Canyonlands National Park
Spring Break Camping Trip

*Permit required
*Located in Moab, Utah
*Arches National park is only 15 min away

Sample Itinerary for 8 days
Day 1: Leave at 4am and go to Denver, CO (11hr drive).
Day 2: Denver to Moab (6hrs). Drive to Dead Horse State Park in Moab for a scenic outlook. Then go to Squaw Flat campground in Needles within Canyon lands.

Backpack:
Day 3: Elephant Hill to EC3
Day 4: To Druid Arch EC3 to CP1
Day 5: Chesler Park loop
Day 6: CP1 to Elephant Hill
*17.7 miles in total

Day 7: Chill and explore park; go to arches etc. and drive to Denver for the night
Day 8: drive back home

Time and miles: From Grand Rapids, it is 23 hrs and 1528.09 miles to Moab, Utah.
Weather in March
Southeast Utah is part of the Colorado Plateau, a "high desert" region that experiences wide temperature fluctuations. Most popular time to go is Spring.

avg high= 62 F
low= 33 F
precipitation= .76 in
avg snowfall= .4 in

LNT (Leave No Trace)
Dispose of waste properly
Leave what you find
Minimize campfire impacts
Respect wildlife
Be considerate of other visitors

Food Protection

• Store all food, drinks, trash, and scented items in animal-proof food storage boxes or your vehicle trunk, with vehicle doors closed at all times.
• Never store food, drinks, trash, or scented items in your tent
• Do not dispose of food or trash in fire rings.
• Do not leave food unattended, even for a few minutes.

Minimum personal equipment List
Backpack
20 degree sleeping bag
Sleeping pad
Synthetic layers (limit cotton)
Swimsuit
Rain coat
Long underwear
2 pairs of wool socks
Extra clothes in dry bag
Hat and gloves
Sandals or tennis shoes
1 garbage bag to line backpack
Insulated mug
Bowl and spoon
Hydration system (at least 2 liters) (ex. 2 Nalgene bottles)
Sunscreen
Glasses/ extra contacts
Headlamp/ flashlight
Toiletries
Journal and Bible
Hand sanitizer
Knife or multi-tool
Cash

Dead Horse
Sample Meal
Breakfast: granola and powdered milk
Lunch: PBJ/ Nutella and Tortilla
Dinner: Trail Pizza

To get food from the dining hall just go to the link below and order a week in advance!
http://www.calvin.edu/admin/food/retreat.html

Highlights

- Bouldering in the park
- Beautiful views of canyons
- Views from Dead Horse State Park

<table>
<thead>
<tr>
<th>Group Equipment</th>
<th>Costs</th>
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<tbody>
<tr>
<td>Map/compass</td>
<td>Fuel= $500 total</td>
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<tr>
<td>First aid</td>
<td>Entrance fee= $5 person</td>
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<tr>
<td>Matches/lighter</td>
<td>Dead Horse State Park= $10 per car</td>
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<tr>
<td>Extra food and water</td>
<td>Vehicle fee= $10 car</td>
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<tr>
<td>Tarp</td>
<td>Entrance fee for arches= $25</td>
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<tr>
<td>Fuel</td>
<td>Backpacking: $30</td>
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<tr>
<td>Stove</td>
<td>Food for 1 person = $2.50 X 3 X 8= $60</td>
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<tr>
<td>Water purification</td>
<td>Gear rental= $5 tent + $1 sleeping pad+ $5</td>
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<tr>
<td>Pots</td>
<td>Sleeping bag rental= $11 a person</td>
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<tr>
<td>Tent</td>
<td>Plus extra spending money</td>
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<tr>
<td>Stakes</td>
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<tr>
<td>Utensils</td>
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<tr>
<td>Toilet paper</td>
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<td>Mini shovel</td>
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<td>Zip lock bags</td>
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<td>Trash bags</td>
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<td>Duct tape</td>
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To Dead Horse State Park
Drive 9 miles (14.5 km) northwest of Moab on US 191 and then 23 miles (37 km) southwest on Utah 313. Driving time to the visitor center from Moab is roughly 45 minutes.

To Needles
On US Highway 191, drive 40 miles (60 km) south of Moab or 14 miles (22 km) north of Monticello, then take Utah Highway 211 roughly 35 miles (56 km) west. Highway 211 ends in the Needles, and is the only paved road leading in and out of the district.

Contact numbers
Hospital: 435-259-7191
Ranger: (435) 259-4711
Reservations: (435) 259-4351.