BYRD ADVENTURES

rails, rivers, & seas

Canyon Spirit Packing List

American Southwest · Fall Travel (September – November)

Canyon Spirit runs through Colorado's high country and Utah's red rock country, where fall means warm sunny afternoons, genuinely cold mornings, and dry desert air. You overnight in real hotels in Glenwood Springs and Moab, with time to wander each town and get close to Arches and Canyonlands. Here is my list for the Southwest.

LAYERS & CLOTHING

- [ ] Short-sleeve shirts for warm afternoons
- [ ] Long-sleeve shirts and a fleece or sweater
- [ ] Light insulated jacket for cold mornings and November
- [ ] Comfortable pants, jeans, and shorts for early fall
- [ ] Smart-casual outfit for dinners (relaxed, no formalwear)
- [ ] Swimsuit for the Glenwood Hot Springs
- [ ] Merino socks, sleepwear, and enough underwear

FOOTWEAR

- [ ] Broken-in walking or hiking shoes for Moab
- [ ] A comfortable everyday pair
- [ ] Socks that handle a full day on your feet

SUN & DESERT

- [ ] Wide-brim sun hat
- [ ] Sunglasses
- [ ] High-SPF sunscreen, reapplied often
- [ ] Lip balm and hand lotion (the dry air is no joke)
- [ ] Refillable water bottle; hydration matters here

DAY BAG & ONBOARD

- [ ] Daypack for excursions and red rock walks
- [ ] Camera or phone with storage to spare, plus charger
- [ ] Binoculars for the canyon overlooks
- [ ] A book, headphones, or both for downtime

DOCUMENTS & ESSENTIALS

- [ ] Photo ID (this is a domestic US trip, no passport needed)
- [ ] Travel insurance details within reach
- [ ] Medications in your carry-on, original bottles
- [ ] A credit card and a little cash
- [ ] Your bound itinerary (I send you one)
- [ ] Altitude remedy if you are sensitive; Denver is a mile high

NICE TO HAVE

- [ ] Electrolyte packets for the dry days
- [ ] A warm layer you can stuff in your bag
- [ ] Small first-aid basics and blister care

FALL WEATHER AT A GLANCE

Early fall afternoons can reach the 70s and 80s in Moab, while mornings in the Colorado high country start in the 30s and 40s. By November, days cool off and nights get cold. Plan for as much as a 40-degree swing in a single day, and drink more water than you think you need.

Thinking about the Southwest by rail? Let's find your dates.
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Start Planning