

## LAST MINUTE TRAVEL TIPS

by Cairn Stone veteran Lee Riley

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I've been doing the GC trips with Ron for the past 10 years. Here are some tips about preparing for the trip that are not necessarily emphasized.

- Don't plan on getting your electrolyte of choice there. Personally, I use Powerade Zero in my bladder, then refresh with water. I've not always been able to find the flavor I like there, so I'll be packing it in my suitcase, just to be sure. Rob uses Gatorade Extended, and he'll bring it with him. If you have other drinks or munchies that serve you well during long hikes, pack those, also. You don't know if you'll be able to find the stuff you've been training with at the Canyon, so just cover your bases and bring it with you.
- Be sure to back up your pictures on your phone before you leave, and if convenient save them elsewhere and delete them from your phone so you have room for all the amazing pictures you're going to take Out West. (Because it's really amazing, and you're going to want to take LOTS of pictures!)
- Your Backpack is your carry-on: remove your knife and other non-TSA approved stuff (empty your water bottles); put it all in a bag in your suitcase so you can put it back in your backpack after we land.
- Be sure to either wear or carry on your hiking shoes... This is a hiking trip, and you want to make sure the shoes that have served you so well since January are available when you need them!

Enjoy, Enjoy!

Thanks,

Lee