

# 5 Items You Need to Prepare for Grand Canyon Tours

[Grand Canyon tours](#) are an incredible way to explore one of America's most sublime and awe-inspiring natural wonders. [Guided tours](#) are active daily across the national park, educating their customer's about the history and geology of the land. Before embarking on your Grand Canyon tour, be sure to have the following items.

## 5 Items to Remember for Grand Canyon Tours

### 1. Bring Water

The Grand Canyon is located in the desert and it isn't an uncommon occurrence for temperatures to surpass 100 degrees in the national park. In those kinds of temperatures it doesn't matter whether or not you are exerting yourself more than usual, your body needs to remain well hydrated to avoid any potential health risks.

### 2. Wear Comfortable Shoes

While guided tours might not require you to hoof it for the entirety of the tour, there are plenty of areas that do not have smooth walking paths and have rather rough terrain. Running shoes and hiking boots will be the most ideal, but sports sandals will also do the trick.

### 3. Pack Sunscreen

The desert sun can be pretty unforgiving on Grand Canyon tours! Prepare your skin by applying sunscreen before your tour, and bringing it along for continued protection throughout the day. For additional protection from the sun's harsh rays, be sure to bring along a hat.

### 4. Remember Your Camera

Grand Canyon tours are filled with breathtaking beauty and memories you are going to want to try and eternalize through pictures. Don't leave for your tour without grabbing your camera or, if opting for a camera phone, remember to clear up space before leaving so you don't have to miss a moment of sublime.

### 5. Bring a Snack

While most tours these days feed their customers, everyone's body is different! It's better to be over prepared than under prepared when it comes to nourishing and hydrating your body, so even if a lunch or snack item is included on your tour, pack a little something just in case.

*Planning a trip to one of America's most popular tourism destinations? Explore the Grand Canyon with award winning guided tours through [Laughlin Tours](#). To book a spot, call one of*

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