

Mandatory Hiking List (updated on 12/11/2025)

- Backpack or Fanny pack large enough to carry the items listed below:
- Water: 1 to 2 liters minimum; more might be needed dependent on person, time of year (hotter temps), and/or hike conditions*
- Electrolytes (refer to PC Hikers document-one option is to simply carry powder)
- Hiking boots/Trail running shoes and socks (Arizona trails are rocky and uneven)
- Sun Protection (hat, sunscreen as needed, sunglasses (UV blocking or regular) *
- Food (energy snacks, salted snacks, trail mix)
- First Aid Kit (used only in case of medical emergency)
- Prescription medications (if you take them)
- Whistle
- Small personal First Aid Kit including at least the following:
 - Tweezers and comb (useful for removing cholla spines)
 - Band-aids, assorted sizes, Moleskin or Compeed Blister Pads
 - Blunt tip scissors
 - Safety pins (4)
 - Non latex gloves
 - Ace bandage, 2-3" diameter
 - Adhesive tape, paper or cotton
 - Alcohol swabs
 - Soft gauze cotton roll, 3" diameter
 - Gauzes, 3x3" (4) and 4x4" (4)• Cotton tip applicators
 - Non-stick sterile pads, 2x3" or 3x3" (2)
- Meds:
 - Pain reliever: acetaminophen (Tylenol) or ibuprofen (Advil, Motrin)
 - Aspirin (325 mg): for suspicion of heart attack (call 911 first and administer if recommended by call person)
 - Antibiotic ointment/cream (Neosporin or bacitracin)

Recently classified as Optional (as of 12/11/2025)

- Mirror (use as a regular mirror or as an emergency signaling device)
- Hand sanitizer
- Face mask
- Trash bag

* Refer to the following PCHC documents: 'Hiking in Elevated Temperatures' and 'PCHC Hot Weather Hiking Prep List' available in the pchikers.org document library.