



## **List of Hiking Safety Items – Recommended (Optional)**

- **Hiking Poles** (these improve balance and spread the 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 SSN)
- **Duct Tape** (a small amount can be carried wrapped around a hiking pole shaft)
- **Cord** (use for emergency shoelace, or repairing whatever)
- **Headband** (keeps the sweat out of eyes during hotter weather)
- **Cooling Cloth** (such as Frogg—useful when Arizona heats up)
- **Lightweight Jacket** (preferably water repellant—works for wind, rain, or sun)
- **Space Blanket** (protects against cold, maybe sun, could also serve as a simple tarp)
- **Dust Mask** (in case of an unexpected dust storm)
- **Flashlight** (free or near-free ones from Harbor Freight are very light weight)
- **Comb and Tweezers** (useful for removing cholla spines)
- **Hand Sanitizer**
- **Tissues** (for sniffles)
- **Toilet Paper + ZipLock bag** (even if there is an outhouse, there may be no paper)
- **Insect Repellant** (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)
- **Vinyl Cloth** (such as thin, lightweight tablecloth from Dollar Tree)
- **Lightweight towel** (inexpensive at Dollar Tree, or expensive backpacking towel)
- **OTC allergy medicine** like Benadryl, 25 mg
- **Mustard** (for cramps—three small packages should suffice)
- **Sunglasses** (protects eyes from sun, wind and blowing dust)
- **Reading Glasses** (might facilitate reading maps)
- **Magnifying Glass** (some maps have very small print on 8.5 x 11 paper)
- **Saline Solution** (for contact wearers)
- **Waterproof bags** (protection for electronics in rain or near water)
- **Dry Shirt, Comfortable Shoes** for after the hike