

Optional Hiking Items (4/2022)

- Hiking poles (improves balance and spread of load – some prefer just one)
- Gloves (breathable, such as inexpensive work gloves from Home Depot or Lowes)
- Cell phone (make sure battery is fully charged)
- ID cards (Driver's license, medical insurance card - but nothing with full SSS)
- Duct tape (small amount can be wrapped around a hiking pole shaft)
- Cord (for emergency shoelace or repairing whatever)
- Headband (keeps sweat out of eyes during hotter weather)
- Cooling cloth (such as Frogg – useful when Arizona heats up)
- Lightweight Jacket (preferably water repellent – works for wind, rain, or sun)
- Space blanket (protects against cold, maybe sun, could also serve as tarp)
- Flashlight (free or near free ones from Harbor Freight are very lightweight)
- Tissues (for sniffles)
- Toilet paper + Ziplock bag (even if there is an outhouse, there may be no paper)
- Insect Repellent (cigar size sprayer works well and is compact, wet naps are good)
- Pocket knife (preferably multi-function such as “Swiss Army knife”)
- Multi-function tool (pliers, screwdriver, knife, etc., all in one - get a miniature one)
- Lightweight towel (inexpensive at Dollar store, or expensive backpacking towel)
- OTC allergy medicine like Benadryl, 25 mg
- Mustard (for cramps—three small packages should suffice)
- Reading glasses (might facilitate reading maps)
- Hiking map (if not familiar with trails)
- Saline solution (for contact wearers)
- Waterproof bags (protection for electronics in rain or near water)
- Dry shirt, comfortable shoes for after the hike