



GRAND CANYON VISITOR GUIDE

WHAT TO WEAR

LIGHT LAYERS

Light layers give you the most flexibility to adapt your outfit to the Canyon's weather.

In the summer, wear shorts, a t-shirt, and running shoes with a light jacket or sweater.

In the winter, opt for jeans, good shoes (or even boots – it snows at the Grand Canyon!) and a long-sleeved shirt with a jacket or sweater.

COMFORTABLE, STURDY SHOES

Terrain can be rough and unpredictable. Running shoes, sport sandals, or hiking boots are ideal. Avoid flip flops, high heels, or new shoes that you're still breaking in.

Hikers should wear a mid-weight boot with lots of ankle support.

For the Rim trail, wear a running shoe with good tread.



HAT

Some areas of the Grand Canyon, such as the West Rim, don't provide much shade. A hat with a wide brim is always essential to protecting yourself from the hot sun. If you're visiting between November and April, consider packing a warmer hat.

SUN PROTECTION

The sun shines brightly all year at the Grand Canyon, so bring sunscreen and a pair of sunglasses no matter what season you visit in.

If you're taking a guided tour, read the tour description carefully in case you need to pack or wear anything special, such as close-toed shoes or a bathing suit.