

Arizona Packing List

A family-road-trip checklist designed to pair with your 7220 Travel 7-Day Guide.

Packing mindset: Desert days can be hot while mornings, evenings and higher elevations feel surprisingly cool. Sun protection and hydration are priorities.

CLOTHING & LAYERS

- ☐ 7 days of underwear + socks
- ☐ Sleepwear
- ☐ One extra top/outfit for delays or spills
- ☐ Sun-protective long sleeve or sun hoodie
- ☐ Lightweight pants/shorts
- ☐ Warm layer for mornings/evenings

FOOTWEAR

- ☐ Broken-in walking shoes
- ☐ Activity-appropriate trail/hiking shoes if planned
- ☐ Comfortable sandals/secondary shoes

WEATHER & OUTDOOR

- ☐ Wide-brim hat
- ☐ High-SPF sunscreen + lip balm
- ☐ Extra water capacity/electrolytes
- ☐ Moisturizer for dry air
- ☐ Small daypack
- ☐ Basic sun protection for every outdoor day

ROAD TRIP & TECH

- ☐ Driver license/ID + insurance info
- ☐ Phone + charging cable + car charger
- ☐ Portable battery pack
- ☐ Offline maps / saved reservations
- ☐ Reusable water bottle
- ☐ Small cooler + road-trip snacks

FAMILY & PERSONAL

- ☐ Prescription medications
- ☐ Basic first-aid/blister kit
- ☐ Toiletries
- ☐ Sunglasses
- ☐ Laundry bag / packing cubes
- ☐ Wipes/hand sanitizer
- ☐ Copies/screenshots of key confirmations

ARIZONA TRIP-SPECIFIC EXTRAS

- ☐ Hydration reservoir or extra water bottles
- ☐ Sun gloves or sun sleeves for exposed trails
- ☐ Closed-toe shoes with good traction
- ☐ Light neck gaiter/bandana for dust and sun

Seasonal adjustment: Check the forecast, elevation, park/road alerts and planned activities shortly before departure. Add heavier cold-weather gear for winter/shoulder-season travel and scale back insulation during reliably hot periods.

Outdoor reminder: customize your gear to the activity. For hikes and remote stops, carry appropriate navigation, sun protection, extra layers, light, first aid, food and water rather than relying only on a phone.

This checklist is general travel guidance, not a substitute for current weather, park, road, airline or activity-specific requirements.