



List of Hiking Safety Items – Mandatory

General Items:

- **Water (enough for the hike plus extra in case you get lost or delayed)**
- **Electrolytes (refer to PC Hikers document—one option is to simply carry powder)**
- **Hiking Boots and Socks (Arizona trails are rocky and uneven)**
- **Sun Protection (hat, sunscreen as necessary)**
- **Food (energy snacks, salted snacks, trail mix)**
- **File of Life (used only in case of medical emergency)**
- **Prescription Medications (if you take them)**
- **Whistle**
- **Compass**
- **Mirror (use as a regular mirror or as an emergency signaling device)**
- **Map (if not familiar with the trails--one per group should suffice)**

Personal Medical Kit:

- **Blunt tip scissors**
- **Tweezers**
- **Safety Pins (4)**
- **Non latex gloves**
- **Ace bandage, 2-3” diameter**
- **Adhesive tape, paper or cotton**
- **Band aids, different sizes (12)**
- **Alcohol swabs**
- **Soft gauze cotton roll, 3” diameter**
- **Gauzes, 3x3” (4) and 4x4” (4)**
- **Moleskin**
- **Cotton tip applicators**
- **Meds:**
 - **Tylenol and / or ibuprofen**
 - **Aspirin (325mg)**
 - **Antibiotic cream (neosporin or bacitracin)**