 5L (Sea to Summit Lightweight, leak very slow) - sleeping pad

- blue 8L (Sea to Summit Lightweight Dry Bag) - clothes
- olive 8L (Sea to Summit Lightweight Dry Bag, New) - day bag, lunch, snacks, first aid kit, behind the seat
- black 8L (Sea to Summit Big River, leak slow) - hiking shoes, behind the seat
- black 8L (Sea to Summit Big River, leak fast) - small things, like vege, Apple, behind the seat
- yellow 20L (Sea to Summit Lightweight, Old, leak slow) - second part of food
- dark blue 8L (Sea to Summit Lightweight Dry Bag, New) - breakfast oatmeal
- purple 19.5L (Watershed Largo Tote, New) - anything, electronics, inside cockpit

Kayaking Gear

- kayak
- whitewater life jacket
- whitewater paddle
- whitewater helmet
 - GoPro on the helmet
- earplugs
- spray skirt
- drysuit, FUD
- layers under drysuit, socks
- paddling shoes
- hydroskin gloves
- in/on the life jacket
 - phone in waterproof case
 - energy bar
 - sun screen stick, sun protection lip balm
 - kayaker info & emergency contact info card
 - paddling knife
- small backpack with hydration bag/water bladder (wear it under life jacket)
- throw bag
- bilge pump and sponge
 - to help get water out of the loaded kayak, as it will be very hard to dump water by lifting the kayak with load
- boat repair kit
- first aid kit
- kayak cockpit cover

Food

Items

- Breakfast
 - milk powder
 - rolled oats
 - nut granola
- Lunch
 - beef jersey stick / tuna
 - banana chips / plantain chips
- Snacks
 - trail mix
 - energy bar
 - Ritz peanut butter crackers
 - Nutella with breadsticks
- Dinner
 - Mountain House dry food
 - Marinated Artichokes
- Beverages
 - instant coffee powder
- Fresh food
 - apple
 - snow pea
 - baby carrot
 - celery

Energy Calculations

breakfast					
part	serve (g)	calories	protein (g)	fat (g)	sugar (g)
milk	30	150	8	8	13
rolled oats	75	300	10.5	5	0
protein oats	30	120	5.5	3	4.5
nut granola	30	105	2.5	10	1.5
10 bags, each bag	165	675	26.5	26	19
Lunch Items					
part	serve (g)	calories	protein (g)	fat (g)	sugar (g)
Beef Jersey Stick or Wild Caught Light Tuna		100	10-20	7	0
Banana / Plantain Chips / Nutella with Breadsticks		300-500	2-4g	10-20	0-20
Marinated Artichokes		15			
		500			
Snacks					
part	serve (g)	calories	protein (g)	fat (g)	sugar (g)
Trail Mix	34 g	170	5	12	8
Energy Bar	34 g	200	5	15	6
Ritz Peanut Butter	39g	200	4	10	5
Daily intake		1000			
Dinner	1 bag of mountain house bag per day				
part	serve (g)	calories	protein (g)	fat (g)	sugar (g)
		400-820	24-36		

	Calories	Protein
Breakfast	700	26
Lunch	600	12-24
Snacks	1000	25
Dinner	800	40
	3100	110

I try to eat 3200 calories per day. When the trip is over, I only have some reasonable amount of food left. (perfectly planned). And I didn't lose or gain weight during the trip.

How to make a PVC poop tube in 5 seconds?

Buy following parts from Home Depot and put them together in 5 seconds

- 4 in. x 24 in. Pipe * 1 ([link](#))
- 4 in Plastic Mechanical Test Plug * 2 ([link](#))

I didn't use glue as I just use two mechanical plugs on both ends and it works perfectly. It's not only easy to assemble, but very easy to clean after the trip.

- close end (left): I use duct tape to secure it
- open end (right): it's easy to open and close every day



How to add secure straps over hatch covers

Video link: [▶ Dagger Katana Hard Hatch Cover Install](#)

Order the straps:

- [Seals Replacement Hatch Cover Straps \(Pair\)](#)
- [Sea-Lect #10-32 Stainless Steel Pan Head Screw Pack \(Set of 6\)](#)



Photos

Clothes



Electronics



Food



Yellow Curry with Chicken & Rice x 2
✔ DISCOUNT (-\$6.00)



Beef Stew x 2
✔ DISCOUNT (-\$6.00)



Beef Stroganoff with Noodles x 2
✔ DISCOUNT (-\$6.00)



Chicken and Dumplings x 3
✔ DISCOUNT (-\$8.99)



Fettuccine Alfredo with Chicken x 3
✔ DISCOUNT (-\$8.99)

Toilet System (too much toilet paper)



packing



put everything into a box



My 5 items: kayak, paddle, poop tube, bin box, blue bag (kayaking gear)

