BYRD ADVENTURES

rails, rivers, & seas

Canyon Spirit Packing List

American Southwest · Summer Travel (June – August)

Summer on the Canyon Spirit means big desert heat and strong sun, especially around Moab, balanced by cooler mornings up in the Colorado high country. This is the season to pack seriously for sun and hydration. You overnight in real hotels in Glenwood Springs and Moab, with time to explore each town and get near Arches and Canyonlands, best done early in the day.

LAYERS & CLOTHING

- [ ] Lightweight, breathable, light-colored shirts
- [ ] Moisture-wicking tops for hot afternoons
- [ ] A light layer for cool high-country mornings and air conditioning
- [ ] Comfortable shorts and breathable pants
- [ ] Smart-casual outfit for dinners (relaxed, no formalwear)
- [ ] Swimsuit for the Glenwood Hot Springs
- [ ] Merino or moisture-wicking socks and enough underwear

FOOTWEAR

- [ ] Broken-in, breathable walking or hiking shoes
- [ ] A comfortable everyday pair
- [ ] Extra socks to keep feet dry

SUN & HEAT

- [ ] Wide-brim sun hat and quality sunglasses
- [ ] High-SPF sunscreen, reapplied often
- [ ] Lip balm with SPF and hand lotion
- [ ] Electrolyte packets for the heat
- [ ] A large refillable water bottle; carry water everywhere

DAY BAG & ESSENTIALS

- [ ] Daypack with room for extra water
- [ ] Camera or phone with storage, plus charger
- [ ] Cooling towel or bandana for hot hikes
- [ ] Photo ID (domestic US trip, no passport needed)
- [ ] Medications in your carry-on, original bottles
- [ ] A credit card and a little cash
- [ ] Altitude remedy if you are sensitive; Denver is a mile high

WEATHER AT A GLANCE

Summer afternoons in Moab can climb into the 90s and 100s with intense sun, while the Colorado high country stays cooler, especially at dawn. July and August can bring sudden monsoon thunderstorms. Plan hikes for early morning, protect yourself from the sun, and drink water constantly.

Planning a summer Southwest trip? Let's find your dates.
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Start Planning