



GRAND CANYON HIKING TIPS

574.215.4779

TO: Grand Canyon Teams
CairnStoneAdventureTours.com

FROM: Coach Gunn
ron@cairstonetours.com

“IF YOU DON'T LIKE RATTLESNAKES, LET SOMEONE ELSE LEAD”

1. After a long LCD hike – take 2-3 extra days to recover.
2. Best repair activities – swimming, biking, easy walking or actually anything that takes the weight off of your weight bearing joints and promotes circulation. (Use your imagination!)
3. Do core strength training right up to flight time.
4. Pack smart – more is not better. Your pack should weigh 15-16 pounds max and 5-7 pounds when you come into a water station. Double check your checklist in the coaching section.
5. Taper properly – *the Hay is in the Barn*.
6. Make sure batteries are fresh, carry spares or carry a fully charged battery pack with cable.
7. Bring fresh water treatment tablets/*Sawyer Filter* as back up & know how to use them or carry a water filtration system for emergencies.
8. Marlin's Rule: *wash your socks inside out*.
9. Ron's Rule: *always carry an extra pair of merino wool socks*.
10. Wear performance gear – no cotton in the canyon.
11. Wear light, pastel colors to reflect heat.
12. Wear wide brim performance hat. (such as *Wombat* or *Tilley*)
13. Wear hiking shirts and pants with lots of pockets. It helps to distribute the weight and makes useful items more accessible.
14. Consider long pants & shirt.
15. Time (HOF) is survival in wilderness back country hikes
(out of Phantom by 9:00AM S to N or 10:00AM Rim-River-Rim)
16. Plan on 1/3rd of your time to Phantom Ranch and 2/3rds to hike back out.
17. Take short rest breaks (feet up & stretches that change your muscle group usage). Smell the Pinion Pine but don't ruin the rhythm and tempo of your hike with long rest breaks.
18. Treat hot spots now before a blister forms.
19. In later stages of the hike take off your pack during break.
20. *Dance with the girl (or guy) that brung ya!* Especially concerning shoes and fuel for the Canyon. (do what worked for YOU during your training hikes)
21. My most important tip! Read *Fuel for the Canyon* (website *Lecture Notes* page) and realize full performance return on your training investment.
22. Eat many small snacks rather than fewer large snacks.
23. Eat – eat – eat! You will burn between 4000 – 5600 calories going *Rim to Rim*.



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24. Best foods are salty & bland carbs.
25. Use electrolyte powder/tablets – best use of space – bring an extra water bottle to mix. Use electrolyte capsules only to supplement your primary source.
26. **"If your pee is clear – the end is near"** (too much plain water, low on electrolytes)
27. **"If you don't pee you will soon be on your knee."** Stay hydrated.
28. When hot, wet down at every opportunity; use a *Mary Rag* or *Frogg Togg*.
29. Hike with a partner or in a group, never alone.
30. Pick hiking partner with a similar pace – spouses are not usually the best partners (since hiking paces are rarely the same for spouses).
31. Know course configuration.
32. Know north, south east and west. (use your flat compass on your map)
33. Waterproof your map or use a baggie.
34. Stay 7' part on trail to avoid trips and falls. (You can see the trail and if you trip will not start a *domino effect* of falling hikers.)
35. When mules are passing – stand quiet on the mountain side of trail.
36. Before separating from your hiking companion(s) on the trail – inform them.
37. Let quads absorb shock going downhill.
38. Use squash foot technique going downhill.
39. Perform altitude checks on the way down to the river. (Stop, hike up the trail to see how you breathe and feel; If not good, don't go on.)
40. Use trekking poles only when needed. (Put them away on flat sections)
41. Use Janssen's *swing pole* technique. (loose grip & depend on strap not grip)
42. On uphill don't plant pole ahead of your center of mass.
43. Elevate hands or use trekking poles to prevent swollen hands (*sausage fingers*).
44. Breath through nose to avoid dry, parched mouth.
45. Don't cross *Silver Bridge* if another hiker is already on it.
46. Stay out of the Colorado River with it's dangerous current.
47. Don't over stride going up hill. Use short choppy steps.
48. Don't look up – beyond the red wall is the white wall. Look back occasionally to see your progress – looking back you will be amazed, looking up you will be dismayed .

For even more information check out the *Lecture Notes* page on my website or call me at 574-215-4779.