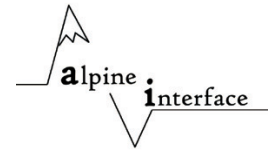


Alpine Interface

- Your connection to any number of hiking and walking adventures in the Alps, Europe, the Himalaya and the Americas – small groups, certified guides.



Trekking and hiking in the USA: Hike through the American Southwest: Grand Canyon, Arches National Park, Bryce Canyon, Monument Valley, the Rocky Mountains, followed by a visit of Route 66 and Las Vegas!!

Weather/Climate in the American Southwest:

Since we will be visiting many different National Parks, be prepared for all kinds of weather patterns: In the Rocky Mountains, days should be fairly sunny and warm, with possible thunder storms and some precipitation. The days in the deserts of the Southwest will be sunny hot, with cool to cold evenings with possible frost at higher elevations.

Transport of luggage during the our trek through Southwestern USA:

Your personal belongings as well as all camping equipment will be transported by our dedicated driver and minivan from one campsite to the next.

Since we will be packing and unpacking on a regular basis, please make sure that you don't bring too much or anything not really needed on this trip

Mandatory equipment:

- Wind and waterproof jacket and pants
- Fleece layers (*one warm fleece pullover or jacket, one lighter fleece layer, a fleece vest is a very good idea, too*)
- 1 pair of light-weight cotton or synthetic trousers
- 1 light-weight cotton long sleeve shirt
- 2 pairs of shorts, one for swimming, one for walking
- 2 t-shirts, cotton or synthetic
- Socks / underwear
- Bathing costume
- Proper fitting, solid trekking boots. (*Take the inner sole/foot bed out of your shoe and stand on it. You should have a space of 0,5cm – 1cm from the top of your toes to the top of the sole. If there is less space, your boots are too small, if there is more space, your boots are too big. Also make sure that your heel is not too loose in order to avoid blisters*). *If you are unsure of what brand and model of shoe, please contact Alpine Interface. Most boots today need no break in periods and are extremely comfortable. Buying boots mail order is a recipe for disaster. Boots should have Vibram soles, should be above the ankles and should be waterproof.*
- Jogging shoes/sandals for the campsites
- Warm hat, gloves (*fleece gloves are enough*)
- Sleeping bag. Comfort rating of -15C

Alpine Interface – your local expert in the Americas.

Small groups, certified guides only. Interested in customized trips, please ask us.

- Sun protection: Sun hat, wide brimmed is the best with a string to keep in place if windy, sunglasses, and sun cream (*maximum possible SPF 50, unless you will be coming from a month in Aruba*)
- 35 litre rucksack (*with rain cover, if possible. Some have one built in on the bottom of the pack, for example 'Deuter' rucksacks. If not, try to get one for your rucksack in a sport shop. Also a good thing, a plastic liner for the inside of the bag, to protect the gear that is inside. Zip lock bag for wallet, tickets, passport, money etc. works as well. If you unsure as to the brand and model, please contact Alpine Interface. The sports shops in Chamonix carry a wide range of brands and have experts to tell you how they should fit. Mail order is not recommended as one cannot get an idea of what the pack will feel like when loaded.*)
- Camelbak or water bottle (*if you use a Camelbak, make sure you carry spare parts*)
- Small head torch (*for nights in campsites*)

Optional equipment:

- Telescopic poles
- GPS if you like to use it
- Swiss army knife or similar
- Small umbrella