

Mandatory Hiking List (4/2022)

- 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)
- File of Life (used only in case of medical emergency)
- Prescription medications (if you take them)
- Whistle

- Mirror (use as a regular mirror or as an emergency signaling device)
- Hand sanitizer
- Face mask
- Small personal First Aid Kit including at least the following:
 - Wash cloth for padding or cleaning
 - Trash bag
 - Large non-stick band-aids
 - Tweezers and comb (useful for removing cholla spines)
 - Band-aids, assorted sizes , Moleskin
 - Blunt tip scissors
 - Safety pins (4)
 - Non latex gloves
 - Ace bandage, 2-3” diameter
 - Adhesive tape, paper or cotton
 - Alcohol swaps
 - Soft gauze cotton roll, 3” diameter
 - Gauzes, 3x3” (4) and 4x4” (4)

- Cotton tip applicators
- Non-stick sterile pads, 2x3” or 3x3” (2)
- Self-adherent wrap (Coban), 2-3” diameter (check yearly since summer heat may melt it)

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)