

WHAT'S IN YOUR PACK

Preparation Prior to the Hike

Read Hike Description and Study Map(s) and plan your route

Assess appropriateness of hike for you and your hiking partners

DO NOT HIKE ALONE (in wilderness areas, a minimum of 4 people is best)

Tell someone and leave written information about where you are hiking and when you expect to return

Have a plan of action when things don't go as expected

Clothing - be sure it's appropriate for your hike and unexpected weather changes

Hat and sunglasses

polyester clothing dries fast (best for winter); cotton clothing will not (best for summer)

Long sleeve shirt and long or zip-off pants - protective against sun and prickly plants

Sturdy boots or trail shoes with good tread suitable for rocky and unstable terrain

Hiking poles

Carry rain gear or poncho regardless of weather forecast

Consider carrying extra layer of clothing and warm hat/gloves

Pack - Essentials

1. Map and Compass/GPS - dont forget batteries!
2. Cell Phone - Wallet - Identification and Emergency Information
3. Water - more than you think you need - and more than your dog needs
WHEN HALF YOUR WATER IS GONE, HALF YOUR HIKE IS OVER
4. Food - more than you think you need, pack or use electrolytes
5. First Aid Kit - antibiotic cream, antihistamine, ibuprofen, antiseptic wipes, plastic gloves, scissors, tape, gauze pads, bandaids, triangular bandage, 4 large safety pins and DUCT TAPE! (NOT AN ALL INCLUSIVE LIST!)
6. Comb & tweezers or pliers to remove cactus spines
7. Safety Items - Flashlight/headlamp, whistle (3-short bursts), matches, signal mirror
8. Knife or multi-purpose tool
9. Hat, Sunglasses and sunscreen
10. Rain gear or poncho + extra clothing

Consider

1. Camera
2. Toilet Paper in plastic bag (pack it out!)
3. Handiwipes or hand cleaner
4. Plastic bag - pick up trash on trail!
5. Pencil and paper
6. Emergency space/survival blanket or two plastic bags
7. Iodine Tablets or Water Purifier
8. Extra Shoe Lace
9. Yellow/Orange Tape (to mark unclear turn in trail - remove on return)
10. Emergency locator device such as SPOT